Calculating Target Heart Rate Zone

**Low End**

220

- ______ (minus) Age

= ______ (equals)

- ______ (minus) RHR

Resting Heart Rate

= ______ (equals)

X .50 (times) %

Low end target percentage

= ______ (equals)

+ ______ (plus) RHR

Resting Heart Rate

= ______ (equals)

Low End Target Heart Rate

**High End**

220

- ______ (minus) Age

= ______ (equals)

- ______ (minus) RHR

Resting Heart Rate

= ______ (equals)

X .85 (times) %

High end target percentage

= ______ (equals)

+ ______ (plus) RHR

Resting Heart Rate

= ______ (equals)

High End Target Heart Rate