Name\_\_\_\_\_\_\_\_\_\_\_\_\_Class:\_\_\_\_

Target Heart Rate Worksheet

Your heart is the most important muscle in your body. It is the pump that

delivers oxygen rich blood throughout your body. Your heart is made up of

cardiac muscle. Like all muscles it will become stronger with use. The type

of exercise that will strengthen your heart is called cardiovascular. As it strengthens,

it will become a more powerful pump that pushes more blood with each beat. What

will happen to your resting heart rate as your heart gets stronger? Will it get higher or lower?To improve and maintain the strength of your heart it is important to participate in regular aerobic exercise. Before beginning any exercise program you should consult a doctor to be sure you are in good health.

Aerobic Exercise Guidelines (F.I.T.T. Principle)

1. FREQUENCY (how often?)—at least 3 days per week

2. INTENSITY (how hard?)—in your personal target heart rate range

3. TIME (how long?)—at least 20 minutes

4. TYPE (what?)—jogging, swimming, bicycling

Here is how to calculate your target heart rate range…

1) First of all you need the following data:

A) Maximum Heart Rate—(220 – your age = MHR)

My MHR = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B) Resting Heart Rate—(count pulse at rest for 1 minute)

My RHR = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) Enter the above data in the following two formulas and solve. The formulas

represent the lower (60%) and upper (85%) limits of your target heart rate

range.

(60%)—\_\_\_\_\_\_ - \_\_\_\_\_\_ = \_\_\_\_\_\_ x .6 = \_\_\_\_\_\_ + \_\_\_\_\_\_ = \_\_\_\_\_\_

 MHR RHR RHR

(8%)—\_\_\_\_\_\_ - \_\_\_\_\_\_ = \_\_\_\_\_\_ x .8 = \_\_\_\_\_\_ + \_\_\_\_\_\_ = \_\_\_\_\_\_

 MHR RHR RHR

3) Enter your target heart rate:

My target heart rate is:

\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_

lower limit upper limit

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