

Exercise Heart Rate Chart



This chart should be used as a guide to determine the effectiveness of your exercise intensity. To achieve the most cardiac improvement from your workout, your heart rate during activity needs to be between the Low Target and the High Target for your age range.

CHECKING HEART RATE: Using the index and middle fingers, place the tips of your fingers just below the jawline along the throat. Press gently until you feel a beat. Count the number of beats you feel over 10 seconds and then multiply by 6. Pulse can also be found by turning one hand palm up and placing both fingers near the outside of the wrist below the base of the thumb.