CALCULATE TARGET HEART RATE ZONE

To perform aerobics effectively you need to calculate your target heart rate zone. To do this subtract your age from 220 to find out your maximum heart rate, so if a person is 40 years old then:

Maximum heart rate. 220 - 40 = 180 beats per minute

Then multiply your maximum heart rate by 60%:

180 x 60% = 108 beats per minute

123 beats per minute will be the lower range of the zone.

Now work out your higher range by multiplying your maximum heart rate by 80%:

180 x 80% = 144 beats per minute

The example reveals a target heart rate range of **108-144.** When exercising the heart rate should be within your own range at all times and novice exercisers should stay at the lower end of the range until the intensity is comfortable. As one becomes more fit, increasing exercise exertion to the higher end of the target heart rate will become necessary to continually improve aerobic fitness.

You can check your heart rate while exercising by gently placing your index and middle finger on the inner part of the wrist. Now count how many beats in 10 seconds and times the number by 6.

Source: American College of Sports Medicine Fitness Book