

# Calculating Target Heart Rate Zone

## Low End

$$\begin{aligned} & 220 \\ & - \text{_____ (minus) Age} \\ & = \text{_____ (equals)} \\ & - \text{_____ (minus) RHR} \\ & \text{Resting Heart Rate} \\ & = \text{_____ (equals)} \\ & \times \text{.50 (times) \%} \\ & \text{Low end target percentage} \\ & = \text{_____ (equals)} \\ & + \text{_____ (plus) RHR} \\ & \text{Resting Heart Rate} \\ & = \text{_____ (equals)} \\ & \text{Low End Target Heart Rate} \end{aligned}$$

## High End

$$\begin{aligned} & 220 \\ & - \text{_____ (minus) Age} \\ & = \text{_____ (equals)} \\ & - \text{_____ (minus) RHR} \\ & \text{Resting Heart Rate} \\ & = \text{_____ (equals)} \\ & \times \text{.85 (times) \%} \\ & \text{High end target percentage} \\ & = \text{_____ (equals)} \\ & + \text{_____ (plus) RHR} \\ & \text{Resting Heart Rate} \\ & = \text{_____ (equals)} \\ & \text{High End Target Heart Rate} \end{aligned}$$