

8th Target Heart Rate

10/15

RHR: _____
MHR: _____

Resting Heart Rate: the number of times your heart beats per minute when at rest

Maximum Heart Rate: $220 - \text{age}$

Target Heart Rate Zone: the range in which your heart rate should be during exercise.

Calculation of Target Heart Rate

Example - 8th grade student age 12

- MHR: $220 - 12 = 208$
- RHR: 60

Lower limit = $208 - 60 = 148 \times .6 = 88.8 + 60 = \mathbf{148.8}$

- Heart rate should not go below **148** during workout period.

Upper limit is $208 - 60 = 148 \times .85 = 125.8 + 60 = \mathbf{185.8}$

- Heart rate should not go above **185** during a workout period.

Target Heart Rate Zone for 8th Grade Student: 148-185

Calculate your own Target Heart Rate Zone:

- $\text{MHR} - \text{RHR} = \underline{\hspace{1cm}} \times .6 = \underline{\hspace{1cm}} + \text{RHR} = \underline{\hspace{1cm}}$ lower limit

LOWER LIMIT=_____

Upper Limit: **85%** is the upper limit of your target heart rate range.

- $\text{MHR} - \text{RHR} = \underline{\hspace{1cm}} \times .85 = \underline{\hspace{1cm}} + \text{RHR} = \underline{\hspace{1cm}}$ upper limit

UPPER LIMIT=_____

Finding your Pulse

The way to determine heart rate and to gauge the intensity of exercise

- Carotid Artery (side of neck)
- The thumb side of your wrist
- Heart Rate Monitors also accomplish this goal

Finding your Resting Heart Rate

The way to determine your resting heart rate

- First thing in the morning when you are still lying down
- Place index and middle fingers on Carotid Artery
- Count how many beats in one minute

The average resting pulse rate for a teenager is about 70-80 beats per minute. The better shape you are in, the lower your resting heart rate.

Utilizing your target heart rate.

- After 5 minutes of continuous aerobic exercise take your pulse for 6 seconds
- Multiply the number by 10 (Just add a zero)= Working heart rate.
- Check to see if your pulse is within your range.
 - If it's lower, start working harder.
 - If it's higher, ease up a bit.