

BURN MORE FAT by exercising between 50-70% of maximum heart rate. Determine Resting Heart Rate by measuring your pulse (while at rest) for 15 seconds and multiplying by 4. Using your Resting Heart Rate (RHR) and Age, determine your 50% and 70% heart rate values. Depending on your current fitness level you will need 5-10 minutes to get into your 50-70% range.
Example: Personal RHR is 60 and age is 44. Range is therefore 118-141 beats per minute.

		50% of maximum heart rate chart					Resting Heart Rate					Resting Heart Rate										
		55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
Age	50	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120	121	121	122	122	123
	51	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120	121	121	122	122
	52	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120	121	121	122
	53	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120	121	121
	54	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120	121
	55	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120	120
	56	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119	120
	57	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119
	58	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119
Age	59	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118
	60	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118
	61	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117	117
	62	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116	117
	63	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116	116
	64	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115	116
	65	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115	115
	66	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114	115
	67	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114	114
Age	68	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113	114
	69	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113	113
	70	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112	113
	71	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112	112
	72	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111	112
	73	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111	111
	74	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110	111
	75	100	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110	110
	76	100	100	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109	110
Age	77	99	100	100	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109	109
	78	99	99	100	100	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108	109
	79	98	99	99	100	100	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108	108
	80	98	98	99	99	100	100	101	101	102	102	103	103	104	104	105	105	106	106	107	107	108