

**TARGET HEART RATE ZONES**  
*Beats Per Minute*



<b>85%</b>	178	170	161	153	144	136	127	119	110	102
<b>75%</b>	157	150	142	135	127	120	112	105	97	90
<b>65%</b>	136	130	123	117	110	104	97	91	84	78
<b>55%</b>	115	110	104	99	93	88	82	77	71	66
<b>Percentage of Maximum Heart Rate</b>										
<b>AGE</b>	10	20	30	40	50	60	70	80	90	100