

Target Heart Rate Formula:

$220 - \text{age} = X$ (Maximum Heart Rate)

$X \times .65 = Y$ (low end of zone)

$X \times .85 = Z$ (High end of zone)

Target heart rate = Between Y and Z.

Calculate Target Heart Rate for:

1. 14 year old:

2. 35 year old:

3. 50 year old:

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