

Target Heart Rate Lab



Figure your target heart rate with the *Karvonen Formula*.

To get the maximum benefit from exercise, it is best to work at a pre-determined target heart rate. The *Karvonen Formula* is the standard to determine **Target Heart Rate**.

Taking your Pulse - The pulse is most commonly taken either at the carotid artery on the neck or at the wrist. Use your index finger and middle finger to locate your pulse (never use your thumb). Use a very light touch and avoid pressing too hard. Use a 6 second pulse check, then multiply by the appropriate number by 10 to get a 60 second count. Or just add a Zero (0) to that number!

220 - A "standard" for *Maximum Heart Rate*

Resting Heart Rate - This is your heart rate at complete rest. Best taken when you first wake up.

Target Heart Rate Range - Training intensity should range from 40% - 85% of adjusted maximal heart rate. Beginning exercisers should work between 50% - 65%. More advanced exercisers may be comfortable in the 70% - 80% range. Very fit exercisers may tolerate a level up to 85%.

To determine your target heart rate ranges for exercise fill in the following:

Resting Heart Rate _____ Age _____

220 - (age) _____ = _____ Maximum Target Heart Rate (A)

(A) _____ - (resting heart rate) _____ = _____ (B)

Line 1: Answer (B) _____ x .60 = _____ = (C)
 Answer (C) _____ + (resting heart rate) _____ = _____ Minimum Working Heart Rate

Line 2: Answer (B) _____ x .85 = _____ (D)
 Answer (D) _____ + (resting heart rate) _____ = _____ Maximum Working Heart Rate

Exercise Stations	Heart Rate
Jump Rope	
Mountain Climber	
Jumping Jack	
Lunges	
Curl-Up	
Running	
Squat Jumps	

Name:

Class Period:

Recovery Rate

Definition: The amount of time it takes after exercise for your heart to return to its resting rate. This can be an indicator of the intensity of exercise.

Calculation: Take your pulse for six seconds during the aerobic part of an exercise. This is called the exercise pulse. Next take your pulse again one minute after exercise. This is referred to as the one-minute pulse.

Resting Heart Rate _____

Exercise Heart Rate _____

One- Minute Pulse _____

To Determine Recovery Rate:

Exercise Heart Rate _____ - One Minute Heart Rate _____ = _____

Chart to Determine Recovery Rate:

Less than 2	Poor
2-3	Fair
4-5	Good
6 and above	Excellent