

Heart Rate Recovery Chart

Instructions for using the heart rate recovery chart:

1. Measure your heart rate immediately after exercise.
2. Measure your heart rate again one minute later.
3. Subtract your one-minute heart rate from your immediate post-workout heart rate to find your heart rate recovery (HRR).
4. Compare your HRR to the corresponding HRR categories on the chart to determine your cardiovascular fitness level.

Age	Excellent HR Recovery (bpm)	Good HR Recovery (bpm)	Fair HR Recovery (bpm)	Poor HR Recovery (bpm)
20	22	18	14	13
30	21	17	13	12
40	20	16	12	11
50	19	15	11	10
60	18	14	10	9

Notes: