

Target Heart Rate Chart

| | | | Target Heart Rate by Age |
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| Age | Moderate Intensity Target HR Zone 64% - 76% | Vigorous Intensity Target HR Zone 77% - 93% | Average Maximum Heart Rate |
| 20 years | 128-152 beats per minute (bpm) | 154-186 bpm | 200 bpm |
| 25 years | 125-148 bpm | 150-181 bpm | 195 bpm |
| 30 years | 122-144 bpm | 146-177 bpm | 190 bpm |
| 35 years | 118-141 bpm | 142-172 bpm | 185 bpm |
| 40 years | 115-137 bpm | 139-167 bpm | 180 bpm |
| 45 years | 112-133 bpm | 135-163 bpm | 175 bpm |
| 50 years | 109-129 bpm | 131-158 bpm | 170 bpm |
| 55 years | 106-125 bpm | 127-153 bpm | 165 bpm |
| 60 years | 102-122 bpm | 123-149 bpm | 160 bpm |
| 65 years | 99-118 bpm | 119-144 bpm | 155 bpm |
| 70 years | 96-114 bpm | 116-140 bpm | 150 bpm |
| 75 years | 93-110 bpm | 112-135 bpm | 145 bpm |

Notes: