

**Name:** \_\_\_\_\_

**Target Heart Rate Formula:**

**(bpm = beats per minute)**

**220-age=X (Maximum Heart Rate) Bpm**

**X times .65 = Y (Low end of zone) Bpm**

**X times .85 = Z (High end of zone) Bpm**

**Target heart rate = Between Y and Z. Bpm**

**Practice with Ms. Nirode:**