

Issue Summary How to Calculate Target Heart Rate

Applies To All equipment

Detailed Problem Description	Step-by-step instructions on how to calculate a user's target heart rate.
Procedure Overview	<ol style="list-style-type: none"> 1) Determine RHR (resting heart rate) 2) Determine HR_{max} (maximum heart rate) 3) Determine HR_{max}RESERVE (heart rate reserve) 4) Calculate lower and upper THR (target heart rate) limits 5) Exercise tips 6) Warnings
1) Determine RHR	<p>Measure your pulse for one minute when you first wake up. For more accurate results, measure your RHR for 3 consecutive days and calculate an average reading.</p> $(\text{Day 1} + \text{Day 2} + \text{Day 3}) / 3 = \text{avg RHR}$
2) Determine HR_{max}	$220 - (\text{your age}) = \text{HR}_{\text{max}}$
3) Determine HR_{max}RESERVE	$\text{HR}_{\text{max}} - \text{RHR} = \text{HR}_{\text{max}}\text{RESERVE}$
4) Calculate THR limits A) Lower THR limit B) Upper THR limit	$\text{A) } (\text{HR}_{\text{max}}\text{RESERVE} \times 0.6) + \text{RHR} = \text{low THR}$ $\text{B) } (\text{HR}_{\text{max}}\text{RESERVE} \times 0.8) + \text{RHR} = \text{high THR}$
5) Exercise tips	<ul style="list-style-type: none"> • You should ensure during your workout that your heart rate falls within your target heart rate zone to maximize cardiovascular fitness. • One of the most common ways to take a pulse is to lightly touch the artery on the thumb-side of the wrist. This is called a radial pulse check. • You may also place two fingers along the jawline to feel for a pulse. This is called a carotid pulse check. • When taking your pulse for ten seconds during a workout, stop exercising. Do not allow yourself to rest before taking your pulse, and immediately resume exercise after the ten seconds. • If you are serious about working out and becoming more cardiovascularly fit, you may want to consider purchasing a heart monitor for accurate readings during your workout sessions. • You can calculate your THR using the Karvonen method by online calculators, but if you take five minutes to do it yourself, then you will better understand the meaning of the numbers.

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6) Warnings

- **The target heart rate is an estimate only!** If you feel yourself becoming exhausted, then you are working out too hard and should ease off.
- Do not move your fingers in a massaging motion when taking your carotid pulse. This can lower blood pressure and cause dizziness.
- If you are just beginning a workout plan, you should consider exerting yourself only enough to reach your THR lower limit.
- **Talk with your doctor before beginning any exercise program, especially if you have been leading a sedentary lifestyle.**