

Heart Rate Target (10 Second Count)

To find your target heart rate locate your age category and count your pulse for 10 seconds using one of the four sites illustrated below. This calculates your level of exercise intensity (55 – 85%) and helps you determine your safe and effective training range.

- 1) **NECK:** To feel and count the carotid pulse place the index and middle fingers gently on the side of the neck, next to the throat.
- 2) **WRIST:** The radial pulse can be taken by placing the first two fingers lightly over the radial artery of the wrist, directly in line with the thumb.
- 3) **TEMPLE:** The temporal pulse can be felt by placing the first two fingers on either temple located just in front of the upper part of the ear.
- 4) **CHEST:** The apical pulse can be felt, after heavy exercise, by placing the palm (heel) of the hand over the left side of the chest.

Age	55%	60%	70%	80%	85%
30	17	19	22	25	27
35	17	19	22	25	26
40	17	18	21	24	26
45	16	18	20	23	25
50	16	17	20	23	24
55	15	17	19	22	23
60	15	16	19	21	23
65	14	16	18	21	22
70	14	15	18	20	21
75	13	15	17	19	21