



IOWAHEARTCENTER

How to Calculate Target Heart Rate

If you're a healthy adult, strive to exercise between 60-85% of your maximum heart rate. To check your pulse, place your index and third fingers on one side of your neck, on the outside of your windpipe. When you feel your pulse, look at your watch and count the number of beats in **15 seconds**. Multiply this number by 4 to get your heart rate per minute.

Here's how to calculate your target heart rate:

- Subtract your age from 220. This is your maximum heart rate.
- Determine the low end of your target heart rate by multiplying your maximum heart rate by 0.6
- Determine the upper end of your target heart rate by multiplying your maximum heart rate by 0.85.

Another general method to evaluate the intensity of your workout is to use the talk test. If you can carry on a conversation in brief sentences but you can't sing a song, you're probably exercising in the recommended moderate-intensity range. If you can't talk in short sentences, slow down! But if you can easily carry on a conversation or sing a song, you probably need to pick up your pace.