



# Fit-X San Diego Heart Rate Chart



Age	Resting Heart rate	Beginning Working Target	In Shape Working Target	Maximum Heart Rate
20	63	123	154	205
25	63	120	150	200
30	65	117	146	195
35	65	114	143	190
40	65	111	139	185
45	65	108	135	180
50	65	105	131	175

AGE	MAXIMUM HEART RATE	85% OF MAX (ATHLETE TRAINING RATE)	65-80% OF MAX (RECOMMENDED TRAINING RATE)	65% OF MAX (HEART DISEASE HISTORY)
20	200	170	130-160	130
25	195	166	127-156	127
30	190	162	124-152	124
35	185	157	120-148	120
40	180	153	117-144	117
45	175	149	114-140	114
50	170	145	111-136	111
55	165	140	107-132	107
60	160	136	104-128	104
65+	150	128	98-120	98

## Know your heart rate

- 1) Check your pulse on your wrist or on your neck.  
- Don't use your thumb, as it has its own pulse.
- 2) Count each beat during a fifteen second period.
- 3) Multiply by four to get your heart rate.

Below is a chart to help you monitor your workouts. Remember that your working target heart rate should never exceed your maximum heart rate. In fact it is advisable to keep it between 70 and 85% of your maximum. It is best to check your resting heart rate before you get out of bed in the morning. As for your working target, it is best to check often; whenever you feel that it has significantly increased. If you feel your heart pound, you're overdoing it and should ease off. As you become more fit, your resting rate will decrease, and your working rate will increase.