

Age	Max Heart Rate (in beats per minute)	Target Heart Rate Range for Moderate Intensity (50-70% of max in beats per minute)	Target Heart Rate Range for Moderate Intensity (for 10-second count)	Target Heart Rate Range for Vigorous Intensity (70-85% of max in beats per minute)	Target Heart Rate Range for Vigorous Intensity (for 10 second count)
20	200	100-140	17-23	141-170	23-28
25	195	98-136	16-23	137-166	23-28
30	190	95-133	16-22	134-162	22-27
35	185	93-129	16-22	130-157	22-26
40	180	90-126	15-21	127-153	21-26
45	175	88-122	15-20	123-149	20-25
50	170	85-119	14-20	120-145	20-24
55	165	83-115	14-19	116-140	19-23
60	160	80-112	13-19	113-136	19-23
65	155	78-108	13-18	109-132	18-22
70	150	75-105	13-18	106-128	18-21
75	145	72-101	12-17	102-123	17-21
80	140	70-98	12-16	99-119	16-20
85	135	67-94	11-16	95-115	16-19