

# Calculating your Heart Rate

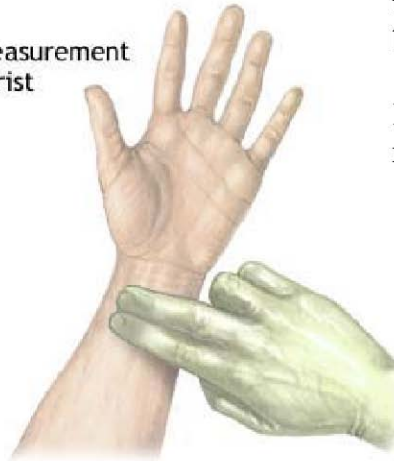
## Taking your carotid pulse



The carotid arteries take oxygenated blood from the heart to the brain. The pulse from the carotids may be felt on either side of the front of the neck just below the angle of the jaw. This rhythmic "beat" is caused by varying volumes of blood being pushed out of the heart toward the extremities.

## Wrist pulse/Radial pulse

Pulse measurement  
in the wrist

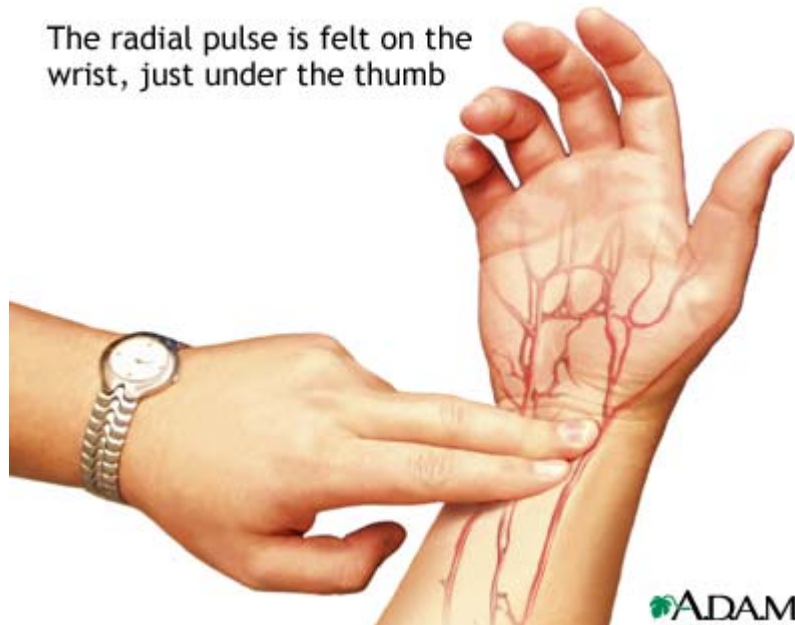


To measure the pulse at the wrist, place the index and middle finger over the underside of the opposite wrist, below the base of the thumb.

Press firmly with flat fingers until you feel the pulse in the radial artery.

ADAM.

The radial pulse is felt on the  
wrist, just under the thumb



ADAM.

Arteries carry oxygenated blood away from the heart to the tissues of the body; veins carry blood depleted of oxygen from the same tissues back to the heart. The arteries are the vessels with the "pulse", a rhythmic pushing of the blood in the heart followed by a refilling of the heart chamber. To determine heart rate, one feels the beats at a pulse point like the inside of the wrist for **10 seconds**, and **multiplies this numbers by six**. This is the per-minute total.

My Resting Heart Rate = \_\_\_\_\_ beats in 10 seconds x 6 = \_\_\_\_\_ Resting HR

## Your exercise heart rate range

Estimate your maximum heart rate.

Take  $220 - \text{age} = \underline{\hspace{2cm}}$  (this is your maximum)

(standard deviation for this equation is 10-12 beats per min)

Determine your lower-limit (50%) exercise HR by multiplying your maximum heart rate by 0.5

Age  $\text{HR}_{\text{max}} \underline{\hspace{2cm}} \times 0.5 = \underline{\hspace{2cm}}$  beats/min

\*\*\*\*\*

Determine your upper-limit (90%) exercise HR by multiplying your maximum heart rate by 0.9

Age  $\text{HR}_{\text{max}} \underline{\hspace{2cm}} \times 0.9 = \underline{\hspace{2cm}}$  beats/min

Your exercise HR range is between your upper and lower limits.

For most people, exercising at the lower end of the exercise heart rate range for a longer time is better than exercising at the higher end of the range for a shorter time. Exercising at the lower intensity will improve your overall fitness. Medications for high blood pressure may affect your heart rate during exercise. Consult your physician to determine your own ideal heart rate.

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**Now, Calculate these HR Training Zones**

$$\text{Age HR}_{\max} \text{ _____ } \times 0.6 = \text{ _____ } \text{ beats/min}$$

$$\text{Age HR}_{\max} \text{ _____ } \times 0.65 = \text{ _____ } \text{ beats/min}$$

$$\text{Age HR}_{\max} \text{ _____ } \times 0.7 = \text{ _____ } \text{ beats/min}$$

$$\text{Age HR}_{\max} \text{ _____ } \times 0.75 = \text{ _____ } \text{ beats/min}$$

$$\text{Age HR}_{\max} \text{ _____ } \times 0.8 = \text{ _____ } \text{ beats/min}$$

$$\text{Age HR}_{\max} \text{ _____ } \times 0.85 = \text{ _____ } \text{ beats/min}$$

**and fill in the following Heart Rate Training Zones**

$$60 - 70\% \text{ of Age predicted HRmax} = \text{ _____ } \text{ beats/min} \rightarrow \text{ _____ } \text{ beats/min}$$

$$65 - 75\% \text{ of Age predicted HRmax} = \text{ _____ } \text{ beats/min} \rightarrow \text{ _____ } \text{ beats/min}$$

$$70 - 80\% \text{ of Age predicted HRmax} = \text{ _____ } \text{ beats/min} \rightarrow \text{ _____ } \text{ beats/min}$$

$$75 - 85\% \text{ of Age predicted HRmax} = \text{ _____ } \text{ beats/min} \rightarrow \text{ _____ } \text{ beats/min}$$