**Heart Rate Target** (6 Second) Count

To find your target heart rate, locate your age category and count your pulse for 6 seconds starting with 0 using one of the four sites listed 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 carotoid 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

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| --- | --- | --- | --- | --- | --- |
| **Age** | **55%** | **60%** | **70%** | **80%** | **85%** |
| 15 | 11 | 12 | 14 | 16 | 17 |
| 20 | 11 | 12 | 14 | 16 | 17 |
| 25 | 11 | 12 | 14 | 16 | 17 |
| 30 | 10 | 11 | 13 | 15 | 16 |
| 35 | 10 | 11 | 13 | 15 | 16 |
| 40 | 10 | 11 | 13 | 15 | 15 |
| 45 | 10 | 11 | 12 | 14 | 15 |
| 50 | 9 | 10 | 12 | 14 | 14 |
| 55 | 9 | 10 | 12 | 13 | 14 |
| 60 | 9 | 10 | 11 | 13 | 14 |
| 65 | 9 | 9 | 11 | 12 | 13 |
| 70 | 8 | 9 | 11 | 12 | 13 |
| 75 | 8 | 9 | 10 | 12 | 12 |
| 80 | 8 | 8 | 10 | 11 | 12 |

1. **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.
2. **Chest** – The typical pulse can be felt, after heavy exercise, by placing the palm (heel) of the hand over the left side of the chest.