

## 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
3. **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.
4. **Chest** – The apical pulse can be felt, after heavy exercise, by placing the palm (heel) of the hand over the left side of the chest.

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