

Aerobic Heart Rate Chart

The following heart rate chart gives target heart rates based on percentage of maximum heart rate according to your age.

Maximum heart rate calculated at: (220) minus your age in years

Age	Maximum HR	50 percent	75 percent	85 percent
20	200	100	150	170
25	195	98	146	166
30	190	95	142	161
35	185	93	138	157
40	180	90	135	153
45	175	88	131	149
50	170	85	127	144
55	165	83	123	140
60	160	80	120	136
65	155	78	116	132
70	150	75	113	127
75	145	72	108	123
80	140	70	104	119
85	135	68	101	115

Aerobic exercise can be any activity that uses large muscles in continuous rhythmic motion to elevate your heart rate (such as rowing).

The American Heart Association recommends aerobic activity for at least 30 minutes on most days of the week. Target heart rate should be 50 percent for the first few weeks, building up to 75 percent gradually over a six-month period, then up to 85 percent. However, you don't have to exercise that hard to stay in shape.

Knowing your target heart rate can help you pace yourself during aerobic exercise sessions.