



FIND YOUR **TARGET HEART RATE**

Age	Target Heart Rate Zone During Exercise (Heartbeats per Minute)
20-29	120-160
30-39	114-152
40-49	108-144
50-59	102-136
60-69	96-128
70-79	90-120

(220 - AGE)

For optimum results, please consider combining this with our **Custom Exercise Training & Diet Programs**, to help in your health and wellness journey.