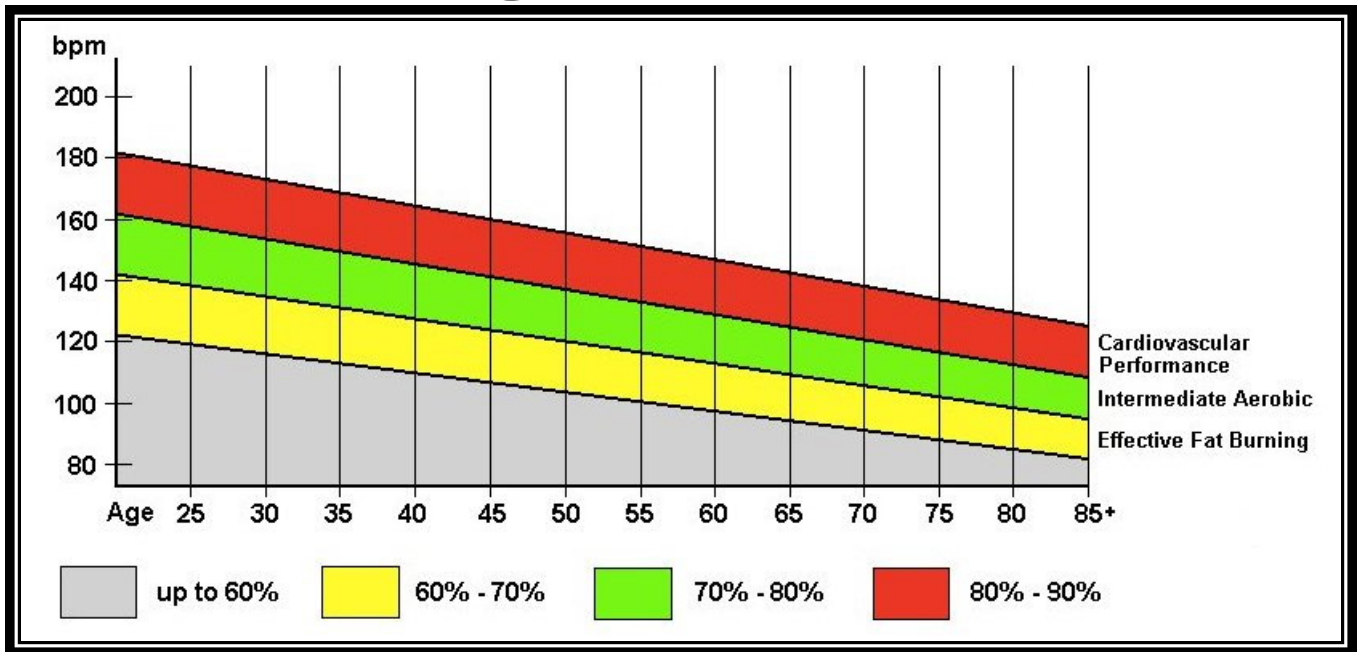


# Target Heart Rate



## Calculate Your Target Heart Rate range

Take 220, subtract your age, and multiply that by 60% and that will give you the minimum percentage. You want to go as high as 85% and that will give you the high end of your heart rate.

Here's an example:

$$(220 - 25) \times .60 = 117$$

\*Age: 25 at 60% Heart Rate equals 117 heart beats per minute

$$(220 - 25) \times .85 = 165$$

\*Age: 25 at 85% Heart Rate equals 165 heart beats per minute

The example above range is 117-165. So as long as you stay in that range you will be burning calories.