

Heart Rate Zones Analysis

Understanding Heart Rate (bpm)

Unusually low; consult your Doctor.

35 - 40Typical for athletic people with excellent cardiovascular health.

50 - 60

40 - 50

< 35

60 - 70 'Normal' for majority population.

70 - 80

80 - 90

90 - 100

> 100

Over 90 is reaching into risk territory, over 100 is dangerous. Consult your Doctor.



Measurements of Pulse by Zones

