



Cardiovascular Program

Name:

Date:

Trainer:

Resting Heart Rate		
Maximum Heart Rate		
Heart Rate Reserve		
Sub VO2 Max	Score	Rating
Ownindex		

Age	60-80% of Max HR Light to Moderate	70-90% of Max HR Moderate to Hard
20	120-160	140-180
25	117-156	137-176
30	114-152	133-171
35	111-148	130-167
40	108-144	126-162
45	105-140	123-158
50	102-136	119-153
55	99-132	116-149
60	96-128	112-144
65	93-124	109-140
70	90-120	105-135

Your Personal Target Zones
Target Zone 1
—
Light to Moderate Exercise
Target Zone 2
—
Moderate to Hard Exercise