

# Predicted Maximum Heart Rate for Age

## How to use

*Documentation and background information can be found [here](#)*

## Please tell us ...

What is your sex?

☒ Female ☐ Male

How old were you (in years) on your last birthday?

50



## What you said:

You said that your age is **50** and that you are **female** .

## Your Results:

According to Gulati, *et al.*, (2010):

Your predicted peak heart rate is 162 beats per minute.

And your aerobic heart rate target zone is

105 to 138 beats per minute.