

Optimize Fat Burning By Finding Your Target Heart Rate

Although using an ideal Target Heart Rate (THR) is not an exact science, it is one of the best ways to control the effectiveness of your cardio vascular training program.

Let's find out what yours is by following these steps:

1. Find your maximum heart rate by subtracting your age from 220.

$220 - \text{AGE} = \underline{\hspace{2cm}}$ (maximum heart rate (MHR))

2. Multiply MHR by .60 $\underline{\hspace{2cm}}$ (low end)
3. Multiply MHR by .75 $\underline{\hspace{2cm}}$ (mid point)
4. Multiply MHR by .90 $\underline{\hspace{2cm}}$ (high end)