

Target Heart Rate
Ages 6-19
6 second count

Age in Years	Percent of Maximum Heart Rate			
	60%	70%	80%	90%
7	128	149	170	192
8	127	148	170	191
9	127	148	169	190
10	126	147	168	189
11	125	146	167	188
12	125	146	166	187