

| Age | Max Heart Rate (in beats per minute) | Target Heart Rate Range for Moderate Intensity (50-70% of max in beats per minute) | Target Heart Rate Range for Moderate Intensity (for 10-second count) | Target Heart Rate Range for Vigorous Intensity (70-85% of max in beats per minute) | Target Heart Rate Range for Vigorous Intensity (for 10 second count) |
|-----|---|---|---|---|---|
| 20 | 200 | 100-140 | 17-23 | 141-170 | 23-28 |
| 25 | 195 | 98-136 | 16-23 | 137-166 | 23-28 |
| 30 | 190 | 95-133 | 16-22 | 134-162 | 22-27 |
| 35 | 185 | 93-129 | 16-22 | 130-157 | 22-26 |
| 40 | 180 | 90-126 | 15-21 | 127-153 | 21-26 |
| 45 | 175 | 88-122 | 15-20 | 123-149 | 20-25 |
| 50 | 170 | 85-119 | 14-20 | 120-145 | 20-24 |
| 55 | 165 | 83-115 | 14-19 | 116-140 | 19-23 |
| 60 | 160 | 80-112 | 13-19 | 113-136 | 19-23 |
| 65 | 155 | 78-108 | 13-18 | 109-132 | 18-22 |
| 70 | 150 | 75-105 | 13-18 | 106-128 | 18-21 |
| 75 | 145 | 72-101 | 12-17 | 102-123 | 17-21 |
| 80 | 140 | 70-98 | 12-16 | 99-119 | 16-20 |
| 85 | 135 | 67-94 | 11-16 | 95-115 | 16-19 |