

You will find 9 tests on this web page to determine your Maximum Heart Rate (MHR). You can take all 9 tests or any combination of at least 3. I recommend ONLY the Step Test and the Chair Test for anyone who considers themselves to be extremely unfit. No matter what combination of tests you choose, I also recommend always including the Step Test and the Chair Test. Once you have completed the tests, you should calculate the average of all the tests and use that number as your MHR.

1-Minute Chair Sub Max Test[©]

Maximum heart rate and peak heart rate are different. Peak heart rate is the highest heart rate number during an exercise period.

- STEP 1** Warm up adequately for 5-10 minutes.
- STEP 2** On a sturdy chair, stand up and down rhythmically 30-times in one minute or one up each second and one down each second.
- STEP 3** Watch your heart rate monitor as your heart rate increases and note your peak heart rate.
- STEP 4** Add to your peak heart rate number, your fitness factor based on your current fitness level selecting one of the four fitness level:

CURRENT FITNESS FITNESS FACTOR	POOR	AVERAGE	EXCELLENT	ATHLETE
	+40	+50	+60	+70

- STEP 5** The sum of your chair peak heart rate plus your fitness factor is the estimate of your maximum heart rate.
- STEP 6** Record your results.



Your peak heart rate number is 120 bpm and you are in excellent shape (+70 bpm) your estimated maximum heart rate is the sum of these two numbers of $120 + 70 \text{ bpm} = 190 \text{ bpm}$

1-Minute Chair Sub Max Test[®]



Using the table below, add the number that best corresponds to your current fitness level.

Current Fitness Level	Poor Shape	Average Shape	Excellent Shape	Fit Athlete
Fitness Factor	+40 BPM	+50 BPM	+60 BPM	+70 BPM
Your Peak Heart Rate	BPM	BPM	BPM	BPM
Estimated Maximum Heart Rate	BPM	BPM	BPM	BPM



HeartZones Activities

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