

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.

# 3-Minute Step Sub Max Test<sup>©</sup>

By definition, a sub-max test is an assessment that is used to estimate maximum heart rate. Maximum heart rate is the fastest that your heart can beat in one minute (bpm).

- STEP 1** Warm up adequately for 5-10 minutes.
- STEP 2** On any step that is 8-12 inches in height begin a four-count sequence of stepping up and down as follows: right foot up, left up, right down, left down.
- STEP 3** Perform 30 steps per minute in the sequence up, up, down, down counts for 3 minutes.
- STEP 4** Write down your peak heart rate at the end of the last minute.
- STEP 5** Add this peak heart rate number to your fitness factor based on your current fitness level selecting one of the four fitness levels:
- | CURRENT FITNESS | POOR | AVERAGE | EXCELLENT | ATHLETE |
|-----------------|------|---------|-----------|---------|
| FITNESS FACTOR  | +55  | +65     | +75       | +85     |
- STEP 6** The sum of your step test peak heart rate plus your fitness factor is the estimate of your maximum heart rate.
- STEP 7** Record your results.



If you are in average shape (add +65) and your peak heart rate is 120 bpm your estimated maximum heart rate is  $65+120=185$  bpm.



# 3-Minute Step Sub Max Test<sup>®</sup>

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	+55 BPM	+65 BPM	+75 BPM	+85 BPM
Your Peak Heart Rate	BPM	BPM	BPM	BPM
Estimated Maximum Heart Rate	BPM	BPM	BPM	BPM



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