

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.

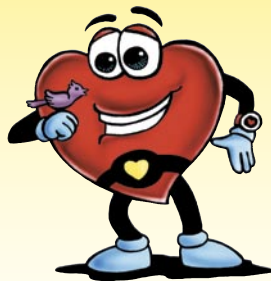
# 5-Minute Walk Sub Max Test<sup>®</sup>

Measuring your maximum heart rate accurately is important because it is the anchor point used to set each of your five heart zones.

- STEP 1** Warm up adequately for 5-10 minutes.
- STEP 2** At a track or on a treadmill, walk briskly and with an even tempo for 5-minutes. Use a normal and comfortable walking style.
- STEP 3** Write down your peak heart rate at the end of your 5-minute walk.
- STEP 4** Add to your peak heart rate number, your fitness factor based on your current fitness level selecting one of the four fitness levels:

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

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



Heart rate increases in direct relationship with the intensity of the exercise stress. As exercise intensity such as your walking pace increases, so your heart rate increases linearly.

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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	<b>+40 BPM</b>	<b>+50 BPM</b>	<b>+60 BPM</b>	<b>+70 BPM</b>
Your Peak Heart Rate	<b>BPM</b>	<b>BPM</b>	<b>BPM</b>	<b>BPM</b>
Estimated Maximum Heart Rate	<b>BPM</b>	<b>BPM</b>	<b>BPM</b>	<b>BPM</b>



**HeartZones Activities**

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