

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.

# The Beep Sub Max Test<sup>©</sup>

During this sub-max test you will hear a beep sound which is the derivation of it's name. It is also known as the "shuttle Test".

**STEP 1**

Warm up adequately for 5-10 minutes.

**STEP 2**

Create two parallel lines 22 feet (20 meters) apart.

**STEP 3**

Each time you hear the beep sound, jog or run or sprint from one line across to the other line, turn and face the direction that you ran from and wait for the sound. Each time you reach the line, shout out your heart rate.

**STEP 4**

At the sound of the next beep, shuttle back across to your starting line. Each time you reach the line, shout out your heart rate.

**STEP 5**

Cool down adequately. Average your two 4-minute heart rate numbers together.

**STEP 6**

Add to this average heart rate number +30 bpm to estimate your maximum heart rate.

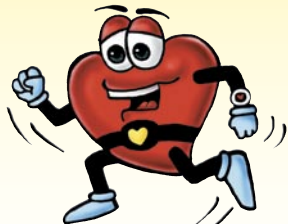
**STEP 7**

Add to your peak heart rate as your estimate of your maximum from one of the following:

CURRENT FITNESS FITNESS FACTOR	POOR	AVERAGE	EXCELLENT	ATHLETE
	+40	+30	+20	+10

**STEP 8**

Record your results.



This is a very strenuous test. Adequate rest is essential for the other test results to be accurate.

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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	+40 BPM	+30 BPM	+20 BPM	+10 BPM
Your Peak Heart Rate	BPM	BPM	BPM	BPM
Estimated Maximum Heart Rate	BPM	BPM	BPM	BPM



**HeartZones Activities**

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