

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.

Big Number Sub Max Test[®]

The American College of Sports recommends that men over the age of 40 and women over the age of 50 should take this assessment with physician supervision.

STEP 1

After selecting an activity, warm up adequately at a moderate intensity for at least 5 minutes.

STEP 2

Begin to increase your heart rate 5 bpm every 15 seconds until you reach your maximal intensity level.

STEP 3

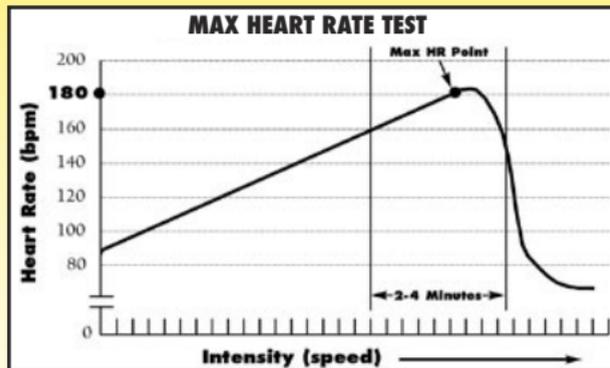
Continue until either the exercise is too uncomfortable or motor coordination becomes difficult and immediately slow down or decrease intensity.

STEP 4

Immediately after finishing note your heart rate and add 5 to 10 bpm to that number for an estimate maximum heart rate.

STEP 5

Record this information.



Maximum heart rate is the anchor point for setting the five different heart zones. Maximum heart rate is the greatest number of beats per minute that your heart can contract in one minute when you are at all out effort or intensity.

Big Number *Sub* Max Test[©]



	Maximal Intensity Level
Your Results:	
Add The Math Factor	+5 - 10 BPM
Estimated Maximum Heart Rate	BPM



HeartZones Activities

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