

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 Talk Sub Max Test[®]

Also known as the Pledge of Allegiance test, this assessment is based on finding two different talk thresholds know as TT_1 & TT_2 and estimating maximum heart rate from these points of changes in perceived breathing efforts.

STEP 1

Select an activity that you enjoy. Warm up adequately for 5-10 minutes.

STEP 2

Starting at a heart rate of 120 bpm, increase effort slowly.

STEP 3

Every 30 seconds as heart rate steadily increases, say out loud the Pledge of Allegiance or a similar word phrasing sequence.*

STEP 4

Record the heart rate number when you can no longer speak comfortably. This is called your first Talk Threshold or TT_1 .

STEP 5

Continue to increase your exercise effort steadily until you no longer can speak without difficulty. Record the heart rate number when you reach your second Talk Threshold or TT_2 .

STEP 6

Cool down adequately and estimate your maximum heart rate using this table.

TALK THRESHOLD	TT_1	TT_2
ADD THE FACTOR	+40	+20

STEP 7

Record your results.

*Any word sequence works if it meets these requirements: must be at least 30-50 words in length, memorized and different syllables in the phrase such as in poetry, songs, or other word texts.



Heart rate changes based on internal and external stresses. Talking while at rest increases heart rate by 5-10 bpm.

The Talk Sub Max Test[®]



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

Talk Threshold:	First Talk Threshold TT ₁	Second Talk Threshold TT ₂
Your Results:		
Add The Math Factor	+40 BPM	+20 BPM
Estimated Maximum Heart Rate	BPM	BPM



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