

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.

Two-by-Four Minutes Sub Max Test[®]

This Sub Max Test is strenuous. The 2x4 minutes number is also known as your “maximum sustainable heart rate” and is the highest number that you can hold two times for four minutes.



STEP 1 Select an activity that you enjoy. Warm up adequately for 5-10 minutes.

STEP 2 Increase your heart rate quickly until you reach a point that you believe is the highest heart rate number that you can hold.

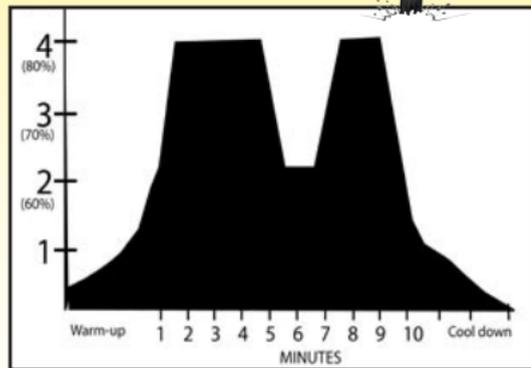
STEP 3 Hold this heart rate number for 4-minutes, then slow or decrease your effort and recover for two minutes.

STEP 4 Again, increase your heart rate and intensity quickly until you reach the same high heart rate number reached in Step 2, holding it for a second 4-minute period.

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 Record your results.



The 2x4 minutes number can also be used as an estimate of your Max Fatburning heart rate number, which is that heart rate number when you burn the highest number of calories of fat per minute.

Two-by-Four Minutes Sub Max Test[®]

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	50 BPM	40 BPM	30 BPM	20 BPM
Average Heart Rate	BPM	BPM	BPM	BPM
Estimated Maximum Heart Rate	BPM	BPM	BPM	BPM



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