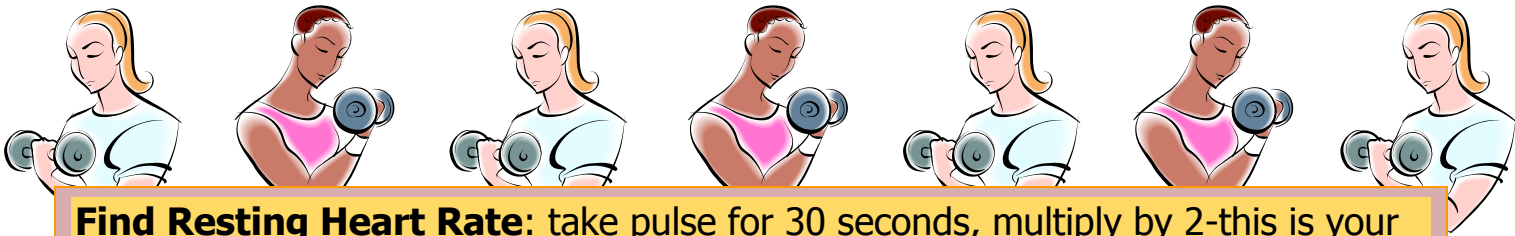


Getting Started



Find Resting Heart Rate: take pulse for 30 seconds, multiply by 2-this is your Resting Heart Rate (RHR).

Warm –Up

Marching in place; jumping jacks; high stepping

Basic Exercises:

Start with larger muscle groups, finish with smaller muscles

-Chest Press

chest

-One Arm Rows

Back

-Shoulder Press

Shoulder

-Squat

legs and rear

-Curls

biceps

-Behind Head Press

triceps

-Abdominal Work

-Lower Back Stretch

Target Heart Rate:

$$\begin{array}{r} \text{MHR} \\ - \text{RHR} \\ \hline = \text{HR Reserve} \\ \times 60\% \\ = \text{Lower Limit} \\ + \text{RHR} \\ \hline = \text{Target HR} \end{array}$$

Maximum Heart Rate (MHR) is 220 - your age
This is NOT your heart rate goal!
Subtract your resting heart rate (RHR) from your maximum heart rate, then multiply this by 60%. Then add your resting heart rate back - THIS is your LOWER TARGET HEART RATE.

Do the same steps only multiply by 80% - this is your UPPER TARGET HEART RATE.

See example

Sample Calculation

Age = 48 years Resting Heart Rate is 60 beats per minute

$$\begin{array}{r} 220 \\ - 48 \text{ (age)} \\ \hline 172 \end{array} \rightarrow \text{this is your **Maximum Heart Rate**}$$

$$\begin{array}{r} 172 \\ - 60 \text{ (resting heart rate)} \\ \hline 112 \end{array} \rightarrow \text{this is your **Heart Rate Reserve**}$$

$$\begin{array}{r} 112 \\ \times 60\% \\ \hline = 67 \\ + 60 \text{ (resting heart rate)} \end{array}$$

$$\begin{array}{r} \hline = 127 \end{array} \rightarrow \text{this is your **Lower Target Heart Rate** beats per minute}$$

USE THIS SPACE FOR CALCULATING YOUR TARGET HEART RATE RANGE

Your Age = _____ Your Resting Heart Rate = _____

1.) $220 - \underline{\hspace{2cm}}$ (your age) = $\underline{\hspace{2cm}}$ (heart rate reserve)

2.) $\underline{\hspace{2cm}}$ (heart rate reserve) $\times 60\% = \underline{\hspace{2cm}}$

3.) $+ \underline{\hspace{2cm}}$ (resting heart rate)

= $\underline{\hspace{2cm}}$ **Lower Target Heart Rate**

Repeat steps two and three multiplying by 80% for your
Upper Target Heart Rate