Target Heart Rate Worksheet

Determine the Target Heart Rate Range using the following information: **Use the range of 60% - 85%**

1.	Steve is a 16 year old high school student. His Resting Heart Rate (RHR) is 80. He wants to start a workout program. Can you help him by figuring out his target heart range (THR)?
2.	Cathy is 14. She wants to try out for the track team at school She wants to start working out on a regular basis so she is ready for tryouts. She knows her RHR is 90. What advice can you give to Cathy to help her train and get a good workout figuring out her THR??
3.	Evan is 21. He just graduated from Penn State and is really out of shape. He joined LA Fitness last week and wants to get on a good workout program. He doesn't want to do too much at once so he needs to find out what is a healthy way to workoutfinding his THR. He took his pulse this morning and it was 75
4.	Julia just got a job working at McDonald's. She needs to pay for car insurance and put money away for college. She just turned 18. She knows she needs to workout since she will be around unhealthy food while at work. Help her determine her THR. Her RHR is 80.