

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.

# 2-Minute 10 Beats Sub Max Test<sup>®</sup>

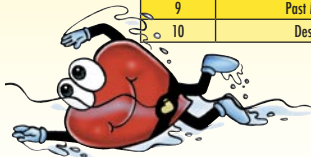
RPE or Rating of Perceived Exertion assesses exercise intensity based on subjective feelings of "how hard" you are exercising on a scale of 1 as the easiest and 10 as an all out effort.

- STEP 1** Select an activity that you enjoy. Warm up adequately for 5-10 minutes.
- STEP 2** Begin the assessment at 120 bpm. Hold this heart rate for 2-minutes. Record your RPE number from the table that best matches how you feel every 2-minutes.
- STEP 3** Continue the activity and increase heart rate by 10 bpm every 2-minutes. Record your RPE every 2-minutes.

**STEP 4** When you reach the level of an RPE between 6 to 8 you can stop the test and begin your cool down.

**STEP 5** Record your information.

RPE*	DESCRIPTION OF FEELING OF EFFORT
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	HARD
7	Very Hard!
8	At My Limit!
9	Past My Limit
10	Destroyed



Using RPE or rating of perceived exertion alone to determine exercise intensity is not an extremely accurate method. Using a heart rate monitor to help determine this is measurable more accurate.

# 2-Minute 10 Beats Sub Max Test<sup>®</sup>

< A >

< B >

< C >

< A > + < B > + < C >

TIME (min)	YOUR HEART RATE (min)	WRITE YOUR RPE NUMBER BELOW:	BPM FROM CHART BELOW	ESTIMATE OF YOUR MAXIMUM HEART RATE
0-2	120			BPM
2-4	130			BPM
4-6	140			BPM
6-8	150			BPM
8-10	160			BPM
10-12	170			BPM
12-14	180			BPM
14-16	190			BPM

RPE*	DESCRIPTION OF FEELING OF EFFORT	BPM to Add <B>
0	Rest	
1	Really Easy	90
2	Easy	80
3	Moderate	70
4	Sort of Hard	60
5	Hard	50
6	HARD	40
7	Very Hard!	30
8	At My Limit!	20
9	Past My Limit	10
10	Destroyed	0

TOTAL	
AVERAGE ESTIMATE OF MAX HEART RATE:	BPM



**HeartZones Activities**

4439 Park Green Court • Sacramento, CA 95821 • (916)488-9663

**www.HeartZones.com**