

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.

Easy-Moderate-Hard Sub Max Test[®]

"Sub" means below and max means "maximum" so together sub-max means below your maximum heart rate.

STEP 1 Warm up adequately for 5-10 minutes.

STEP 2 **EASY** Select any cardiovascular activity that you enjoy such as walk-jog-run. Do that activity for 2 minutes or one lap around a track at a very easy to easy effort or with an RPE of 1-3 using scale the RPE scale. Record your peak heart rate at the end of 2-minutes.

STEP 3 **MODERATE** Do the same activity for the next 2 minutes or one lap and increase your effort to a level that feels "somewhat hard to hard" or with an RPE of 4-6 using the scale provided. Record your peak heart rate at the end of 2-minutes.

STEP 4 **HARD** Do the same activity for 2 minutes or one lap and increase your effort to an intensity level that feels "Harder! to Very, Very, Very Hard!" or with an RPE of 6-8 using the scale provided. Record your peak heart rate at the end of 2-minutes.

STEP 5 Estimate your maximum heart by adding to your peak heart rate the following numbers:

EFFORT LEVEL	EASY	MODERATE	HARD
Add to last 1-minute heart rate	+60	+40	+20

STEP 6 Record your results.

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



RPE* means rating of perceived exertion this is your "feeling" of how hard your effort is at the present moment.



Easy-Moderate-Hard Sub Max Test[©]

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

Current Effort Level	EASY	MODERATE	HARD
Add to Last 1-Minute Heart Rate	+60 BPM	+40 BPM	+20 BPM
Your Peak Heart Rate	BPM	BPM	BPM
Estimated Maximum Heart Rate	BPM	BPM	BPM



HeartZones Activities

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

www.HeartZones.com