

# MAXIMUM

# FITNESS

NO B.S. JUST RESULTS.

FOR MEN

## Maximum HEART RATE CHART

The rough rule for your maximum heart rate is 220 minus your age. (If you have any medical condition that might affect your heart or your ability to exercise, check with your doc-

tor first.) Many workouts, including interval training programs in *Maximum Fitness*, tell you to work out to a certain percentage of your maximum. Use this chart as a quick guide

to those numbers. But remember: if you're not used to training anywhere near your maximum, make sure your doc approves of the plan before you start.

age	50%	60%	70%	80%	90%	MAXIMUM
18	101	121	141	162	182	202
19	101	121	141	161	181	201
20	100	120	140	160	180	200
21	100	119	139	159	179	199
22	99	119	139	158	178	198
23	99	118	138	158	177	197
24	98	118	137	157	176	196
25	98	117	137	156	176	195
26	97	116	136	155	175	194
27	97	116	135	154	174	193
28	96	115	134	154	173	192
29	96	115	134	153	172	191
30	95	114	133	152	171	190
31	95	113	132	151	170	189
32	94	113	132	150	169	188
33	94	112	131	150	168	187
34	93	112	130	149	167	186
35	93	111	130	148	167	185
36	92	110	129	147	166	184
37	92	110	128	146	165	183
38	91	109	127	146	164	182
39	91	109	127	145	163	181
40	90	108	126	144	162	180
41	90	107	125	143	161	179
42	89	107	124	142	160	178
43	89	106	123	142	159	177
44	88	106	123	141	158	176
45	88	105	122	140	158	175
46	87	104	120	139	157	174
47	87	104	121	138	156	173
48	86	103	120	138	155	172
49	86	103	120	137	154	171
50	85	102	119	136	153	170