





Modified Perceived Exertion Scale

MY HEART RATE ZONES

7
MHR: 213



HEART RATE ZONE
RESTING




% OF MAX HEART RATE
40%-50%

60
SECONDS


85-107
BEATS PER MINUTE

10
SECONDS

14-18
BEATS PER 10s



HEART RATE ZONE
LIGHT




% OF MAX HEART RATE
50%-60%

60
SECONDS


107-128
BEATS PER MINUTE

10
SECONDS

18-21
BEATS PER 10s



HEART RATE ZONE
MODERATE



% OF MAX HEART RATE
60%-70%

60
SECONDS


127-149
BEATS PER MINUTE

10
SECONDS

21-25
BEATS PER 10s



HEART RATE ZONE
VIGOROUS



% OF MAX HEART RATE
70%-80%

60
SECONDS


149-170
BEATS PER MINUTE

10
SECONDS

25-28
BEATS PER 10s



HEART RATE ZONE
DIFFICULT



% OF MAX HEART RATE
80%-90%

60
SECONDS

170-192
BEATS PER MINUTE

10
SECONDS

28-32
BEATS PER 10s



Modified Perceived Exertion Scale

MY HEART RATE ZONES

8
MHR: 212



HEART RATE ZONE
RESTING

% OF MAX HEART RATE
40%-50%

60
SECONDS

85-106
BEATS PER MINUTE

10
SECONDS

14-18
BEATS PER 10s



HEART RATE ZONE
LIGHT

% OF MAX HEART RATE
50%-60%

60
SECONDS

106-127
BEATS PER MINUTE

10
SECONDS

18-21
BEATS PER 10s



HEART RATE ZONE
MODERATE

% OF MAX HEART RATE
60%-70%

60
SECONDS

127-148
BEATS PER MINUTE

10
SECONDS

21-25
BEATS PER 10s



HEART RATE ZONE
VIGOROUS

% OF MAX HEART RATE
70%-80%

60
SECONDS

148-170
BEATS PER MINUTE

10
SECONDS

25-28
BEATS PER 10s



HEART RATE ZONE
DIFFICULT

% OF MAX HEART RATE
80%-90%

60
SECONDS

170-191
BEATS PER MINUTE

10
SECONDS


28-32
BEATS PER 10s




Modified Perceived Exertion Scale

MY HEART RATE ZONES

9
MHR: 211



HEART RATE ZONE
RESTING


 % OF MAX HEART RATE
40%-50%

60
SECONDS


84-106
BEATS PER MINUTE

10
SECONDS

14-18
BEATS PER 10s



HEART RATE ZONE
LIGHT


 % OF MAX HEART RATE
50%-60%

60
SECONDS


106-127
BEATS PER MINUTE

10
SECONDS

18-21
BEATS PER 10s



HEART RATE ZONE
MODERATE

 % OF MAX HEART RATE
60%-70%

60
SECONDS


127-148
BEATS PER MINUTE

10
SECONDS

21-25
BEATS PER 10s



HEART RATE ZONE
VIGOROUS

 % OF MAX HEART RATE
70%-80%

60
SECONDS


148-169
BEATS PER MINUTE

10
SECONDS

25-28
BEATS PER 10s



HEART RATE ZONE
DIFFICULT

 % OF MAX HEART RATE
80%-90%

60
SECONDS

169-190
BEATS PER MINUTE

10
SECONDS

28-32
BEATS PER 10s



Modified Perceived Exertion Scale

MY HEART RATE ZONES

10
MHR: 210



HEART RATE ZONE
RESTING

% OF MAX HEART RATE
40%-50%

60
SECONDS

84-105
BEATS PER MINUTE

10
SECONDS

14-18
BEATS PER 10s



HEART RATE ZONE
LIGHT

% OF MAX HEART RATE
50%-60%

60
SECONDS

105-126
BEATS PER MINUTE

10
SECONDS

18-21
BEATS PER 10s



HEART RATE ZONE
MODERATE

% OF MAX HEART RATE
60%-70%

60
SECONDS

126-147
BEATS PER MINUTE

10
SECONDS

21-24
BEATS PER 10s



HEART RATE ZONE
VIGOROUS

% OF MAX HEART RATE
70%-80%

60
SECONDS

147-168
BEATS PER MINUTE

10
SECONDS

24-28
BEATS PER 10s



HEART RATE ZONE
DIFFICULT

% OF MAX HEART RATE
80%-90%

60
SECONDS

168-189
BEATS PER MINUTE

10
SECONDS

28-31
BEATS PER 10s