How to calculate a safe and effective exercising heart rate for cardiovascular improvement

1. Calculate estimated maximal heart rate
    a. For males:
        i. 202 – (0.55 x age) = estimated maximal heart rate

    b. For females:
        i. 216 – (1.09 x age) = estimated maximal heart rate

2. Calculating exercise heart rate range

    a. Maximal heart rate x .65 for the low range

    b. Maximal heart rate x .85 for the upper range

3. For example: 24 yr old male
    a. 202 – (0.55 x 24) = 188 estimated maximal heart rate

    b. 188 x .65 = 122 heart beats per min for lower range
    c. 188 x .85 = 160 heart beats per min for upper range
4. For a healthy male 24 years old this would be a safe exercising heart rate range for improving aerobic fitness.