**Target Heart Rate Zone**

Visit this website <http://www.nemahealth.org/programs/healthcare/heart_rate_pulse.htm>

After reading through the site find your pulse. What is your resting heart rate?

Calculate your predicted maximum heart rate using the formula given on the web page. Please show your work.

Calculating your target heart rate zone.

1. Upper limit of target heart rate zone –

2. Lower limit of target heart rate zone–

When exercising your target heart rate zone should be between \_\_\_\_\_\_\_\_\_\_ (2) and \_\_\_\_\_\_\_\_\_\_(1).

What are the benefits of exercising in your target heart rate zone? Give a minimum of two benefits and explain each.