

Name _____ Hour _____

Please find the Target Heart Range for each of the following problems.

1. Age 15 Resting Heart Rate 67

2. Age 29 Resting Heart Rate 88

3. Age 45 Resting Heart Rate 66

4. Age 88 Resting Heart Rate 92

5. Age 15 Resting Heart Rate 77

6. Age 17 Resting Heart Rate 66

7. Age 23 Resting Heart Rate 81

8. Age 14 Resting Heart Rate 73

9. Age 18 Resting Heart Rate 60

10. Age 25 Resting Heart Rate 81
