

# Karvonen Formula

Intensity of an exercise is between 65% and 85%.

220 - \_\_\_\_\_ (age) = \_\_\_\_\_ maximum heart rate (MHR)

MHR \_\_\_\_\_ - \_\_\_\_\_ (resting heart rate) =  $\_\_x\_\_$

$\_\_x\_\_ * .65 = \_\_y1\_\_$

$\_\_x\_\_ * .85 = \_\_y2\_\_$

$\_\_y1\_\_ + \_\_\_\_\_\_$  (resting heart rate) = \_\_\_\_\_ (low end of heart rate or LTHRZ)

$\_\_y2\_\_ + \_\_\_\_\_\_$  (resting heart rate) = \_\_\_\_\_ (high end of heart rate or HTHRZ)

Using the Karvonen method, this individual THRZ would be  $\_\_\_\_\_\_LTHRZ\_\_\_\_\_\_$

beats per minute –  $\_\_\_\_\_\_HTHRZ\_\_\_\_\_\_$  beats per minute.