

Fat Burn Heart Rate Chart

FAT BURN HEART RATE CHART

Target Heart Rate Zone for Fat Burn by Age Range and Gender

Age 20-30: Males 100-145 BPM, Females 95-140 BPM - Ideal for beginners or those new to exercise.

Age 31-40: Males 95-140 BPM, Females 90-135 BPM - Suitable for individuals with moderate fitness levels.

Age 41-50: Males 90-135 BPM, Females 85-130 BPM - Recommended for those with an established exercise routine.

Age 51-60: Males 85-130 BPM, Females 80-125 BPM - Adjusted for age-related changes in heart rate response.

Age 61+: Males 80-125 BPM, Females 75-120 BPM - Lower intensity to accommodate for senior fitness levels.

Maximum Heart Rate (MHR): Calculated as 220 minus the age of the individual. This chart focuses on 50-70% of MHR, which is the optimal range for fat burning.

Monitoring: Heart rate should be monitored using a heart rate monitor or manual pulse check to ensure accuracy.

Adjustments: Individuals with specific health conditions or on certain medications should consult their doctor for personalized heart rate zones.

Frequency: For effective fat burning, it is recommended to maintain the target heart rate for at least 20-30 minutes during exercise.

Name: _____

Signature

Date: _____ dd / mm / yyyy