

Southside Fitness

RESTING HEART RATE CHART

The best time to take your resting heart rate is first thing in the morning before you start moving around or having breakfast. Digestion, caffeine, tea will cause your heart rate to rise. Use one or two fingers to find a pulse at the side of your neck. You can use the second hand on a watch, or a stop watch, and count the number of heart beats for one minute. The average resting heart rate (RHR) is 70-75 beats per minute.

Fitter people who get lots of aerobic exercise have resting heart rates in the 50's and 60's. Unfit people have resting heart rates in the 80's, 90's, or more. If you have not exercised for a while and have recently started a new aerobic exercise routine, check your resting heart rate regularly. You WILL notice a reduction over time.

MENS RESTING HEART RATE CHART

AGE	18 -25	26 -35	36 -45	46 - 55	56 -65	65+
ATHLETE	49-55	49-54	50-56	50-57	51-56	50-55
EXCEL'T	56-61	55-61	57-62	58-63	57-61	56-61
GOOD	62-65	62-65	63-66	64-67	62-67	62-65
ABOVE AV	66-69	66-70	67-70	68-71	68-71	66-69
AVERAGE	70-73	71-74	71-75	72-76	72-75	70-73
BELOW AV	74-81	75-81	76-82	77-83	76-81	74-79
POOR	82+	82+	83+	84+	82+	80+

WOMENS RESTING HEART RATE CHART

AGE	18 -25	26 -35	36 -45	46 - 55	56 -65	65+
ATHLETE	54-60	54-59	54-59	54-60	54-59	54-59
EXCEL'T	61-65	60-64	60-64	61-65	60-64	60-64
GOOD	66-69	65-68	65-69	66-69	65-68	65-68
ABOVE AV	70-73	69-72	70-73	70-73	69-73	69-72
AVERAGE	74-78	73-76	74-78	74-77	74-77	73-76
BELOW AV	79-84	77-82	79-84	78-83	78-83	77-84
POOR	85+	83+	85+	84+	84+	84+