

Intensity Charts

Maximum and Training Recommended Heart Rates by Age

Maximum Heart Rate		Intensity % - Beats Per Minute				
Age	Beats Per Minute	50% Rate BPM	60% Rate BPM	70% Rate BPM	80% Rate BPM	85% Rate BPM
20	200	100	120	140	160	170
25	195	98	117	137	156	166
30	190	95	114	133	152	162
35	185	93	111	130	148	158
40	180	90	108	126	144	153
45	175	88	105	123	140	149
50	170	85	102	109	136	145
55	165	83	99	116	132	140
60	160	80	96	112	128	136
65	155	78	93	109	124	132
70	150	75	90	105	120	128
75	145	73	87	102	116	124
80	140	70	84	98	112	119
85	135	68	81	95	108	115
90	130	65	78	91	104	111

Weight/Intensity (as a percentage of 1 rep max)

100
96
92
89
86
83
81
79
77
75
74
72
65

Maximum Repetitions (with excellent form)

1
2
3
4
5
6
7
8
9
10
11
12
15

Maximum strength gains and muscle development occur as a result of lifting heavier weight at 80-95% intensity a few times.

Fast-twitch muscles cells are increasingly activated as intensity increases to 75% - 80%.

Slow-twitch endurance muscles are primarily activated and work at high reps.