

# CASE STUDY 3

## » CALCULATING TARGET HEART RATE

### Directions

Use the Karvonen Formula to determine the Target Heart Rate for each individual.

The Karvonen Formula is:

$\{(Max\ HR - Rest\ HR) \times \% \} + Rest\ HR = Target\ HR$  (With Max HR =  $220 - Age$ )

**Patient 1: Sally is 42 years old and her resting heart rate is 75 bpm.**

1. Calculate her target heart rate for 75% of her max:
  
2. Calculate her target heart rate for 40% of her max:
  
3. Calculate her target heart rate for 50% of her max:

---

**Patient 2: Mike is 74 years old and his resting heart rate is 68 bpm.**

1. Calculate his target heart rate for 75% of his max:
  
2. Calculate his target heart rate for 65% of his max:
  
3. Calculate his target heart rate for 35% of his max:

*End of Case Study 3*