- 220 – your age = maximum heart rate

Age	Maximum Heart Rate
20 years	200 bpm
30 years	190 bpm
35 years	185 bpm
40 years	180 bpm
45 years	175 bpm
50 years	170 bpm
55 years	165 bpm
60 years	160 bpm
65 years	155 bpm
70 years	150 bpm

Age	Estimated Fat-Burning Zone
20 years	128–152 bpm
30 years	122–144 bpm
35 years	118–141 bpm
40 years	115–137 bpm
45 years	112–133 bpm
50 years	109–129 bpm
55 years	106–125 bpm
60 years	102–122 bpm
65 years	99–118 bpm
70 years	96–114 bpm

NASM defines four main heart rate training zones:

- **Zone 1:** 65% to 75% of MHR (light intensity)
- **Zone 2:** 76% to 85% of MHR (moderate intensity)
- **Zone 3:** 86% to 95% of MHR (high intensity)
- **Zone 4:** Above 95% of MHR (maximal effort)

How does age affect NASM heart rate zones?

Your age impacts the calculation of your MHR, which in turn affects your heart rate zones. As you get older, your MHR decreases. Use the formula 220 minus your age to adjust the zones accordingly.

What's the recommended cardiorespiratory training intensity for NASM protocols?

For general fitness, NASM recommends training in Zone 1 for low-intensity activities like walking, and Zone 2 for moderate-intensity activities like group fitness classes. High-intensity training, such as sprints, falls into Zone 3.

Which heart rate zone should be targeted for high-intensity interval training in NASM?

For high-intensity interval training (HIIT), focus on Zone 3, which is 86% to 95% of your MHR. This zone maximizes cardiovascular benefits and calorie burn.

How do NASM heart rate zones vary for females compared to males?

The method for calculating MHR and heart rate zones is the same for both males and females. There are no specific variations in the NASM heart rate zones based on gender. The primary factor is age.

1. **Zone 1** (50-60% of MHR): This is the easiest zone and is great for warm-ups and cool-downs.
2. **Zone 2** (60-70% of MHR): Often called the fat-burning zone, this is ideal for building endurance.
3. **Zone 3** (70-80% of MHR): Known as the aerobic zone, it improves cardiovascular fitness and efficiency.

- **Zone 1 (50-60% MHR)**: This is a low-intensity zone, great for warming up, cooling down, and recovery days. It helps in building an aerobic base and improves overall endurance.
- **Zone 2 (60-70% MHR)**: Moderate intensity, ideal for long, steady-state cardio sessions. It enhances fat burning and overall cardiovascular health.
- **Zone 3 (70-80% MHR)**: This is the aerobic zone, perfect for improving stamina. Think of it as your “comfortably challenging” zone where fat and carbohydrates are both used as energy sources.
- **Zone 4 (80-90% MHR)**: The anaerobic zone, used for interval training. It boosts performance and helps improve speed and power. Workouts here are short but intense.
- **Zone 5 (90-100% MHR)**: Maximum effort zone, used for short bursts of high-intensity exercise. This zone is primarily for elite athletes aiming to enhance peak performance.