

RESTING HEART RATE CHART

MEN						
	AGE					
RATING	18-25	26-35	36-45	46-55	56-65	65+
ATHLETE	49-55	49-54	50-56	50-57	51-56	50-55
EXCELLENT	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+

WOMEN						
	AGE					
RATING	18-25	26-35	36-45	46-55	56-65	65+
ATHLETE	54-60	54-59	54-59	54-60	54-59	54-59
EXCELLENT	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+