

Rutgers Fitness

Guidelines for Cardiovascular Exercise and Intensity

ACSM Cardiovascular Guidelines For Healthy Adults Under The Age Of 65

Do moderately intense cardiovascular exercise for 30 minutes a day, 5 days per week

OR

Do vigorously intense cardiovascular exercise for 20 minutes a day, 3 days per week

Moderately Intense: Working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation, 12-14 on Borg Scale, 60-75%

Vigorously Intense: Working very hard, find it difficult to hold a conversation and visibly sweating, 15-19 on the Borg Scale, 75-90%

For Weight Loss: 60-90 minutes of moderately intense activity may be necessary.

Intensity

Borg Scale of Perceived Exertion

Place a number associated with the way you are feeling during exercise. This number should correlate to an intensity zone for cardiovascular exercise.

Borg scale	Feeling/RPE	Training Zone
6		
7	Very, very, light	
8		
9		
10		42%
11	Fairly light	
12		56%
13	Somewhat hard	
14		70%
15	Hard	
16		83%
17	Very hard	
18		88%
19	Very, very, hard	
20		

The Talk-Test Method

If you are able to talk during your workout without a great deal of strain, you are most likely in your comfort zone. Work at an intensity that allows you to breathe comfortably and rhythmically throughout all phases of your workout. This will ensure a safe and comfortable level of exercise.

Heart Rate Training Zones

The age predicted formula allows us to provide "general" predictions of heart rates during exercise (chart listed on back). More personalized training zones can be established through the Karvonean method that also uses resting heart rate.

Recommended Intensity Zones

60-75%	Beginner, not consistently doing cardiovascular exercise
70-85%	Active, consistently participating in cardiovascular exercise
75-90%	Athletic, high level of cardiovascular fitness

Age Predicted Heart Rate Chart

Age	Max HR	60%	65%	70%	75%	80%	85%	90%
18-21	194	116	126	136	146	155	165	175
22-24	192	115	124	134	144	153	163	173
25-28	190	114	122	132	141	150	160	170
29-31	186	112	121	130	139	149	158	168
32-34	184	110	120	129	138	147	156	166
35-38	182	109	118	127	136	145	154	164
39-41	179	107	116	125	134	143	152	161
42-44	177	106	115	124	133	141	150	159
45-48	174	104	113	122	130	139	148	157
49-51	172	103	112	120	129	137	146	155
52-54	170	102	110	119	127	136	145	153
55-58	168	101	109	118	126	134	142	151
59-61	166	100	108	117	125	132	141	150
62-64	164	99	107	115	123	131	139	147
65-68	160	98	104	112	120	128	136	144
69-71	158	97	103	111	118	126	134	142
72-75	155	96	100	108	116	124	132	139