

Table 5.3: Commonly Used Equations for Estimating Maximal Heart Rate ( $HR_{max}$ )

<u>Author</u>	<u>Equation</u>	<u>Population</u>
Astrand (51)	$HR_{max} = 216.6 - (0.84 \times \text{age})$	Men and women age 4-34 y.o.
Tanaka et al. (48)	$HR_{max} = 208 - (0.7 \times \text{age})$	Healthy men and women
Gellish et al. (50)	$HR_{max} = 207 - (0.7 \times \text{age})$	Men and women in an adult fitness program with broad range of age & fitness levels
Gulati et al (52)	$HR_{max} = 206 - (0.88 \times \text{age})$	Asymptomatic middle-aged women referred for stress testing
Karvonen	$HR_{max} = 220 - \text{age}$	Generalized equation