Karvonen Formula for calculating individualized target heart rate parameters:

Target heart rate intensity goal is usually 40-60% (moderate) of the heart rate reserve (HRR) added back to the resting heart rate. See below for example calculation:

Example) A Patient performs Exercise Tolerance Test (ETT) with values as follows:
Maximal heart rate is 160 bpm.
Resting heart rate is 60 bpm.
Heart rate reserve (HRR) = Max HR – Resting HR = 160 bpm - 60 bpm = 100 bpm

Target heart rate for a 40% intensity program would be:
(0.4)(Max HR – Resting HR) + (Resting HR) = (0.4)(100) + 60 = 100 bpm for 40% program

Target heart rate for a 50% intensity program would be:
(0.5)(Max HR – Resting HR) + (Resting HR) = (0.5)(100) + 60 = 110 bpm for 50% program

Target heart rate for a 60% intensity program would be:
(0.6)(Max HR – Resting HR) + (Resting HR) = (0.6)(100) + 60 = 120 bpm for 60% program

Shorthand for a target heart range in a Wellness program prescription would be:
“Target Heart Rate (THR) is 100-120 bpm.”

If prescribing a 6-week Cardiopulmonary phase II rehab program, you can use the following format:
Weeks: Target Heart Rate (intensity)
1-2 ## bpm (40%)
3-4 ## bpm (50%)
5-6 ## bpm (60%)
Hold for BP> (insert max on ETT or highest in vitals trend)
Hold for concerning cardiopulmonary symptoms.
Maintain O2 Sat>91% during exercise with supplemental O2 as needed
May use seated machines (if balance in question)