

Age 6



Beats Per Minute:

151-193

70% Of Max Heart Rate

90% Of Max Heart Rate

Age 7



Beats Per Minute:

150-192

70% Of Max Heart Rate

90% Of Max Heart Rate

Age 8



Beats Per Minute:

149-191

70% Of Max Heart Rate

90% Of Max Heart Rate

Age 9



Beats Per Minute:

148-190

70% Of Max Heart Rate

90% Of Max Heart Rate

Age 10



Beats Per Minute:

147-189

70% Of Max Heart Rate

90% Of Max Heart Rate

Age 11



Beats Per Minute:

146-188

70% Of Max Heart Rate

90% Of Max Heart Rate