

Maximum Heart Rate Field Test

LockOnFitness.com

Instructions:

Date of Test _____ / _____ / _____

Important! You must pass the Physical Activity Readiness Questionnaire (PAR-Q) and/or consult with your doctor prior to taking this field test. The PAR-Q can be printed by going to www.LockOnFitness.com/AreYouReady.htm.

This test is intended for informational purposes only and should not be construed as medical advice, medical opinion, diagnosis or treatment. LockOnFitness.com, its advertisers, employees, or owners assume no liability for the information provided herein or for any diagnosis or treatment made in reliance therein.

Find a level, one-mile distance you can walk. The best place to find one is at a high school or college track, but a road or street may be used if you can ensure your safety. If you are using a school track each lap around the track is $\frac{1}{4}$ mile. If you are using a road or street you will have to measure 1 mile and note where the last $\frac{1}{4}$ mile starts.

Make sure you have a friend or acquaintance with you and that there is a way to contact emergency personnel if needed (cell phone or pay phone).

Start out by warming up for 5 minutes. After warming up, walk as fast as you comfortably can for 1 mile. The first $\frac{3}{4}$ of a mile are used to get your heart rate up and stabilized; the last $\frac{1}{4}$ mile is the one that you will measure.

If you have a heart rate monitor, start it at the beginning of the last $\frac{1}{4}$ mile (last lap if at a school track) and stop it at the end of the 1 mile walk. Check to see what your average heart rate was during the last $\frac{1}{4}$ mile. If you don't have a heart rate monitor, take your pulse for 6 seconds at the end of the one-mile walk and multiply by 10.

Record your last $\frac{1}{4}$ mile average heart rate (or ending heart rate): _____ bpm (beats per minute)

Determine your physical condition:

- Poor Condition** You do not exercise regularly or haven't exercised in the last 8 weeks (even though you may be thin).
- Average Condition** You exercise 3 times a week for an average total of 1 hour per week or walk/run an average of 3 miles per week
- Excellent Condition** You exercise regularly for *more* than a total of 1 hour per week or walk/run an average of 5 miles or more per week.

Enter the above information into the Lock On Fitness website: www.lockonfitness.com/MHRField.aspx

Do not take this field test unless you can honestly sign the statement below:

I certify that I have passed the PAR-Q and/or consulted with my physician *prior* to taking this test:

Signature: _____ Date: _____

Witness: _____ Date: _____