

## Resting Heart Rate Chart

(Number of heartbeats per minute)

<b>Men</b>						
Age	18–25	26–35	36–45	46–55	56–65	65+
Athlete	49–55	49–54	50–56	50–57	51–56	50v55
Excellent	56–61	55–61	57–62	58–63	57–61	56–61
Good	62–65	62v65	63–66	64–67	62–67	62–65
Above Average	66–69	66–70	67–70	68–71	68–71	66–69
Average	70–73	71–74	71–75	72–76	72–75	70–73
Below Average	74–81	75–81	76–82	77–83	76–81	74–79
Poor	82+	82+	83+	84+	82+	80+

<b>Women</b>						
Age	18–25	26–35	36–45	46–55	56–65	65+
Athlete	54–60	54–59	54–59	54–60	54–59	54–59
Excellent	61–65	60–64	60–64	61–65	60–64	60–64
Good	66–69	65–68	65–69	66–69	65–68	65–68
Above Average	70–73	69–72	70–73	70–73	69–73	69–72
Average	74–78	73–76	74–78	74–77	74–77	73–76
Below Average	79–84	77–82	79–84	78–83	78–83	77–84
Poor	85+	83+	85+	84+	84+	84+