

RESTING HEART RATE BY AGE AND GENDER

AGE	ATHLETE	VERY GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
20-39	47-54	55-60	61-68	69-75	76-83	84-94
40-59	46-54	55-60	61-67	68-76	77-84	85-94
60-79	45-53	54-59	60-66	67-74	75-83	84-97

AGE	ATHLETE	VERY GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
20-39	52-59	60-65	66-73	74-81	82-88	89-98
40-59	51-58	59-63	64-70	71-78	79-85	86-96
60-79	52-58	59-63	64-69	70-77	78-85	86-95

Good Age

Yi-Tong Ma



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