

Resting Heart Rate Chart

Men (Beats per Minutes)							
Age	Athlete	Excellent	Great	Good	Average	Below Average	Poor
18 – 25	49 – 55	56 – 61	62 – 65	66 – 69	70 – 73	74 – 81	82+
26 – 35	49 – 54	55 – 61	62 – 65	66 – 70	71 – 74	75 – 81	82+
36 – 45	50 – 56	57 – 62	63 – 66	67 – 70	71 – 75	76 – 82	83+
46 – 55	50 – 57	58 – 63	64 – 67	68 – 71	72 – 76	77 – 83	84+
56 – 65	51 – 56	57 – 61	62 – 67	68 – 71	72 – 75	76 – 81	82+
65+	50 – 55	56 – 61	62 – 65	66 – 69	70 – 73	74 – 79	80+

Women (Beats per Minutes)							
Age	Athlete	Excellent	Great	Good	Average	Below Average	Poor
18 – 25	54 – 60	61 – 65	66 – 69	70 – 73	74 – 78	79 – 84	85+
26 – 35	54 – 59	60 – 64	65 – 68	69 – 72	73 – 76	77 – 82	83+
36 – 45	54 – 59	60 – 64	65 – 69	70 – 73	74 – 78	79 – 84	85+
46 – 55	54 – 60	61 – 65	66 – 69	70 – 73	74 – 77	78 – 83	84+
56 – 65	54 – 59	60 – 64	65 – 68	69 – 73	74 – 77	78 – 83	84+
65+	54 – 59	60 – 64	65 – 68	69 – 72	73 – 76	77 – 84	84+