Ahmed, et al.

eTable 5: Women's Nomogram for MPHR During Exercise Testing

|  |  |  |
| --- | --- | --- |
| **Max Heart Rate** | **Age** | **Max Heart Rate** |
| **40** | **45** | **50** | **55** | **60** | **65** | **70** | **75** | **80** | **85** | **90** | **95** |  |
| 120 |  |  |  |  |  |  |  |  |  |  |  |  | 120 |
| 121 |  |  |  |  |  |  |  |  |  |  |  |  | 121 |
| 122 |  |  |  |  |  |  |  |  |  |  |  |  | 122 |
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| 124 |  |  |  |  |  |  |  |  |  |  |  |  | 124 |
| 125 |  |  |  |  |  |  |  |  |  |  |  |  | 125 |
| 126 |  |  |  |  |  |  |  |  |  |  |  |  | 126 |
| 127 |  |  |  |  |  |  |  |  |  |  |  |  | 127 |
| 128 |  |  |  |  |  |  |  |  |  |  |  |  | 128 |
| 129 |  |  |  |  |  |  |  |  |  |  |  |  | 129 |
| 130 |  |  |  |  |  |  |  |  |  |  |  |  | 130 |
| 131 |  |  |  |  |  |  |  |  |  |  |  |  | 131 |
| 132 |  |  |  |  |  |  |  |  |  |  |  |  | 132 |
| 133 |  |  |  |  |  |  |  |  |  |  |  |  | 133 |
| 134 |  |  |  |  |  |  |  |  |  |  |  |  | 134 |
| 135 |  |  |  |  |  |  |  |  |  |  |  |  | 135 |
| 136 |  |  |  |  |  |  |  |  |  |  |  |  | 136 |
| 137 |  |  |  |  |  |  |  |  |  |  |  |  | 137 |
| 138 |  |  |  |  |  |  |  |  |  |  |  |  | 138 |
| 139 |  |  |  |  |  |  |  |  |  |  |  |  | 139 |
| 140 |  |  |  |  |  |  |  |  |  |  |  |  | 140 |
| 141 |  |  |  |  |  |  |  |  |  |  |  |  | 141 |
| 142 |  |  |  |  |  |  |  |  |  |  |  |  | 142 |
| 143 |  |  |  |  |  |  |  |  |  |  |  |  | 143 |
| 144 |  |  |  |  |  |  |  |  |  |  |  |  | 144 |
| 145 |  |  |  |  |  |  |  |  |  |  |  |  | 145 |
| 146 |  |  |  |  |  |  |  |  |  |  |  |  | 146 |
| 147 |  |  |  |  |  |  |  |  |  |  |  |  | 147 |
| 148 |  |  |  |  |  |  |  |  |  |  |  |  | 148 |
| 149 |  |  |  |  |  |  |  |  |  |  |  |  | 149 |
| 150 |  |  |  |  |  |  |  |  |  |  |  |  | 150 |
| 151 |  |  |  |  |  |  |  |  |  |  |  |  | 151 |
| 152 |  |  |  |  |  |  |  |  |  |  |  |  | 152 |
| 153 |  |  |  |  |  |  |  |  |  |  |  |  | 153 |
| 154 |  |  |  |  |  |  |  |  |  |  |  |  | 154 |
| 155 |  |  |  |  |  |  |  |  |  |  |  |  | 155 |
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| 180 |  |  |  |  |  |  |  |  |  |  |  |  | 180 |

**Legend:**

|  |  |
| --- | --- |
|  | Inadequate Heart Rate |
|  | Adequate Heart Rate by Sex-Specific Formula (197-0.8xAge) |
|  | Adequate Heart Rate by Traditional Formula (220-Age) |