Ahmed, et al.

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

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| **Max Heart Rate** | **Age** | | | | | | | | | | | | **Max Heart Rate** |
| **40** | **45** | **50** | **55** | **60** | **65** | **70** | **75** | **80** | **85** | **90** | **95** |  |
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**Legend:**

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