eTable 6: Men'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** |  |
| 118 |  |  |  |  |  |  |  |  |  |  |  |  | 118 |
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| 147 |  |  |  |  |  |  |  |  |  |  |  |  | 147 |
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| 150 |  |  |  |  |  |  |  |  |  |  |  |  | 150 |
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**Legend:**

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|  | Inadequate Heart Rate |
|  | Adequate Heart Rate by Sex-Specific Formula (204-0.9xAge) |
|  | Adequate Heart Rate by Traditional Formula (220-Age) |