



Improve Locomotor Function

following chronic stroke, incomplete spinal
cord injury and brain injury

A key element of locomotor training is cardiovascular intensity
Remember **Intensity Matters!**

The recommended target HR range is 70-85% of HR max
Heart rate (HR) maximum (HRmax=208-0.7*age)

Age	65%	75%	85%	HR Max
20	126	146	165	194
25	124	143	162	191
30	121	140	159	187
35	119	138	156	184
40	117	135	153	180
45	115	132	150	177
50	112	130	147	173
55	110	127	144	170
60	108	125	141	166
65	106	122	138	163
70	103	119	135	159
75	101	117	132	156
80	99	114	129	152
85	97	111	126	149
90	94	109	123	145