**Resting Pulse Rates**

**Age or Fitness Level Beats per Minute (bpm)**

**babies to age 1: 100 - 160**

**children ages 1 - 10: 60 - 140**

**children older 11 - 17: 60 - 100**

**adults: 60 - 100**

**well-conditioned athletes: 40 - 60**