```c
#include <iostream.h>
#include <iomanip.h>

void main () {
    //************************************************************************
    // Heart Rate Program (Embellished Version)
    // This program computes the range of acceptable heart rates
    // for a range of ages between minAge and maxAge.
    // Programmer: John G. Del Greco
    // Comp 170 Spring Semester 1998
    // Section 611
    // Last modified: January 9, 1998
    //************************************************************************

    float upperBound, lowerBound; //upper bound for heart rate
    int minAge, maxAge, age, n; //lower age bound
                                 //age counter
                                 //lower bound for heart rate
    cout << "Input lower age bound: "; cin >> minAge; //Input lower age bound
    cout << "Input upper age bound: "; cin >> maxAge; //Input upper age bound
    cout << "\nAGE             TARGET ZONE\n"; //Print column headers
    age = minAge; //Initialize age counter
    while (age <= maxAge) { //Open while loop
        n = 220 - age; //Compute intermediate result
        upperBound = .85 * n; //Compute upper bound
        lowerBound = .65 * n; //Compute lower bound
        cout << setw(3) << age //Output results in columns
             << "          
"             << setw(6) << lowerBound << "  to  
"             << setw(6) << upperBound << "\n";
        age++; //Increment age counter
    } //Close while loop
}
```