

VO₂ MAX TESTING

CLIENT



NAME:
Miller, Diane

DATE:
11/26/2019

TRAINER:
Haus, Cindy

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	84	133	145	154
VO2 (ML O2/KG/MIN)	5.8	35.3	39.1	44.0
CALORIES PER HOUR	88	523	602	677

RECOVERY:

Peak.....154
1 Minute.....124 (43%)
2 minutes...102 (74%)

HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
ZONE 5	> 153	-	-	> 670
ZONE 4	152 - 153	7.0	2.0	632 - 659
ZONE 3	136 - 152	7.0	2.0	566 - 632
ANAEROBIC THRESHOLD	145	7.0	0.0	602
ZONE 2	123 - 136	6.0	0.0	512 - 566
ZONE 1	< 123	5.0	0.0	< 512

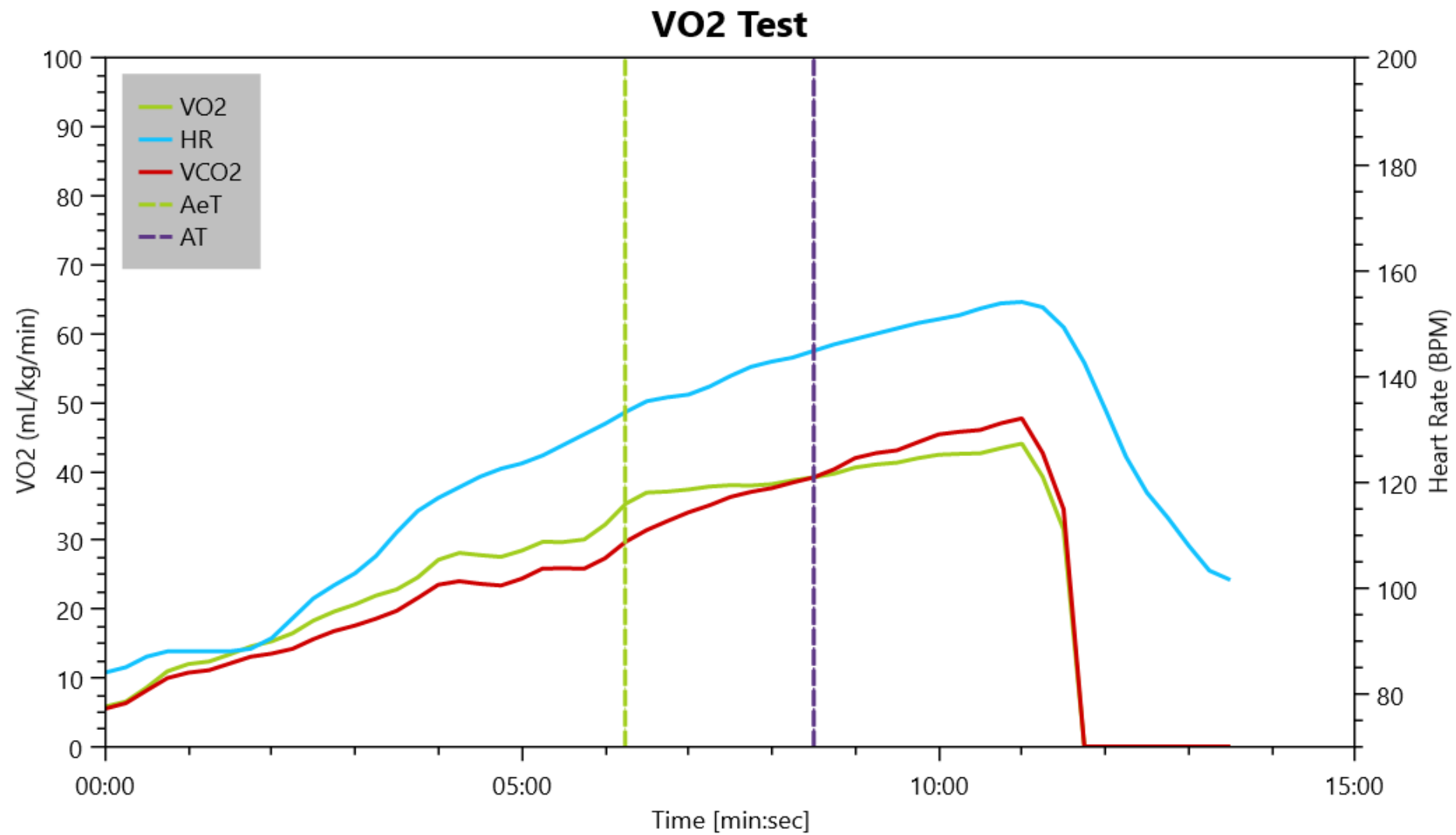
FITNESS LEVEL

Very Low Low Fair Good Excellent **Superior** ✓

TEST QUALITY
SCORE **98**

→ WHAT NEXT?

VO₂ TEST

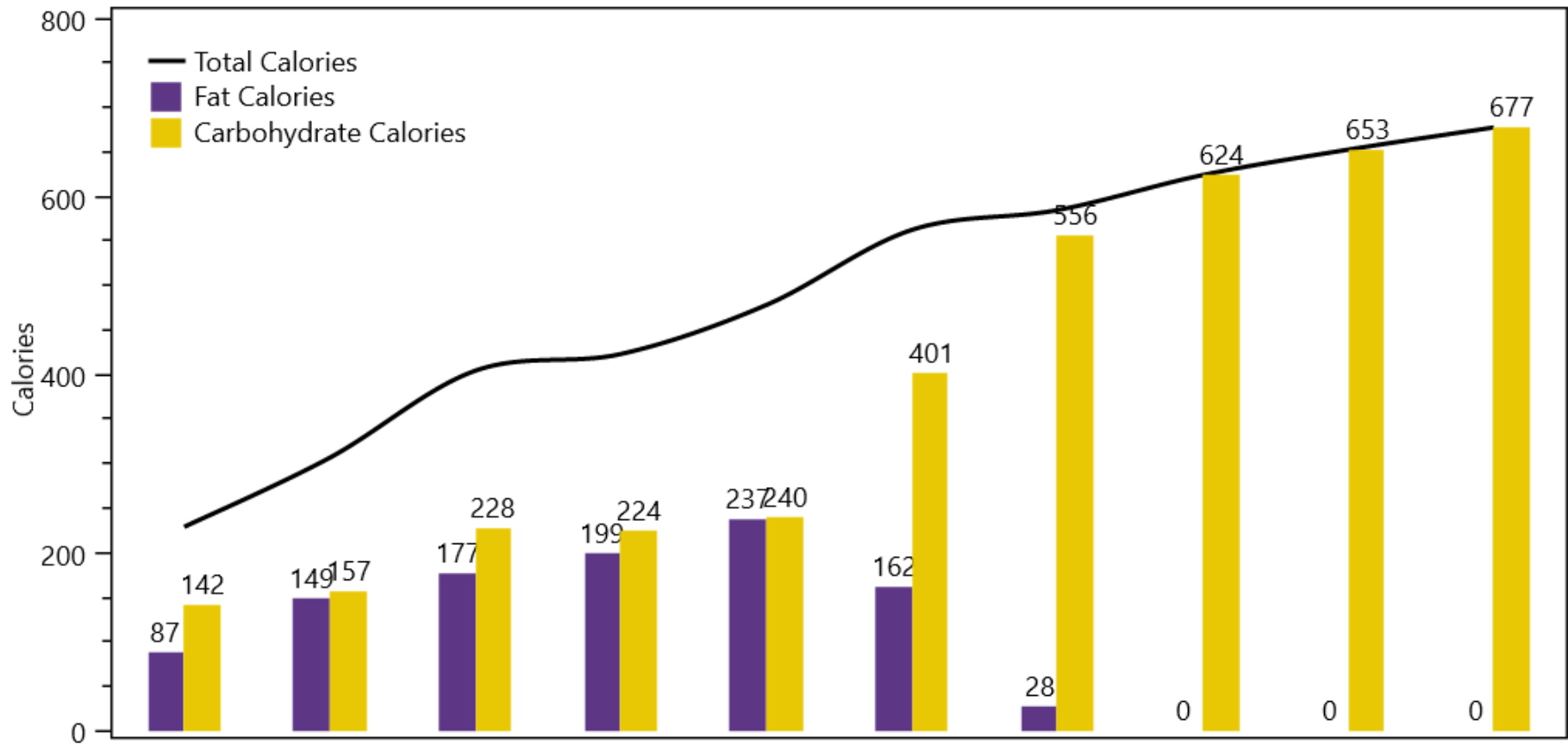


STAGE DATA

Name: Miller, Diane Age: 56 Height: 5 ' 2 " Weight: 112.0 lbs Gender: Female Date: 11/26/2019 7:44:11 AM Test ID: CV-1005-000005

Time	HR	Speed	Incline	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	RER	VE/VO2	VE/VCO2	kcal/min	% CHO	% Fat
01:59	91	3.5	0.0	778	15.3	687	13.5	0.88	30.0	34.0	3.8	62.0%	38.0%
02:59	103	4.0	0.0	1,050	20.7	894	17.6	0.85	28.1	33.2	5.1	51.3%	48.7%
03:59	117	4.5	0.0	1,380	27.2	1,196	23.5	0.87	26.7	30.8	6.7	56.3%	43.7%
04:59	124	5.0	0.0	1,447	28.5	1,240	24.4	0.86	26.8	31.4	7.0	53.0%	47.0%
05:59	131	5.5	0.0	1,639	32.3	1,391	27.4	0.85	24.8	28.9	8.0	50.3%	49.7%
06:59	137	6.0	0.0	1,898	37.4	1,730	34.0	0.91	28.0	31.0	9.4	71.3%	28.7%
07:59	143	6.5	0.0	1,938	38.1	1,908	37.6	0.98	31.3	31.8	9.7	95.2%	4.8%
08:59	147	7.0	0.0	2,061	40.6	2,131	41.9	1.03	32.6	32.1	10.4	100.0%	0.0%
09:59	151	7.0	1.0	2,155	42.4	2,305	45.4	1.07	33.0	31.5	10.9	100.0%	0.0%
10:59	154	7.0	2.0	2,237	44.0	2,424	47.7	1.08	33.6	31.0	11.3	100.0%	0.0%

EFFECTIVE FAT BURN



Heart Rate	91	103	117	124	131	137	143	147	151	154
Stage	1	2	3	4	5	6	7	8	9	10
Incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.0
Speed	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.0	7.0
Time	1:59	2:59	3:59	4:59	5:59	6:59	7:59	8:59	9:59	10:59