

VO₂ MAX TESTING

CLIENT

NAME:



DATE:

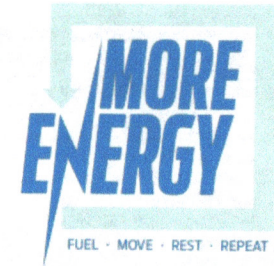


TRAINER:



VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO ₂ Max
HEART RATE	96	144	166	191
VO ₂ (ML/KG/MIN)	15.0	34.1	42.4	54.8
KCAL/HR	341	779	984	1,321



RECOVERY:

Peak.....191
 1 Minute....132 (62%)
 2 Minutes...114 (81%)

HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
ZONE 5	> 184	12.0	0.0	> 1,267
ZONE 4	174 - 181	10.0	0.0	1,034 - 1,186
ZONE 3	156 - 174	9.0	0.0	925 - 1,034
ANAEROBIC THRESHOLD	166	8.0	0.0	984
ZONE 2	141 - 156	7.5	0.0	837 - 925
ZONE 1	< 141	6.0	0.0	< 837

WHAT NEXT?

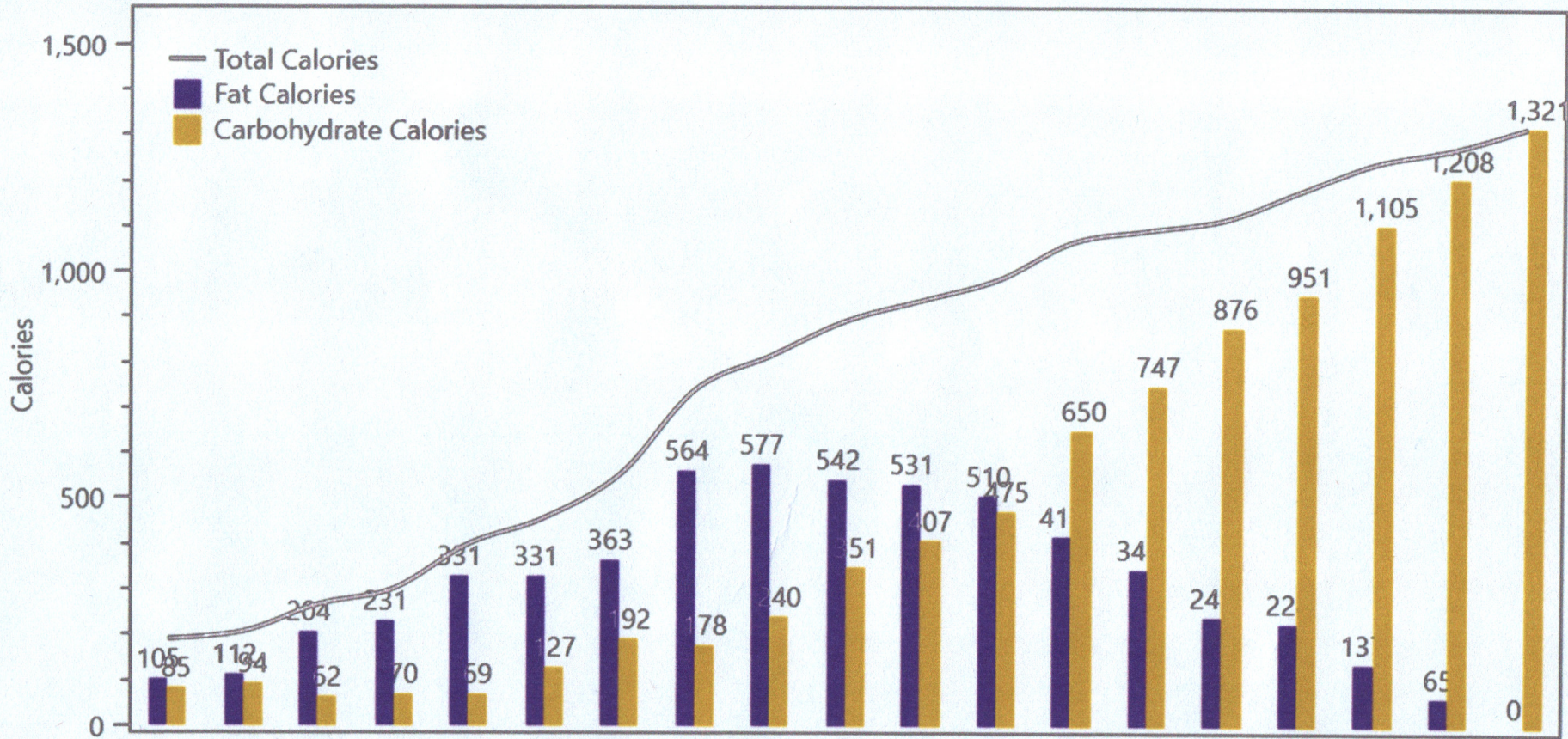
FITNESS LEVEL

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

TEST QUALITY SCORE 82

EFFECTIVE FAT BURN

Name: Age: Height: Weight: Gender: Date: Test ID:



Heart Rate	121	119	119	100	100	115	129	140	147	154	159	166	171	175	178	181	185	187	191
Stage	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Speed	2.0	2.5	3.0	3.5	4.0	4.5	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	12.0
Time	0:45	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:45

STAGE AVERAGES

Name: [REDACTED] Age: [REDACTED] Height: [REDACTED] Weight: [REDACTED] Gender: [REDACTED] Date: [REDACTED] Test ID: [REDACTED]

Stage	Time min:sec	HR BPM	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VE/CO2	RER	CHO %	Fat %	CHO grams/min	Fat grams/min	CHO Cals/min	Fat Cals/min	Calories Cals/min	Calories Cals/hr
1	0:44	121	854	8.2	23.51	34.42	0.83	44.7%	55.3%	0.3	0.2	1.4	1.9	3.2	198
2	0:59	119	711	8.9	27.48	32.98	0.84	45.7%	54.3%	0.4	0.2	1.6	1.9	3.4	207
3	1:23	119	831	11.7	25.14	33.97	0.77	29.2%	70.8%	0.2	0.4	1.0	3.4	4.4	266
4	1:59	100	1,054	13.2	24.97	32.64	0.77	23.3%	76.7%	0.3	0.4	1.2	3.9	5.0	301
5	2:29	100	1,408	17.8	24.54	31.92	0.75	17.2%	82.8%	0.3	0.6	1.1	5.5	6.7	400
6	2:59	115	1,596	20.0	24.77	31.09	0.78	27.6%	72.4%	0.5	0.6	2.1	5.5	7.6	458
7	3:29	123	1,922	24.1	23.70	29.44	0.80	34.6%	65.4%	0.7	0.7	3.2	6.0	9.2	554
8	3:59	140	2,591	32.5	22.33	28.89	0.77	24.0%	76.0%	0.7	1.0	3.0	9.4	12.4	741
9	4:29	147	2,843	35.7	22.48	25.60	0.79	28.3%	70.7%	0.8	1.0	4.0	9.8	13.8	816
10	4:59	154	3,088	38.8	23.19	28.44	0.82	39.3%	60.7%	1.4	1.0	5.9	9.0	14.9	893
11	5:29	159	3,233	40.6	25.48	28.07	0.83	43.4%	56.6%	1.6	1.0	6.8	8.9	15.6	938
12	5:59	166	3,380	42.4	24.13	28.01	0.84	48.2%	51.8%	1.9	0.9	7.9	8.5	16.4	984
13	6:29	171	3,630	45.6	24.52	26.10	0.88	61.0%	39.0%	2.6	0.8	10.8	6.8	17.6	1,057
14	6:59	175	3,697	46.4	25.79	28.42	0.90	68.4%	31.6%	3.0	0.6	12.5	5.8	18.2	1,093
15	7:29	176	3,750	47.1	26.50	26.84	0.93	78.4%	21.6%	3.5	0.5	14.6	4.0	18.6	1,117
16	7:59	181	3,952	49.6	27.91	29.56	0.94	80.7%	19.3%	3.8	0.4	15.9	3.8	19.7	1,179
17	8:29	155	4,138	51.9	29.05	30.04	0.97	89.0%	11.0%	4.6	0.3	18.4	2.3	20.7	1,242
18	8:59	187	4,219	53.0	30.29	30.75	0.98	94.9%	5.1%	4.9	0.1	20.1	1.1	21.2	1,273
19	9:44	191	4,383	54.8	32.40	31.26	1.03	100.0%	0.0%	5.4	0.0	22.0	0.0	22.0	1,321

VO₂ TEST

Name: [REDACTED]

Age: [REDACTED]

Height: [REDACTED]

Weight: [REDACTED]

Gender: [REDACTED]

Date: [REDACTED]

Test ID: [REDACTED]

VO₂ Test

