

## Heart Rate

A heart rate variability test is performed by putting a chest strap around a patient's chest and measuring abnormal heartbeat activity while the patient performs various activities. HRV measures oscillation in the interval between consecutive heartbeats as well as the oscillations between consecutive instantaneous heartbeats.<sup>1</sup>

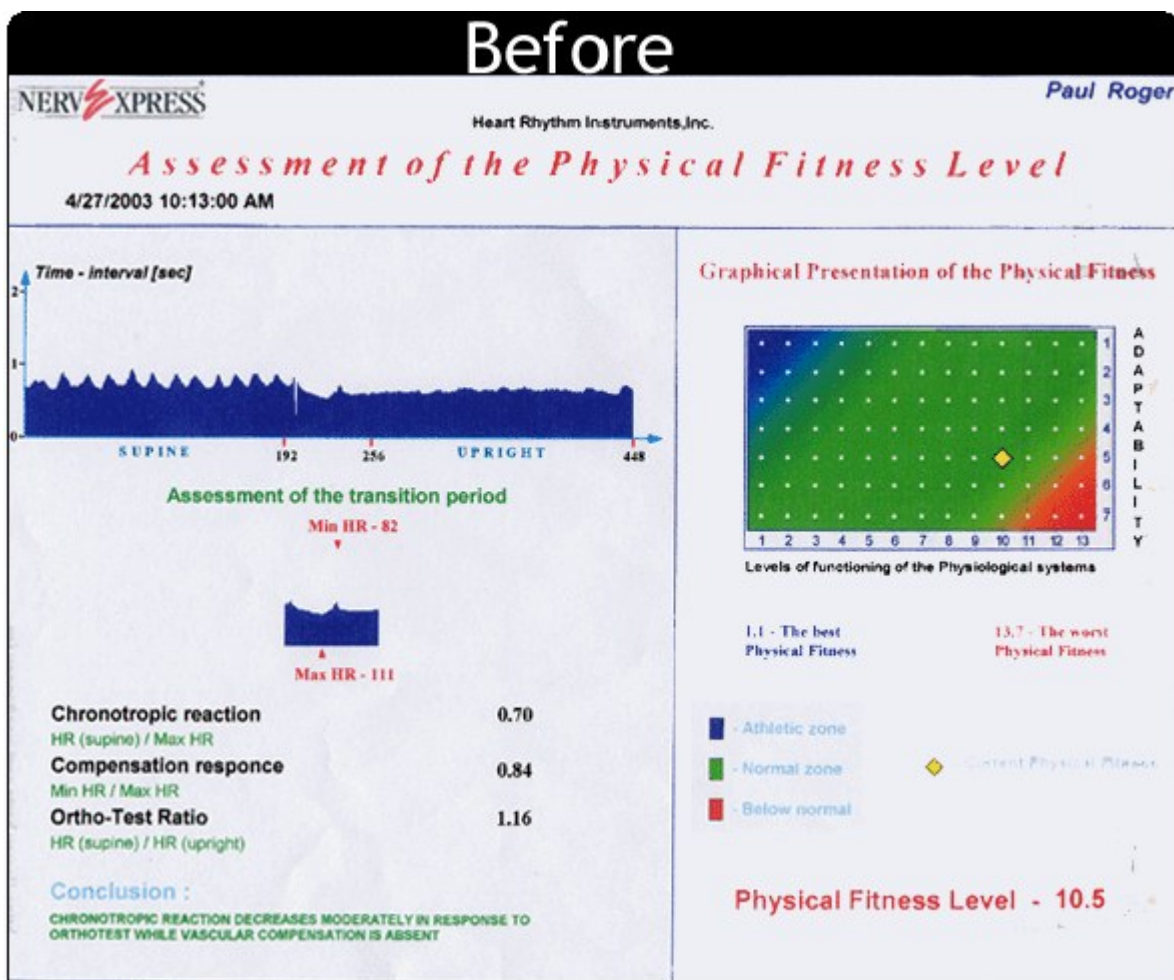
Analysis below was taken on an individual before taking intraMAX™. It shows several measures but concludes with a qualitative analysis of overall fitness level with a scale of 1.1 = The best physical fitness to 13.7 = the worst physical fitness.

45 minutes **after** taking intraMAX™, the same patient repeats the same test with startling results:

With intraMAX™, this patient's score was 6.5 on the scale of 1.1 – 13.7.

Significant change is observed in heart rate variability simply with the addition of intraMAX™. The type of response demonstrated in this example has been repeated on many other patients with similar results.

These HRV results were taken by an independent party. The heart rate variability equipment used to take these pictures is approved by Columbia University.



# After

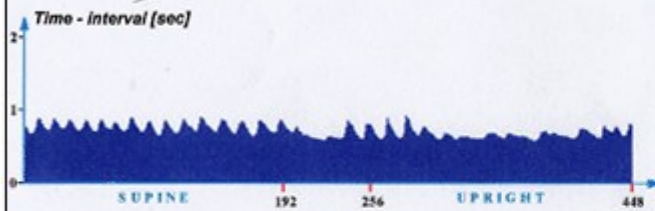
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Heart Rhythm Instruments, Inc.

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## Assessment of the Physical Fitness Level

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### Assessment of the transition period

Min HR - 70



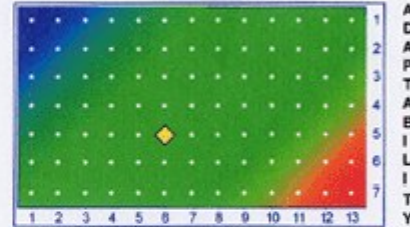
Max HR - 102

<b>Chronotropic reaction</b> HR (supine) / Max HR	0.76
<b>Compensation response</b> Min HR / Max HR	0.76
<b>Ortho-Test Ratio</b> HR (supine) / HR (upright)	1.13

### Conclusion :

COMMON REACTION DECREASES MODERATELY IN RESPONSE TO ORTHOTEST

### Graphical Presentation of the Physical Fitness



Levels of functioning of the Physiological systems

1.1 - The best  
Physical Fitness

13.7 - The worst  
Physical Fitness

■ - Athletic zone

■ - Normal zone

■ - Below normal

◆ - Current Physical Fitness

**Physical Fitness Level - 6.5**

1. Wolf MM, Varigos GA, Hunt D, Sloman JG. Sinus arrhythmia in acute myocardial infarction. *Med J Aust.* 1978;2:52-53.