

VO₂ MAX TESTING

CLIENT

NAME:
Sample Report



DATE:
10/4/2023

TRAINER:
P C

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO ₂ Max
HEART RATE	76	96	100	148
VO ₂ (ML/KG/MIN)	10.5	18.1	18.4	28.6
KCAL/HR	246	417	435	709

RECOVERY:



Peak.....148
1 Minute.....0 (0%)
2 Minutes.....0 (0%)

HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
ZONE 5	> 131	7.5	0.0	> 665
ZONE 4	105 - 129	7.0	0.0	456 - 599
ZONE 3	94 - 105	6.0	0.0	409 - 456
ANAEROBIC THRESHOLD	100	5.5	0.0	435
ZONE 2	85 - 94	5.0	0.0	369 - 409
ZONE 1	< 85	4.0	0.0	< 369

WHAT NEXT?

FITNESS LEVEL

Very Low

Low

Fair

Good

Excellent

Superior



TEST QUALITY SCORE

79

VO₂ TEST

Name: Sample Report

Age: 67

Height: 187 cm

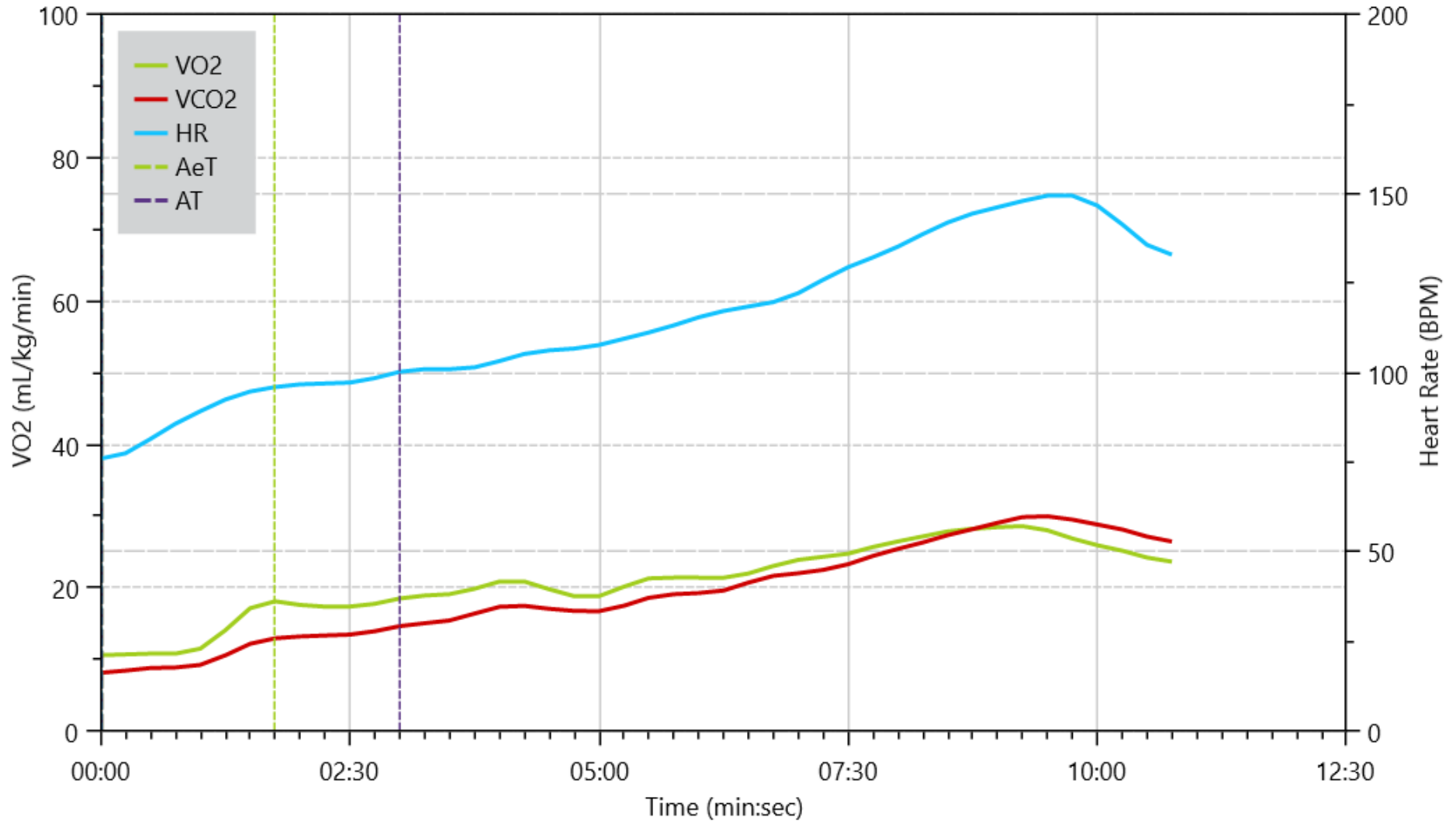
Weight: 82.0 kgs

Gender: Male

Date: 10/4/2023 12:19:48 AM

Test ID: CP-114

VO₂ Test



STAGE AVERAGES

Name: Sample Report

Age: 67

Height: 187 cm

Weight: 82.0 kgs

Gender: Male

Date: 10/4/2023 12:19:48 AM

Test ID: CP-114

Stage	Time min:sec	HR BPM	Speed MPH	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VE/VCO2	RER	CHO %	Fat %	CHO g/min	Fat g/min	CHO Cals/min	Fat Cals/min	Calories Cals/min	Calories Cals/hr
1	0:59	89	4.0	938	11.4	27.84	35.24	0.80	34.1%	65.9%	0.4	0.3	1.5	3.0	4.5	270
2	2:29	97	5.0	1,420	17.3	24.91	32.27	0.77	24.2%	75.8%	0.4	0.6	1.6	5.1	6.8	406
3	3:29	101	5.5	1,563	19.1	25.54	31.25	0.81	35.8%	64.2%	0.6	0.5	2.7	4.8	7.5	451
4	5:14	110	6.0	1,648	20.1	26.71	30.42	0.87	56.6%	43.4%	1.1	0.4	4.6	3.5	8.0	483
5	6:29	119	6.5	1,800	21.9	29.12	30.98	0.94	81.3%	18.7%	1.7	0.2	7.3	1.7	9.0	537
6	8:14	139	7.0	2,225	27.1	28.71	29.63	0.97	90.0%	10.0%	2.4	0.1	10.0	1.1	11.1	668
7	9:14	148	7.5	2,342	28.6	31.27	30.04	1.04	100.0%	0.0%	2.9	0.0	11.8	0.0	11.8	709

EFFECTIVE FAT BURN

Name: Sample Report

Age: 67

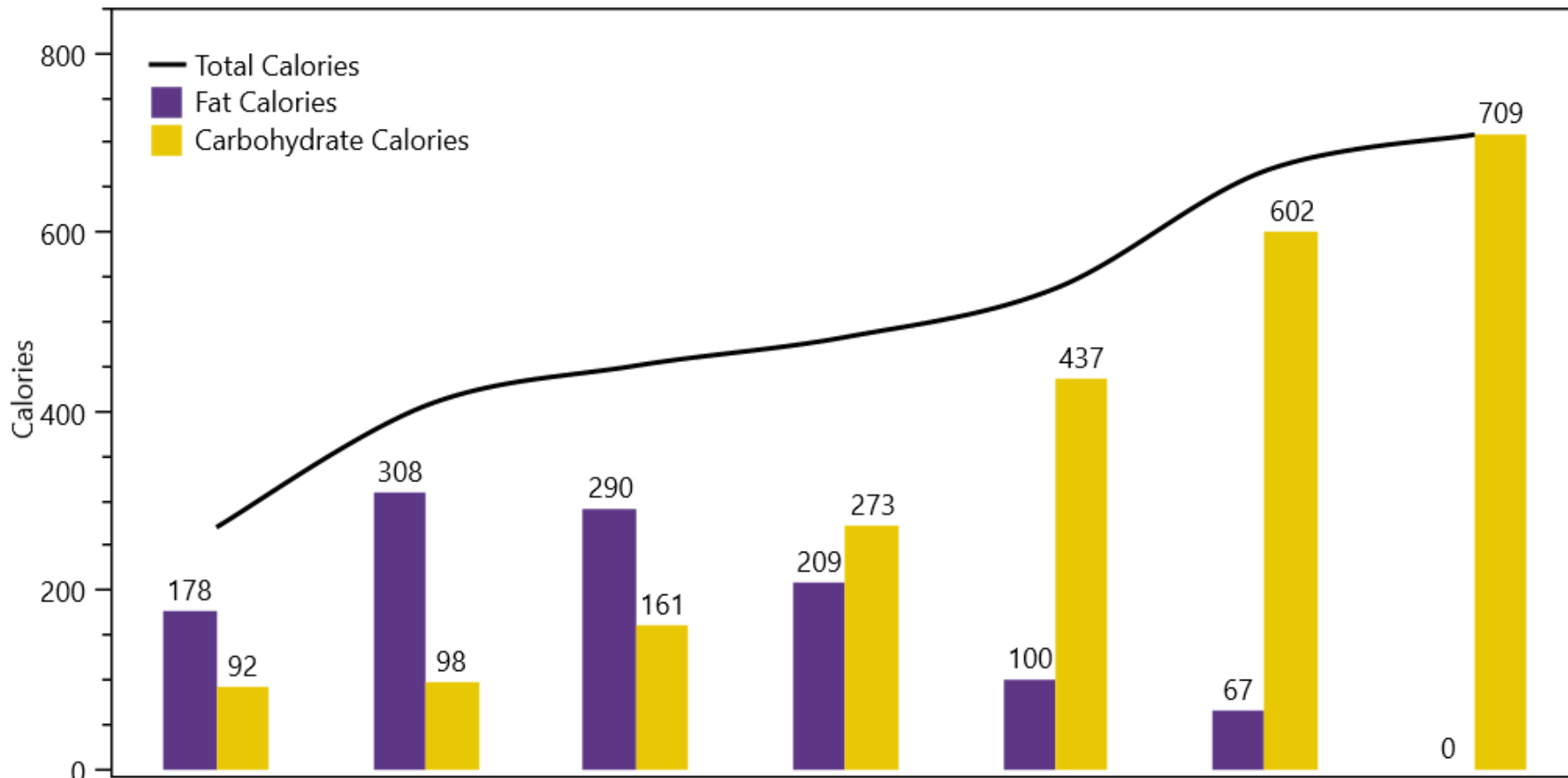
Height: 187 cm

Weight: 82.0 kgs

Gender: Male

Date: 10/4/2023 12:19:48 AM

Test ID: CP-114



Heart Rate	89	97	101	110	119	139	148
Stage	1	2	3	4	5	6	7
Incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Speed	4.0	5.0	5.5	6.0	6.5	7.0	7.5
Time	1:00	2:30	3:30	5:15	6:30	8:15	9:15