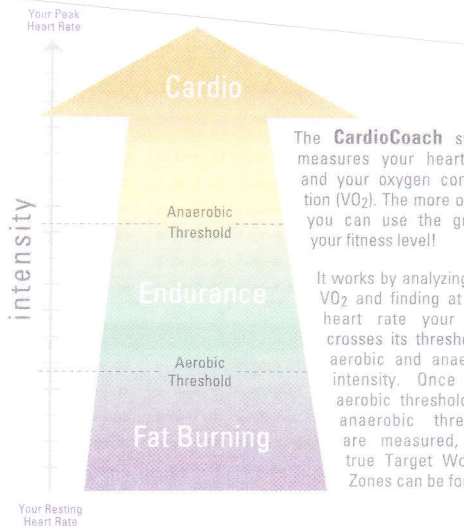


VO₂ Test Results



The **CardioCoach** system measures your heart rate and your oxygen consumption (VO₂). The more oxygen you can use the greater your fitness level!

It works by analyzing your VO₂ and finding at what heart rate your body crosses its threshold of aerobic and anaerobic intensity. Once your aerobic threshold and anaerobic threshold are measured, your true Target Workout Zones can be found.

CALORIES BURNED

There is a direct relationship between oxygen consumption and calories burned. Your VO₂ Test measures how many calories you burn when you exercise.

HEART RATE	Percent Carbs	CALORIES PER HOUR
190	100 %	716
180	100 %	666
170	93 %	616
160	87 %	562
150	80 %	502
140	70 %	442
130	60 %	381
120	60 %	315
110	63 %	249
100	70 %	184
90	83 %	118
80	100 %	72

*This table shows how many calories per hour your body burns when exercising at various intensity levels. The heart rate at which your anaerobic and aerobic thresholds were detected is also shown.

Target Workout Zones

The CardioCoach has analyzed your VO₂ Test and has created the following workout zones based on your results. Discuss with your trainer a workout strategy based on your goals and your Target Workout Intensity Zones.

Low Zone

HR: 83-132
C/Hr: 72-395

Moderate Zone

HR: 132-177
C/Hr: 395-695

High Zone

HR: 177-189
C/Hr: 695-722

Peak Zone

HR: 189-193
C/Hr: 722-731

*HR = Heart Rate; C/Hr = kcals per hour

Recovery Heart Rate

	Peak	1 Minute	2 Minute
Heart Rate	193	143 (46%)	116 (70%)

Coach's Interpretation

Your target heart rate ▶

Recommend testing again by:

Cardio Strength

	Start	AeT	AT	Peak
VO ₂ (ml O ₂ /kg/min)	5.3	29.4	49.8	61.4
Heart Rate (bpm)	83	132	177	193
Calories Per Hour	72	395	695	731
Fitness Level	Superior			

AeT = Aerobic Threshold, AT = Anaerobic Threshold

Stats

Age: 28
Gender: Female
Weight: 46.5 kg (103 lbs)
Height: 157 cm (5 ft 2 in)
BMI: 18.7
Test Type: Other
Test ID: 122
SN: 12553

Coach:
Date:
Name:

Fitness Level

Note fitness level is based on a VO₂ Max. Refer to fitness level tables on back side of page.

Age	VERY LOW	LOW	FAIR	GOOD	EXCELLENT	SUPERIOR
20-29	<23.6	23.6-28.9	29.0-32.9	33.0-36.9	37.0-41.0	>41.0*