

VO₂ MAX TESTING

CLIENT

NAME:

DATE:

TRAINER:

VO₂ MAX TEST RESULTS

| | Start | Aerobic Threshold | Anaerobic Threshold | VO ₂ Max |
|---|-------|-------------------|---------------------|---------------------|
| HEART RATE | 92 | 110 | 141 | 169 |
| VO ₂ (ML O ₂ /KG/MIN) | 6.7 | 14.6 | 26.8 | 35.8 |
| CALORIES PER HOUR | 165 | 360 | 698 | 933 |

YOUR
LOGO
HERE

RECOVERY:

- Peak.....173
- 1 Minute.....176 (0%)
- 2 minutes...154 (23%)

HEART RATE BASED TRAINING

| | HEART RATE | RESISTANCE (WATTS) | SPEED (RPM) | CALS/HR |
|----------------------------|------------|--------------------|-------------|-----------|
| ZONE 5 | > 160 | 260 | 80.0 | > 901 |
| ZONE 4 | 148 - 160 | 245 | 80.0 | 733 - 853 |
| ZONE 3 | 132 - 148 | 200 | 80.0 | 656 - 733 |
| ANAEROBIC THRESHOLD | 141 | 185 | 80.0 | 698 |
| ZONE 2 | 120 - 132 | 155 | 80.0 | 593 - 656 |
| ZONE 1 | < 120 | 110 | 80.0 | < 593 |

FITNESS LEVEL

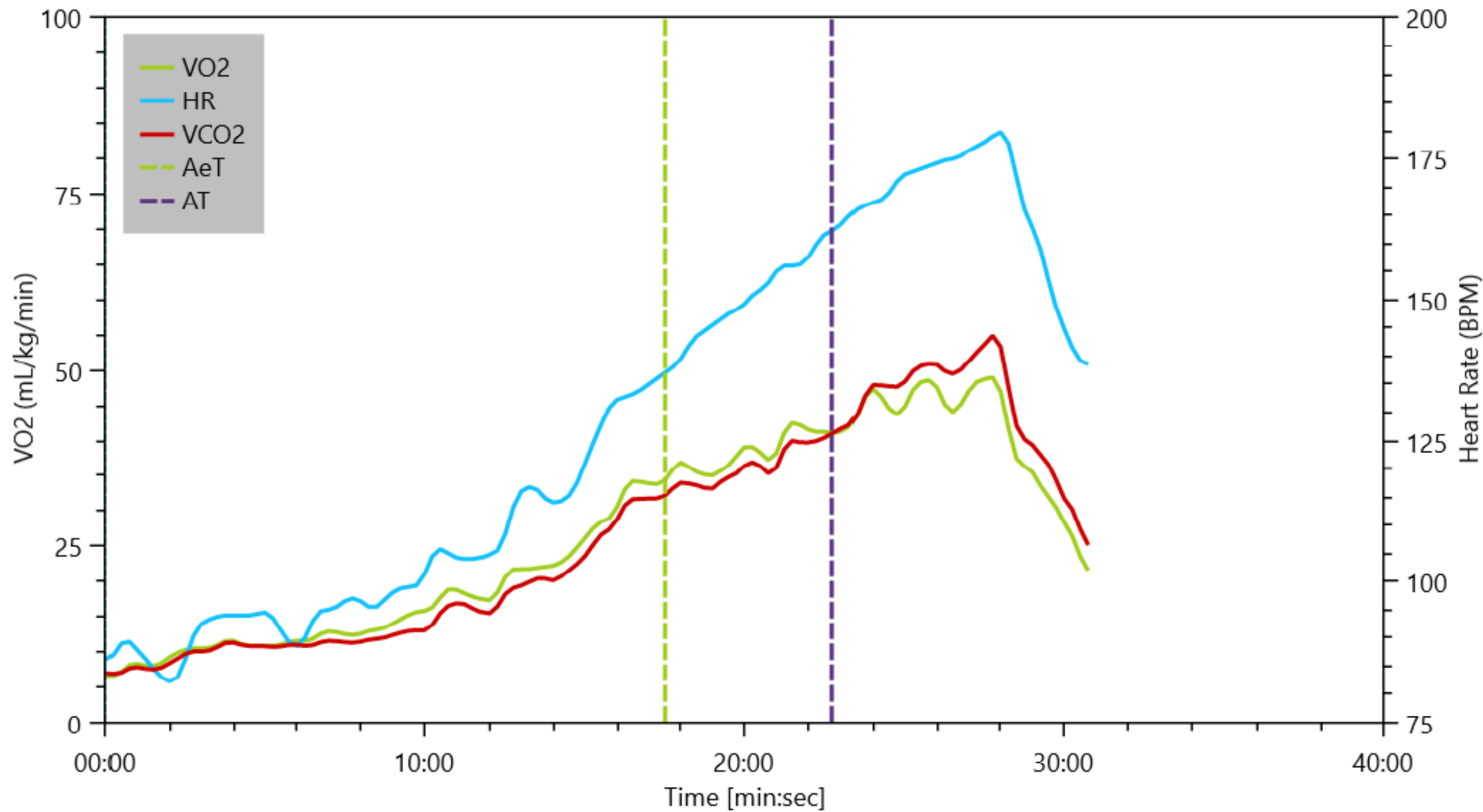
Very Low **Low** Fair Good Excellent Superior

TEST QUALITY
SCORE **90**

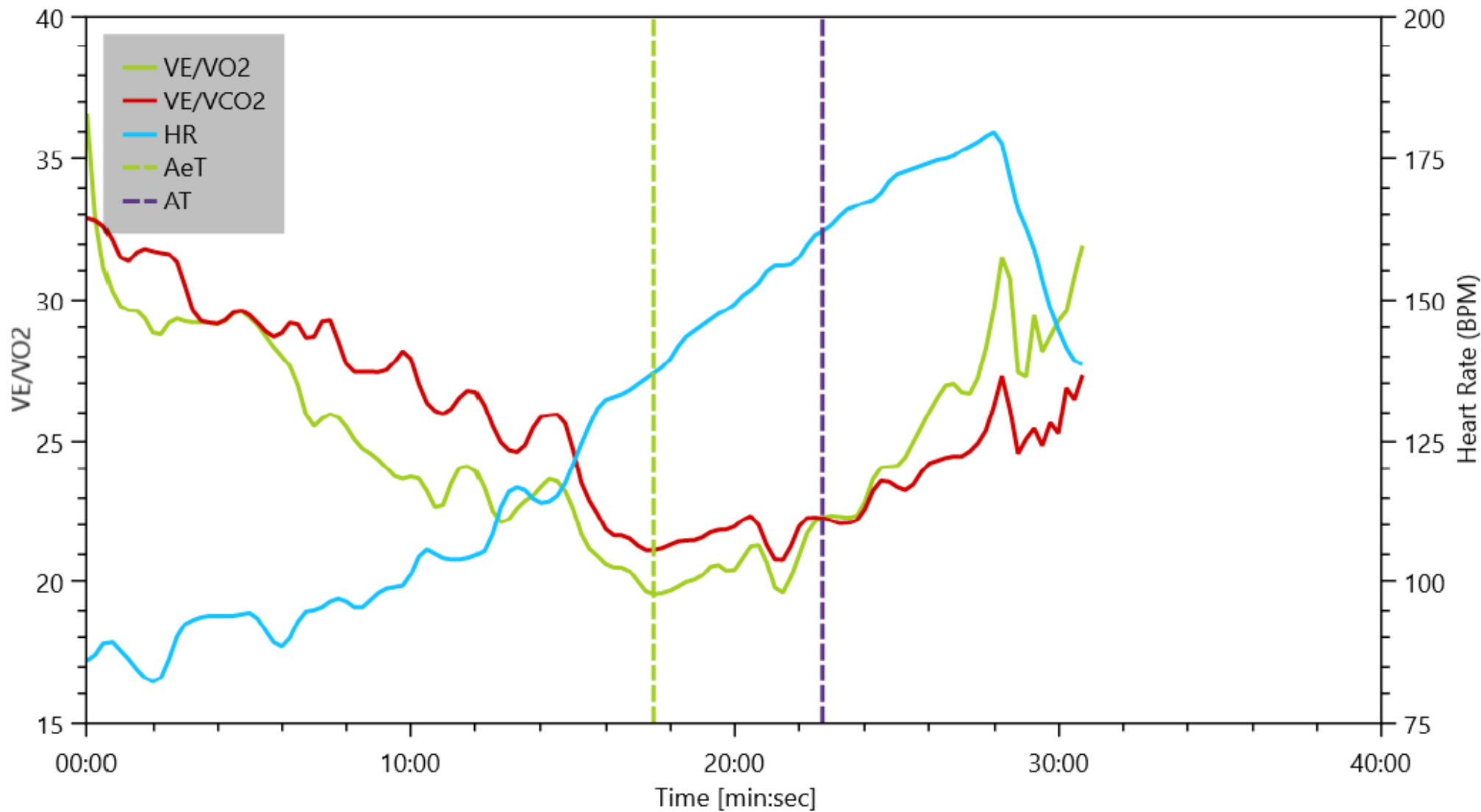
WHAT NEXT?

Here each trainer can add custom instructions for each client based on their test results.

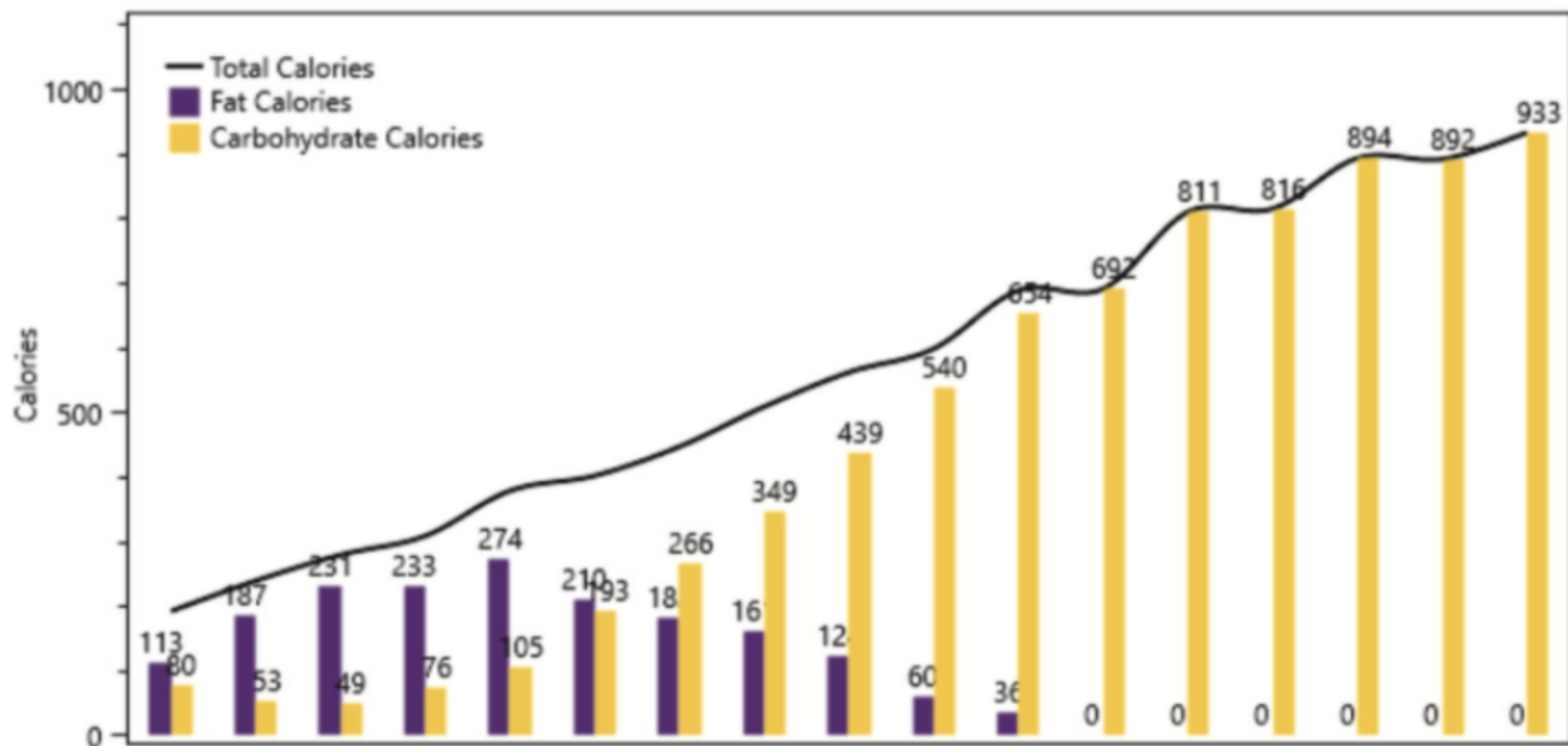
VO2 Test



Ve/VO2 vs. Time



EFFECTIVE FAT BURN



| | | | | | | | | | | | | | | | | | |
|------------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|
| Heart Rate | 106 | 102 | 103 | 105 | 113 | 116 | 120 | 124 | 128 | 134 | 138 | 143 | 147 | 156 | 159 | 164 | 169 |
| Stage | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Speed | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 | 80.0 |
| Resistance | 20 | 35 | 50 | 65 | 80 | 95 | 110 | 125 | 140 | 155 | 170 | 185 | 200 | 215 | 230 | 245 | 260 |
| Time | 0:45 | 1:30 | 2:15 | 3:00 | 3:45 | 4:30 | 5:15 | 6:00 | 6:45 | 7:30 | 8:15 | 9:00 | 9:45 | 10:30 | 11:15 | 12:00 | 12:45 |