

# VO<sub>2</sub> MAX TESTING

## CLIENT



NAME:  
Juan Perez

DATE:  
2019-04-04

TRAINER:  
Phillips, Dylan

## VO<sub>2</sub> MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	91	123	159	189
VO2 (ML O2/KG/MIN)	31.3	107.3	162.4	235.4
Calories per minute	9	29	45	65

## RECOVERY:

Peak.....189  
1 minute.....121 (69%)  
2 minute.....140 (49%)

## HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (GRADE)
<b>ZONE 5</b>	181 - 189	66.0	3.0
<b>ZONE 4</b>	159 - 181	60.0	5.0
<b>ANAEROBIC THRESHOLD</b>	159	58.0	3.0
<b>ZONE 3</b>	123 - 159	58.0	3.0
<b>ZONE 2</b>	91 - 123	56.0	1.0
<b>ZONE 1</b>	0 - 91	0.0	0.0

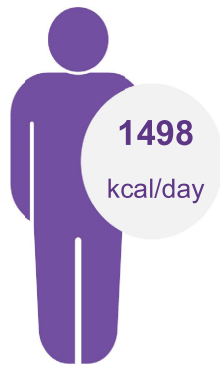
## FITNESS LEVEL

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

TEST QUALITY  
SCORE   **65**

WHAT NEXT?

# RMR TESTING



Juan, your resting metabolic rate is 1498 kcal/day

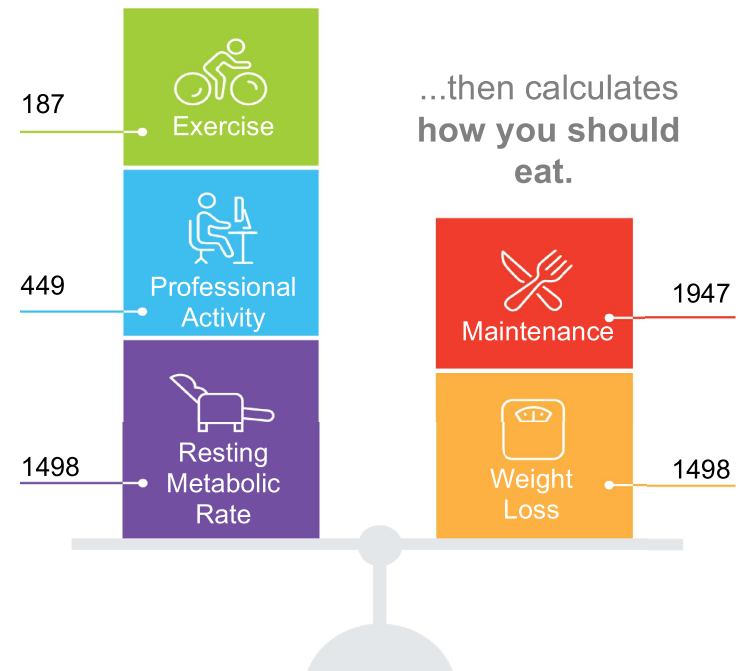
This is the minimum number of calories that you need to perform basic functions, such as breathing and keeping up brain activity. You will need this minimum amount of energy each day, even if you're not moving around.

Juan, Your Metabolic Rate is **FASTER** than others with your same height and weight



→ WHAT NEXT?

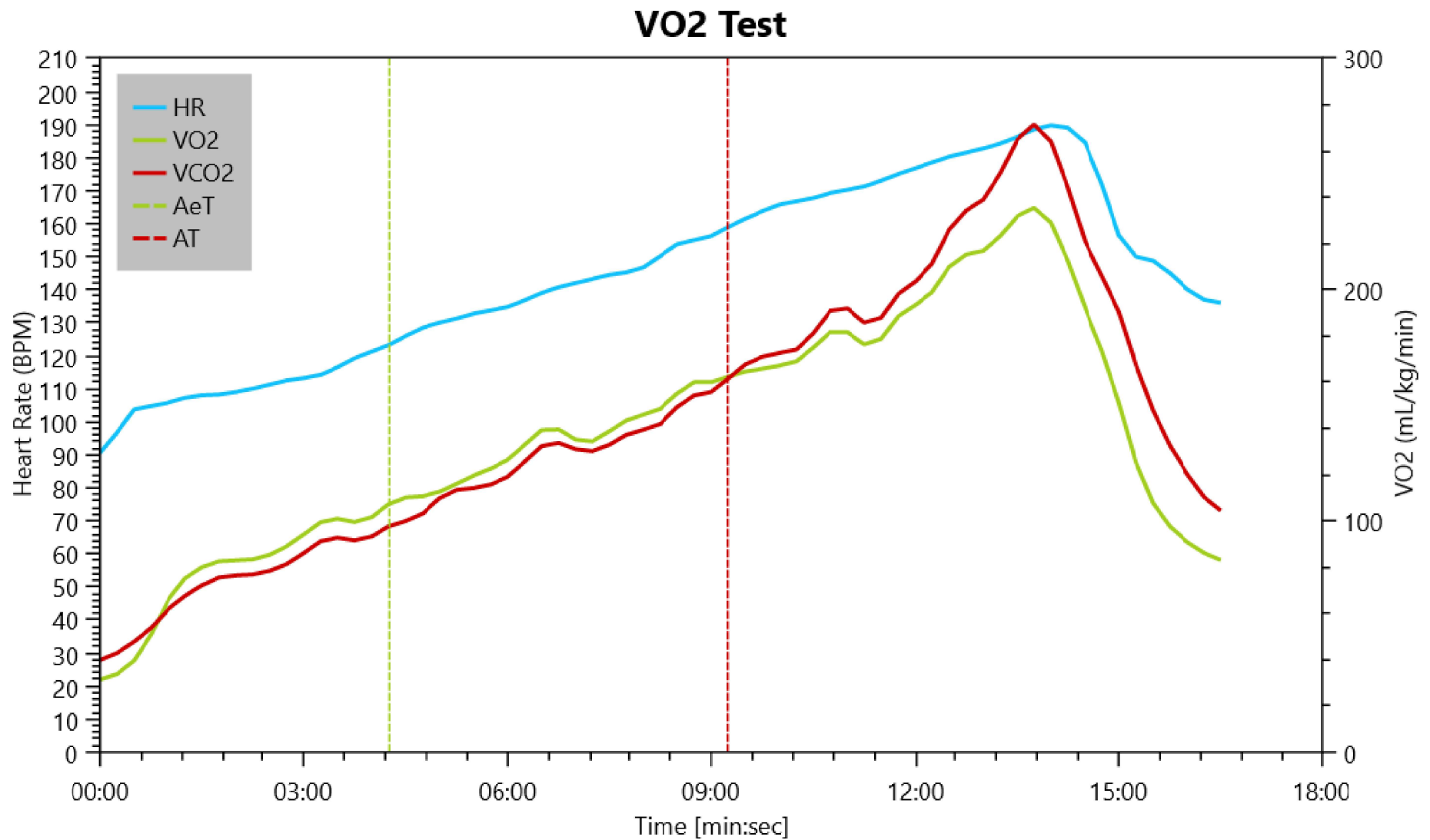
Metabolic Testing measures **what you burn...**



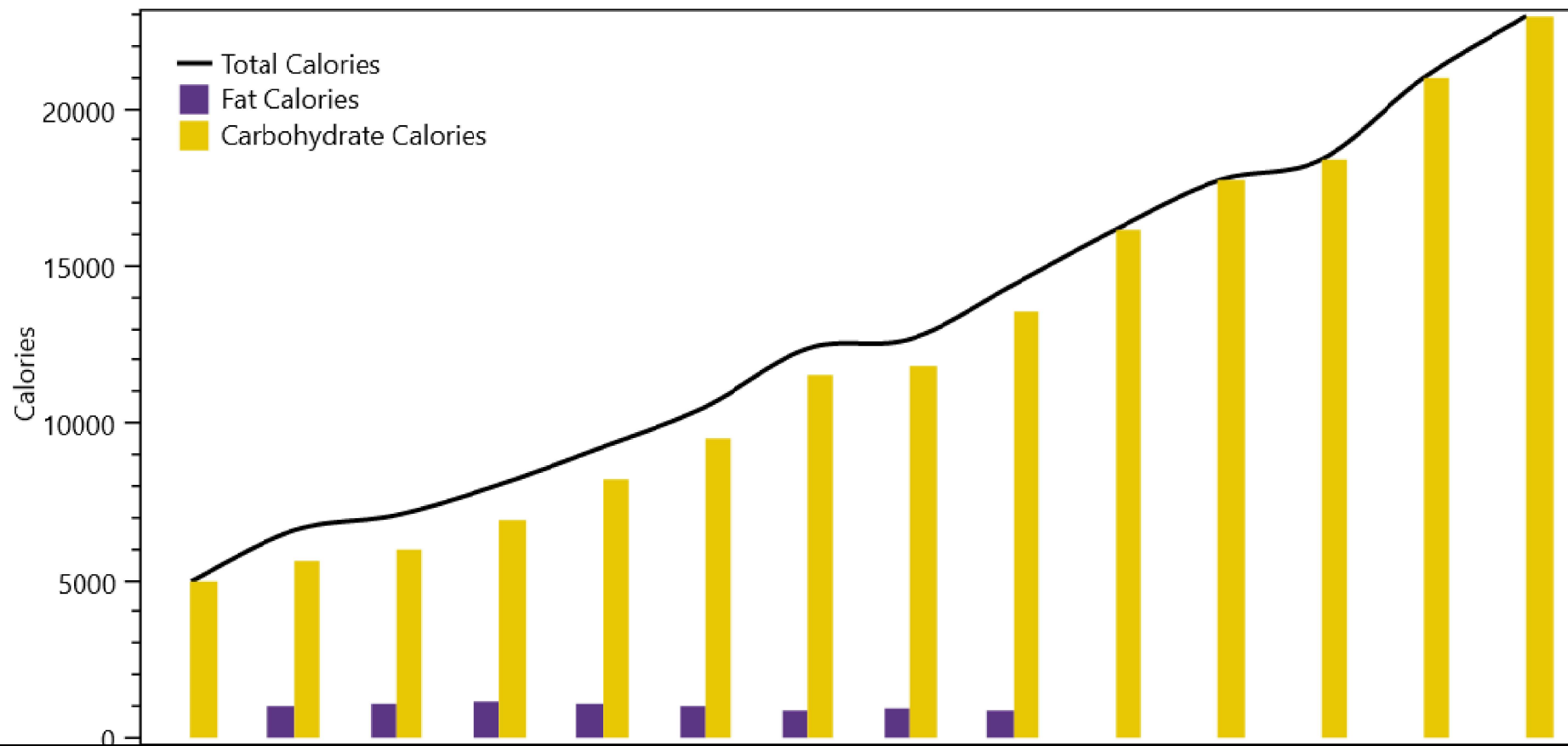
TEST QUALITY  
SCORE

54

# VO<sub>2</sub> MAX TEST PLOT



# EFFECTIVE FAT BURN



Heart Rate	105	108	113	119	129	134	141	145	155	164	169	175	182	189
Stage	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Incline	5.0	1.0	3.0	5.0	4.0	3.0	4.0	4.0	3.0	5.0	1.0	3.0	3.0	4.0
Speed	61.0	60.0	61.0	58.0	63.0	62.0	58.0	59.0	60.0	62.0	60.0	61.0	66.0	72.0
Time	0:45	1:45	2:45	3:45	4:45	5:45	6:45	7:45	8:45	9:45	10:45	11:45	12:45	13:45

# VO<sub>2</sub> MAX TEST RESULTS

Stage	Time	HR	Speed	Incline	VO2 (ml/kg)	VO2 (ml)	VCO2 (ml)	RER	VE (liters)	VE/VO2	VE/VCO2	kcal/min	% CHO	% Fat
0	45	105	61.0	5.0	50.9	699.5	700	1.1	514.0	3179.0	2933.0	14.1	100.0%	0.0%
1	105	108	60.0	1.0	82.5	1134.3	1134	0.9	671.0	2397.0	2673.0	22.4	72.6%	27.4%
2	165	113	61.0	3.0	89.0	1223.8	1224	0.9	771.0	2413.0	2635.0	24.2	72.0%	28.0%
3	225	119	58.0	5.0	99.5	1367.8	1368	0.9	812.0	2401.0	2599.0	27.1	74.3%	25.7%
4	285	129	63.0	4.0	110.7	1521.5	1522	0.9	834.0	2308.0	2521.0	30.2	78.4%	21.6%
5	345	134	62.0	3.0	122.6	1685.5	1686	0.9	989.0	2350.0	2495.0	33.6	82.0%	18.0%
6	405	141	58.0	4.0	139.5	1918.0	1918	1.0	1177.0	2385.0	2457.0	38.3	86.6%	13.4%
7	465	145	59.0	4.0	143.4	1972.3	1972	1.0	1154.0	2321.0	2419.0	39.4	86.1%	13.9%
8	525	155	60.0	3.0	160.0	2199.5	2200	1.0	1239.0	2375.0	2432.0	44.0	88.6%	11.4%
9	585	164	62.0	5.0	165.7	2279.0	2279	1.0	1429.0	2571.0	2502.0	46.0	100.0%	0.0%
10	645	169	60.0	1.0	181.7	2498.3	2498	1.1	1729.0	2712.0	2586.0	50.4	100.0%	0.0%
11	705	175	61.0	3.0	188.5	2591.5	2592	1.1	1804.0	2695.0	2579.0	52.3	100.0%	0.0%
12	765	182	66.0	3.0	215.2	2959.0	2959	1.1	2166.0	2928.0	2649.0	59.7	100.0%	0.0%
13	825	189	72.0	4.0	235.4	3236.5	3237	1.2	2571.0	3193.0	2770.0	65.3	100.0%	0.0%