

VO₂ MAX TESTING

CLIENT

NAME:
Test, Test



DATE:
9/28/2024

TRAINER:
Zehnder, Dr. Sam

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	PeakVO ₂ Max
HEART RATE	66	117	145	143
VO ₂ (ML/KG/MIN)	10.4	38.7	53.5	55.5
KCAL/HR	212	785	1,101	1,136



RECOVERY:



Peak.....145
1 Minute....100 (57%)
2 Minutes...95 (63%)

HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
ZONE 5	> 143	7.0	5.0	> 1,131
ANAEROBIC THRESHOLD	145	7.0	5.0	1101
ZONE 4	145 - 143	-	-	1,108 - 1,125
ZONE 3	137 - 145	-	-	1,035 - 1,108
ZONE 2	123 - 137	7.0	5.0	936 - 1,035
ZONE 1	< 123	5.0	5.0	< 936

FITNESS LEVEL

Very Low Low Fair Good Excellent **Superior**



WHAT NEXT?

Customized instructions provided by Dr. Zehnder to optimize your cardiorespiratory health and fitness goals!

VO₂ TEST

Name: Test, Test

Age: 2023

Height: 5' 9"

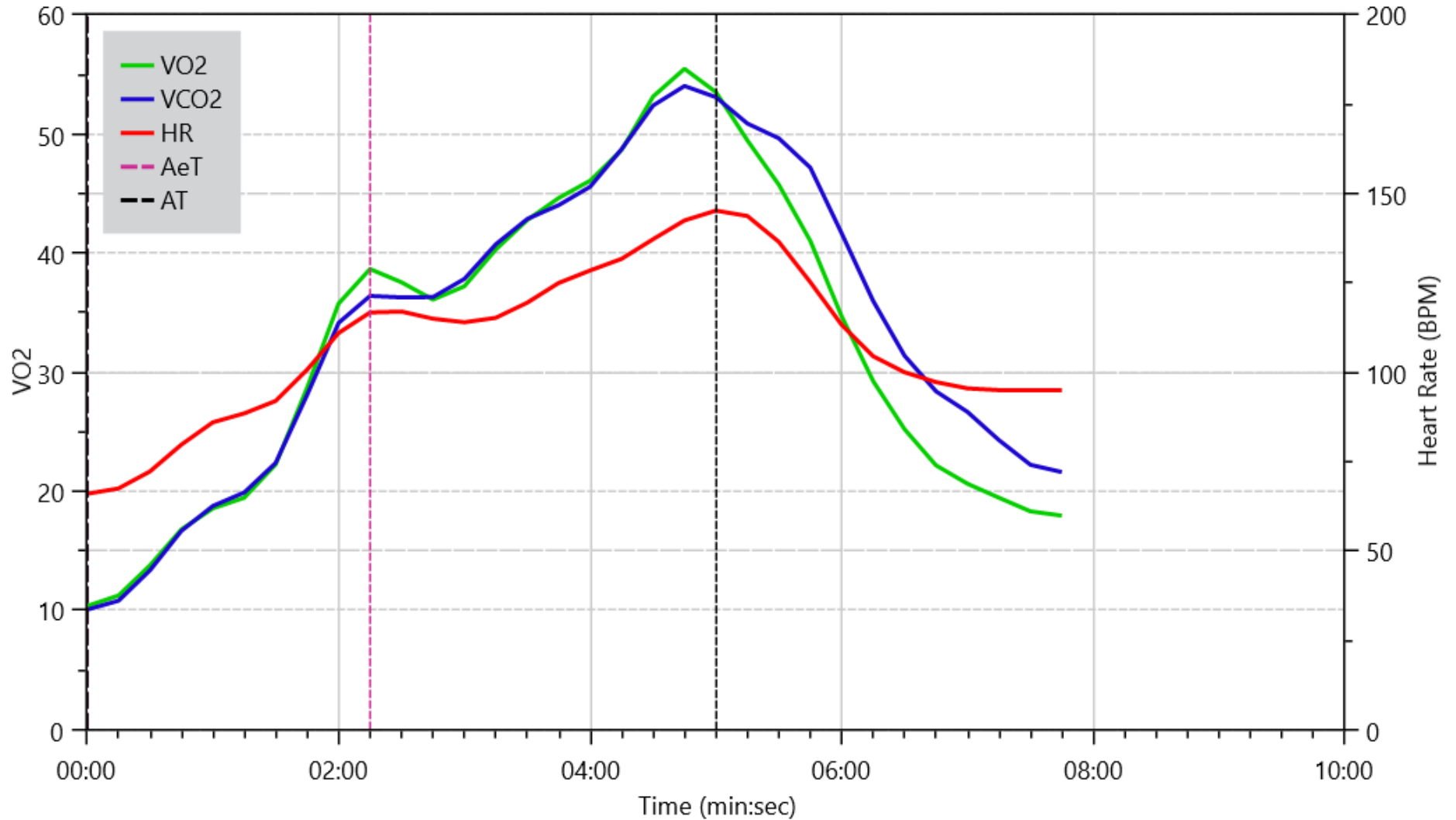
Weight: 150.0 lbs

Gender: Male

Date: 9/28/2024 9:25:13 AM

Test ID: CP-1264-000001

VO₂ Test



STAGE AVERAGES

Name: Test, Test

Age: 2023

Height: 5 ' 9 "

Weight: 150.0 lbs

Gender: Male

Date: 9/28/2024 9:25:13 AM

Test ID: CP-1264-000001

Stage	Time	HR	Incline	Speed	VO2	VO2	VE/VO2	VE/CO2	RER	CHO	Fat	CHO	Fat	CHO	Fat	Calories	Calories
	min:sec	BPM	Percent	MPH	mL/min	mL/kg/min				%	%	g/min	g/min	Cals/min	Cals/min	Cals/min	Cals/hr
1	1:29	92	5.0	2.5	1,516	22.3	27.00	26.64	1.01	100.0%	0.0%	1.9	0.0	7.6	0.0	7.6	459
2	3:44	125	5.0	5.0	3,037	44.6	23.99	24.25	0.99	95.7%	4.3%	3.6	0.1	14.6	0.7	15.3	917
3	4:44	143	5.0	7.0	3,775	55.5	23.48	23.47	0.97	91.7%	8.3%	4.2	0.2	17.4	1.6	18.9	1,136

EFFECTIVE FAT BURN

Name: Test, Test

Age: 2023

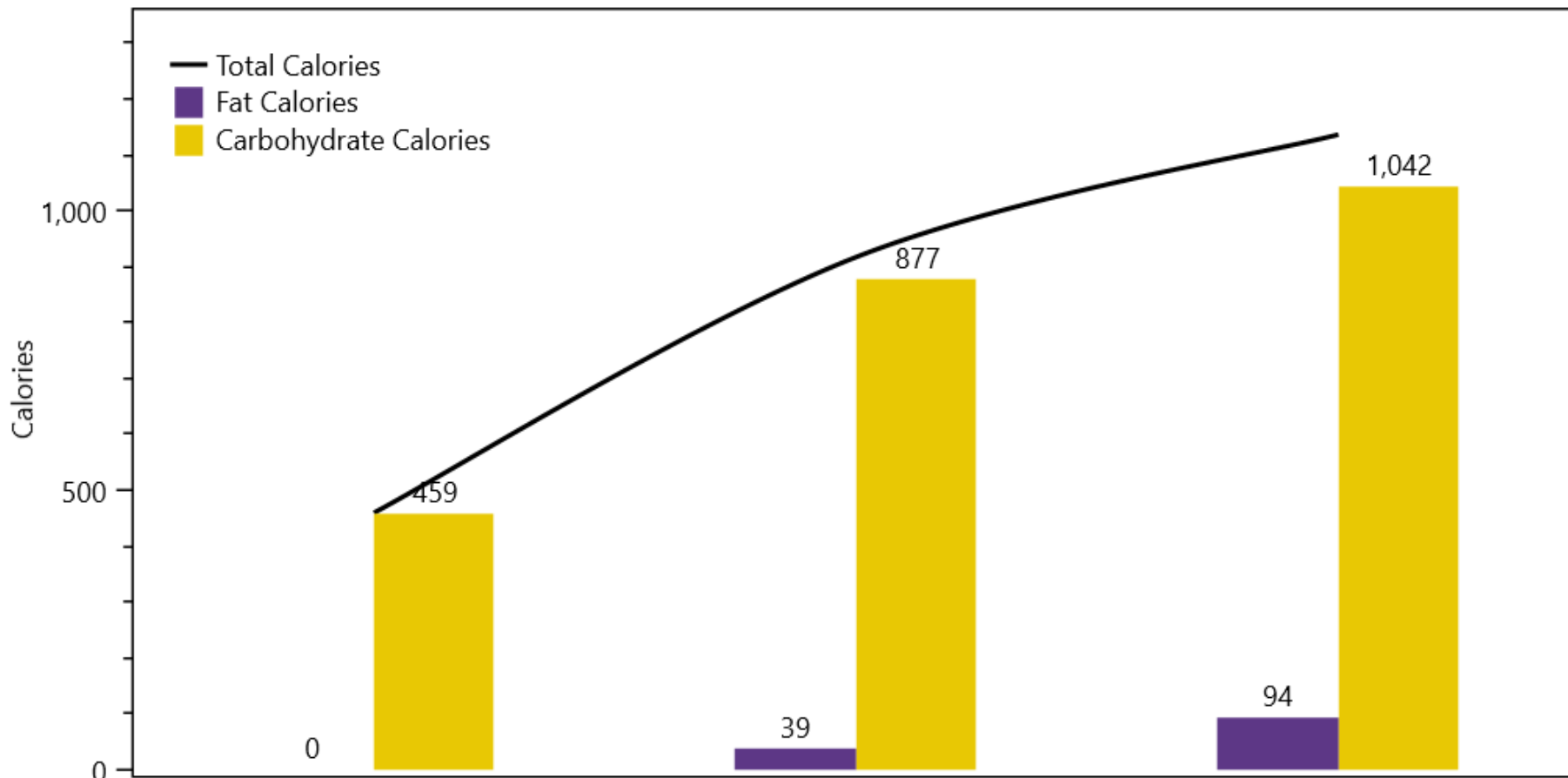
Height: 5' 9"

Weight: 150.0 lbs

Gender: Male

Date: 9/28/2024 9:25:13 AM

Test ID: CP-1264-000001



Heart Rate	92	125	143
Stage	1	2	3
Incline	5.0	5.0	5.0
Speed	2.5	5.0	7.0
Time	1:30	3:45	4:45