

VO2 Max Assessment

Client Information

Name: John Washington Age: 40 Gender: Male
 Height: 5'11" Weight: 175 lbs
 Resting Heart Rate: 60 bpm Resting Blood Pressure: 120/80 mmHg

Graded Exercise

Test Modality: Treadmill
 Test Protocol: Bruce Protocol
 Test Increment: 1 MET
 Test Duration: To volitional fatigue

VO2 Max Assessment Results

Maximum Heart Rate: 180 bpm
 Maximum Blood Pressure: 160/100 mmHg
 Maximum Minute Ventilation: 60 L/min
 VO2 Max (ml/kg/min): 42

VO2 Max Chart

MALE			FEMALE		
Age	VO2 Max Range (ml/kg/min)	Interpretation	Age	VO2 Max Range (ml/kg/min)	Interpretation
20-29	40-44	Excellent	20-29	35-39	Excellent
	35-39	Good		30-34	Good
	30-34	Above Average		25-29	Above Average
	25-29	Average		20-24	Average
	20-24	Below Average		15-19	Below Average
	<20	Poor		<15	Poor
30-39	38-42	Excellent	30-39	33-37	Excellent
	33-37	Good		28-32	Good
	28-32	Above Average		23-27	Above Average
	23-27	Average		18-22	Average
	18-22	Below Average		13-17	Below Average
	<18	Poor		<13	Poor
40-49	36-40	Excellent	40-49	31-35	Excellent
	31-35	Good		26-30	Good
	26-30	Above Average		21-25	Above Average
	21-25	Average		16-20	Average
	16-20	Below Average		11-15	Below Average
	<16	Poor		<11	Poor
50-59	34-38	Excellent	50-59	29-33	Excellent
	29-33	Good		24-28	Good
	24-28	Above Average		19-23	Above Average
	19-23	Average		14-18	Average
	14-18	Below Average		9-13	Below Average
	<14	Poor		<9	Poor
60+	32-36	Excellent	60+	27-31	Excellent
	27-31	Good		22-26	Good
	22-26	Above Average		17-21	Above Average
	17-21	Average		12-16	Average
	12-16	Below Average		7-11	Below Average
	<12	Poor		<7	Poor