

VO₂ MAX TESTING

CLIENT

NAME:



DATE:
9/3/2025

TRAINER:

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	85	142	171	187
VO2 (ML/KG/MIN)	5.6	27.1	35.1	41.2
KCAL/HR	140	685	906	1,069

RECOVERY:



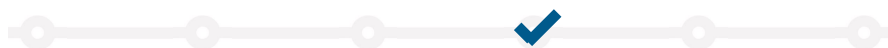
Peak.....191
1 Minute.....151 (38%)
2 Minutes...136 (52%)

HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
ZONE 5	> 181	-	-	> 981
ZONE 4	168 - 181	7.5	0.0	889 - 981
ANAEROBIC THRESHOLD	171	7.5	0.0	906
ZONE 3	145 - 168	7.0	0.0	735 - 889
ZONE 2	125 - 145	5.5	0.0	517 - 735
ZONE 1	< 125	4.5	0.0	< 517

FITNESS LEVEL

Very Low Low Fair **Good** Excellent Superior

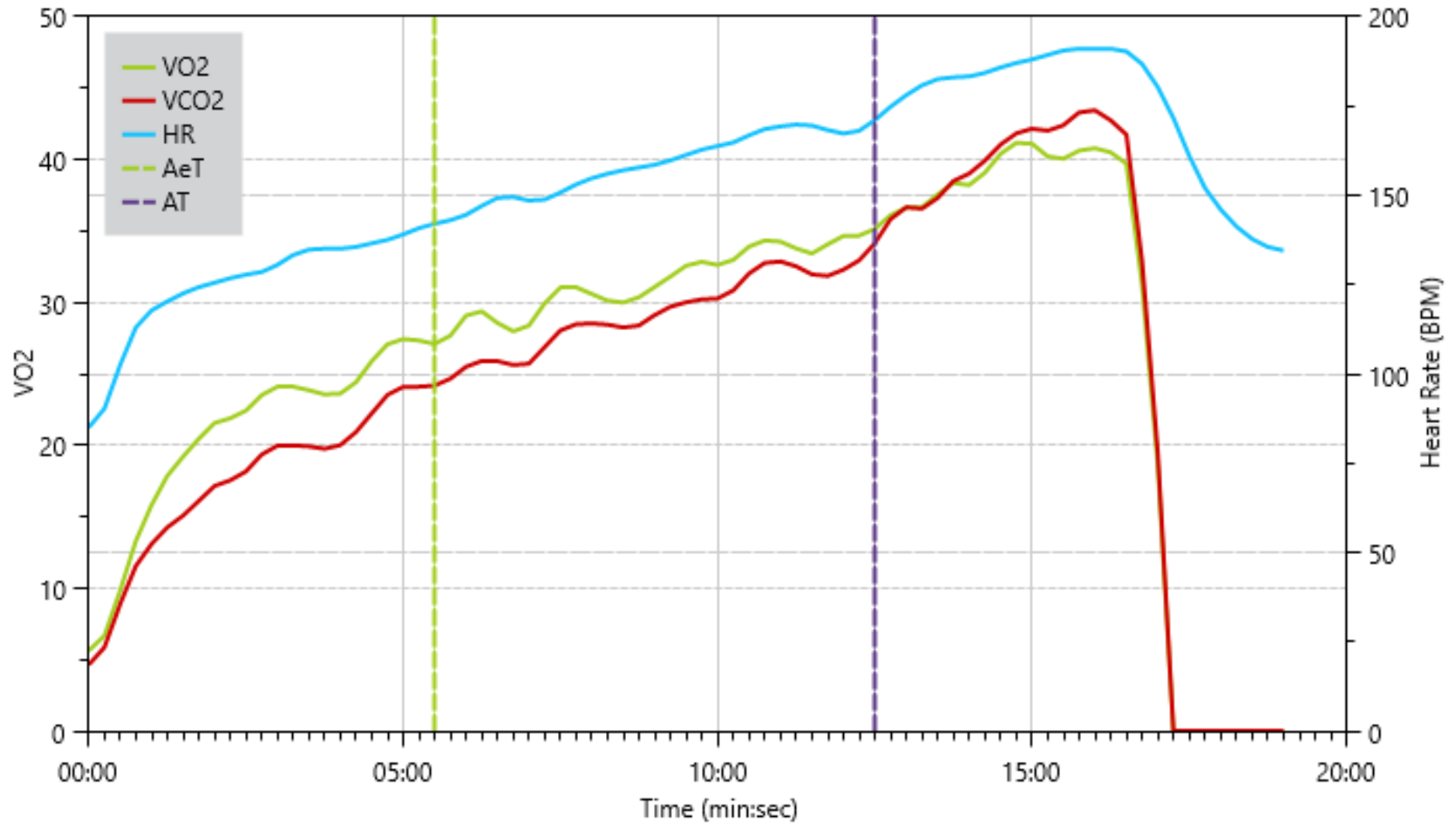


WHAT NEXT?

VO₂ TEST

Name: [REDACTED] Age: 39 Height: 5' 9" Weight: 189.0 lbs Gender: Male Date: 9/3/2025 12:33:50 PM Test ID: CP-1360-000081

VO₂ Test



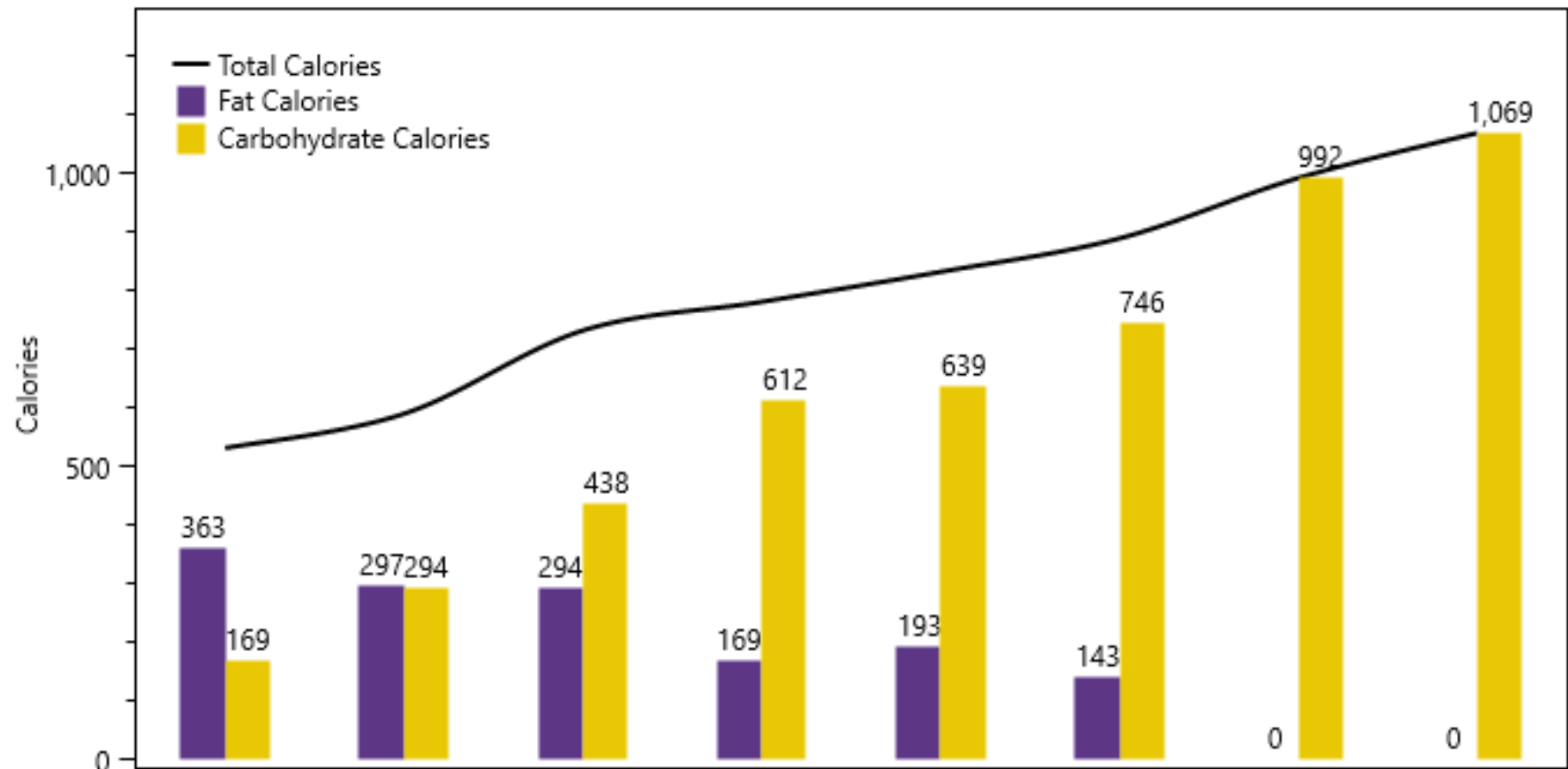
STAGE AVERAGES

Name: Age: 39 Height: 5 ' 9 " Weight: 189.0 lbs Gender: Male Date: 9/3/2025 12:33:50 PM Test ID: CP-1360-000081

Stage	Time min:sec	HR BPM	Incline Percent	Speed MPH	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VE/VCO2	RER	CHO %	Fat %	CHO g/min	Fat g/min	CHO Cals/min	Fat Cals/min	Calories Cals/min	Calories Cals/hr
1	1:59	126	0.0	4.5	1,848	21.6	26.91	33.96	0.80	31.8%	68.2%	0.7	0.7	2.8	6.0	8.9	532
2	3:59	135	0.0	5.0	2,024	23.6	28.67	34.25	0.85	49.8%	50.2%	1.1	0.5	4.9	4.9	9.8	590
3	5:59	145	0.0	5.5	2,492	29.1	28.94	32.45	0.88	59.8%	40.2%	1.7	0.5	7.3	4.9	12.2	732
4	7:59	155	0.0	6.0	2,622	30.6	31.38	33.58	0.93	78.3%	21.7%	2.4	0.3	10.2	2.8	13.0	781
5	9:59	164	0.0	6.5	2,796	32.6	32.37	34.74	0.93	76.8%	23.2%	2.6	0.4	10.6	3.2	13.9	832
6	12:14	168	0.0	7.0	2,972	34.7	34.07	35.60	0.95	83.9%	16.1%	3.0	0.3	12.4	2.4	14.8	889
7	13:59	183	0.0	7.5	3,276	38.2	37.77	37.14	1.02	100.0%	0.0%	4.0	0.0	16.5	0.0	16.5	992
8	14:44	187	0.0	8.0	3,529	41.2	37.93	37.20	1.02	100.0%	0.0%	4.3	0.0	17.8	0.0	17.8	1,069

EFFECTIVE FAT BURN

Name: Age: 39 Height: 5 ' 9 " Weight: 189.0 lbs Gender: Male Date: 9/3/2025 12:33:50 PM Test ID: CP-1360-000081



Heart Rate	126	135	145	155	164	168	183	187
Stage	1	2	3	4	5	6	7	8
Incline	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Speed	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0
Time	2:00	4:00	6:00	8:00	10:00	12:15	14:00	14:45