

VO₂ MAX TESTING

CLIENT



NAME:
Kofoed, Jason

DATE:
8/23/2019

TRAINER:

CC APP PIN:
894968

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	81	112	141	162
VO2 (ML/KG/MIN)	4.9	14.7	28.4	37.7
KCAL/HR	126	367	739	982

RECOVERY:

Peak.....164
1 Minute....171 (0%)
2 minutes...146 (22%)

HEART RATE BASED TRAINING

	HEART RATE	RESISTANCE (WATTS)	SPEED (RPM)	CALS/HR
ZONE 5	> 172	-	-	> 1,094
ZONE 4	141 - 172	-	-	739 - 1,094
ZONE 3	112 - 141	225	62.5	367 - 739
ANAEROBIC THRESHOLD	141	225	62.5	739
ZONE 2	81 - 112	100	62.0	126 - 367
ZONE 1	< 81	0	4.0	< 126

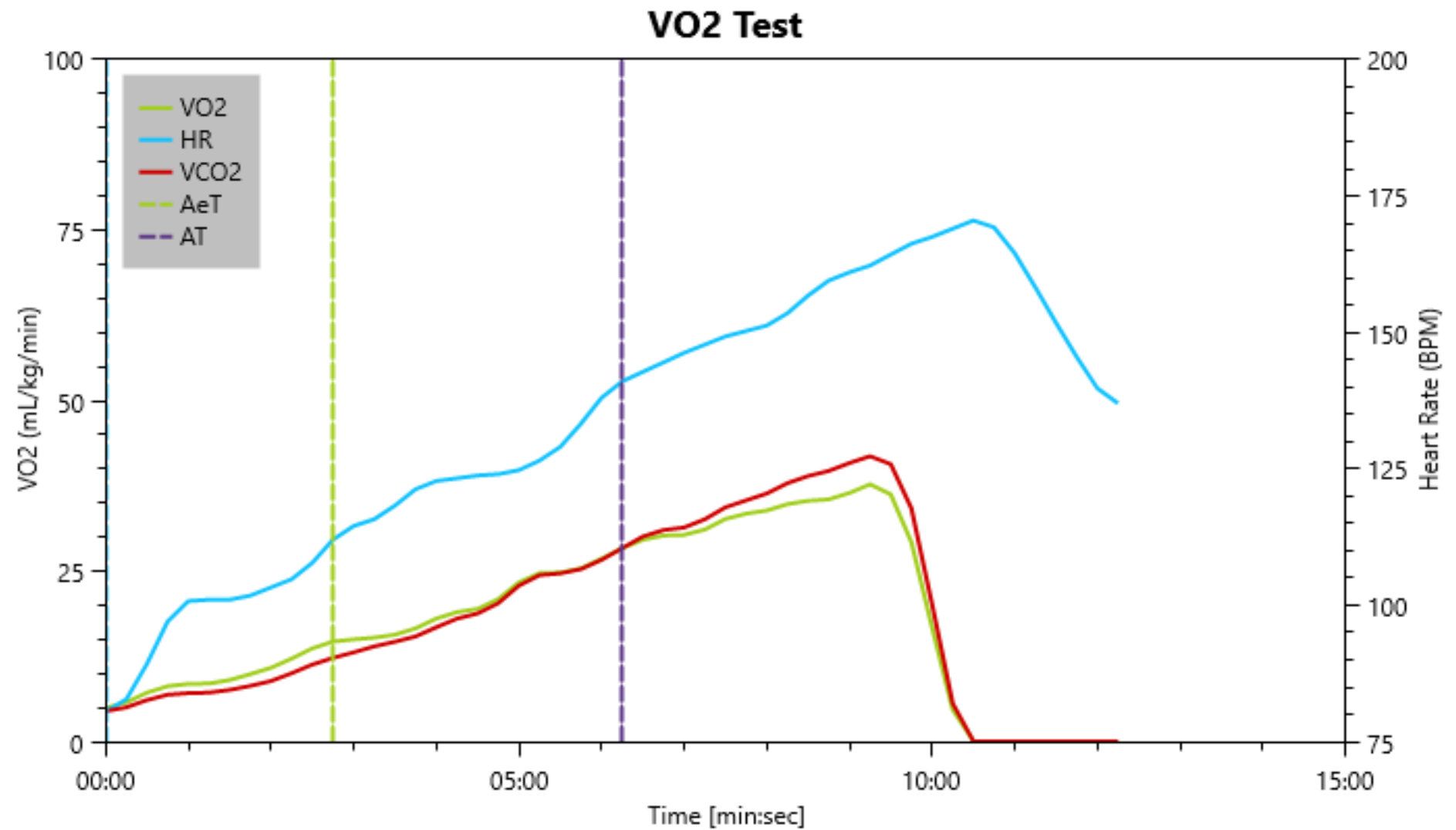
FITNESS LEVEL

Very Low Low **Fair** Good Excellent Superior

TEST QUALITY SCORE **91**

→ WHAT NEXT?

VO₂ TEST

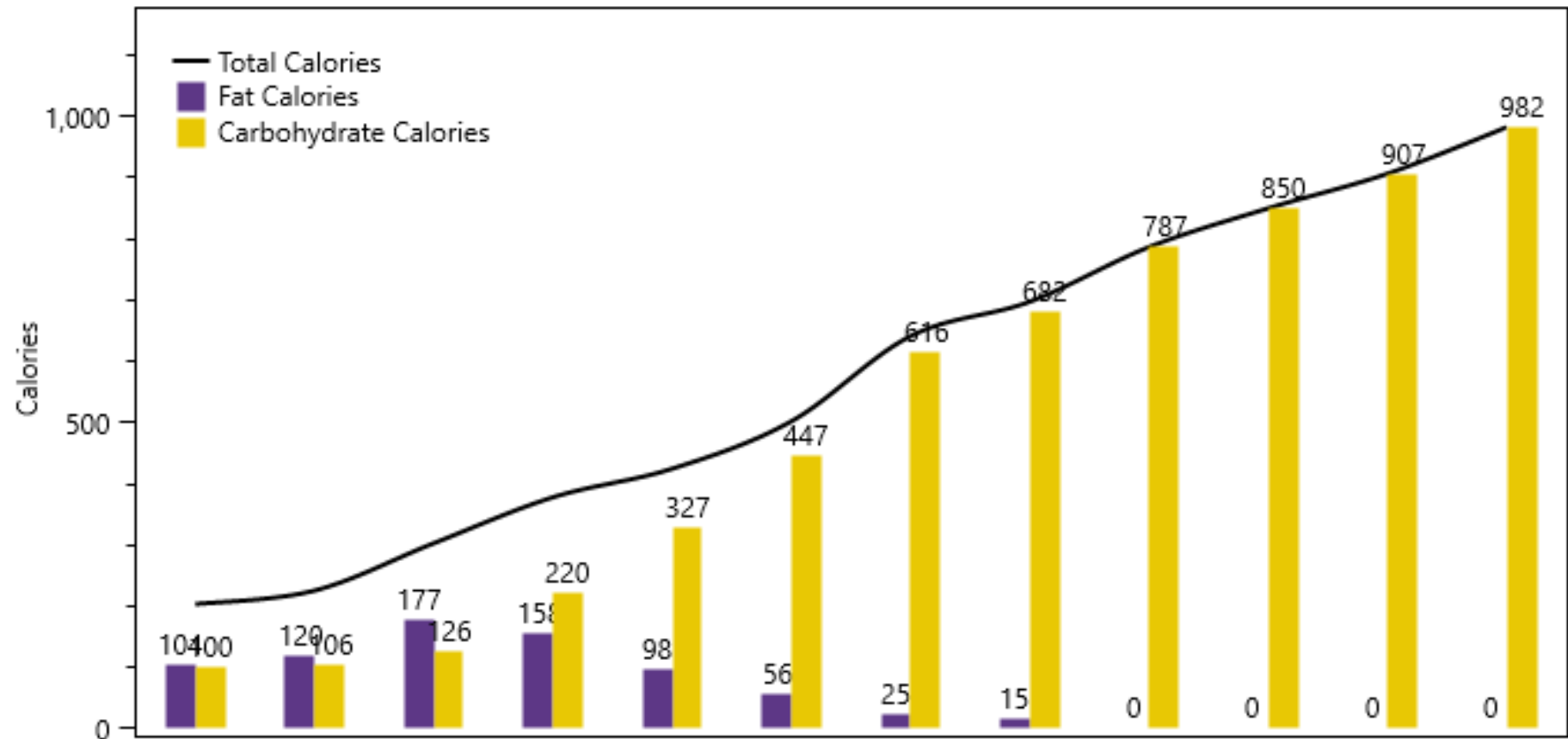


STAGE DATA

Name: Kofoed, Jason Age: 23 Height: 5 ' 8 " Weight: 190.0 lbs Gender: Male Date: 8/23/2019 9:17:38 AM Test ID: CC000006-000069

Stage	Time	HR	Speed	Resistance	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	RER	VE/VO2	VE/VCO2	% CHO	% Fat	Cals/min
1	00:44	97	65.0	25	698	8.1	590	6.9	0.85	30.6	36.4	49.1%	50.9%	3.4
2	01:29	101	66.0	50	776	9.0	651	7.6	0.84	29.4	34.9	47.0%	53.0%	3.8
3	02:14	105	64.0	75	1,046	12.2	861	10.0	0.82	27.5	33.4	41.6%	58.4%	5.0
4	02:59	115	63.0	100	1,289	15.0	1,124	13.1	0.87	26.9	31.7	58.3%	41.7%	6.3
5	03:44	121	63.5	125	1,428	16.6	1,326	15.4	0.93	27.8	29.9	77.0%	23.0%	7.1
6	04:29	124	61.0	150	1,673	19.5	1,615	18.8	0.97	28.7	30.4	88.9%	11.1%	8.4
7	05:14	127	65.0	175	2,124	24.7	2,098	24.4	0.99	29.0	29.7	96.1%	3.9%	10.7
8	05:59	138	65.5	200	2,307	26.8	2,292	26.6	0.99	28.8	28.6	97.8%	2.2%	11.6
9	06:44	145	62.0	225	2,598	30.2	2,667	31.0	1.03	29.4	28.8	100.0%	0.0%	13.1
10	07:29	149	62.5	250	2,807	32.6	2,954	34.3	1.05	31.3	29.7	100.0%	0.0%	14.2
11	08:14	154	61.5	275	2,994	34.8	3,258	37.9	1.09	32.3	29.8	100.0%	0.0%	15.1
12	09:14	162	63.5	325	3,244	37.7	3,598	41.8	1.11	34.8	31.0	100.0%	0.0%	16.4

EFFECTIVE FAT BURN



Heart Rate	97	101	105	115	121	124	127	138	145	149	154	162
Stage	1	2	3	4	5	6	7	8	9	10	11	12
Speed	65.0	66.0	64.0	63.0	63.5	61.0	65.0	65.5	62.0	62.5	61.5	63.5
Resistance	25	50	75	100	125	150	175	200	225	250	275	325
Time	0:44	1:29	2:14	2:59	3:44	4:29	5:14	5:59	6:44	7:29	8:14	9:14