

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

## CLIENT



NAME:  
Danishevsky, Vladimir

DATE:  
7/31/2024

TRAINER:

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

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	66	98	133	146
VO2 (ML/KG/MIN)	6.1	23.8	35.5	40.4
KCAL/HR	127	483	771	878

## RECOVERY:



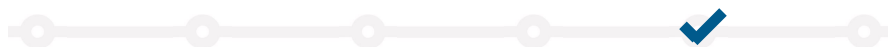
Peak.....146  
1 Minute....0 (0%)  
2 Minutes...0 (0%)

## HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
<b>ZONE 5</b>	> 143	6.5	2.0	> 861
<b>ZONE 4</b>	139 - 141	6.0	2.0	810 - 835
<b>ZONE 3</b>	125 - 139	6.0	2.0	725 - 810
<b>ANAEROBIC THRESHOLD</b>	133	5.5	2.0	771
<b>ZONE 2</b>	113 - 125	5.0	1.5	656 - 725
<b>ZONE 1</b>	< 113	4.5	1.0	< 656

## FITNESS LEVEL

Very Low   Low   Fair   Good   **Excellent**   Superior

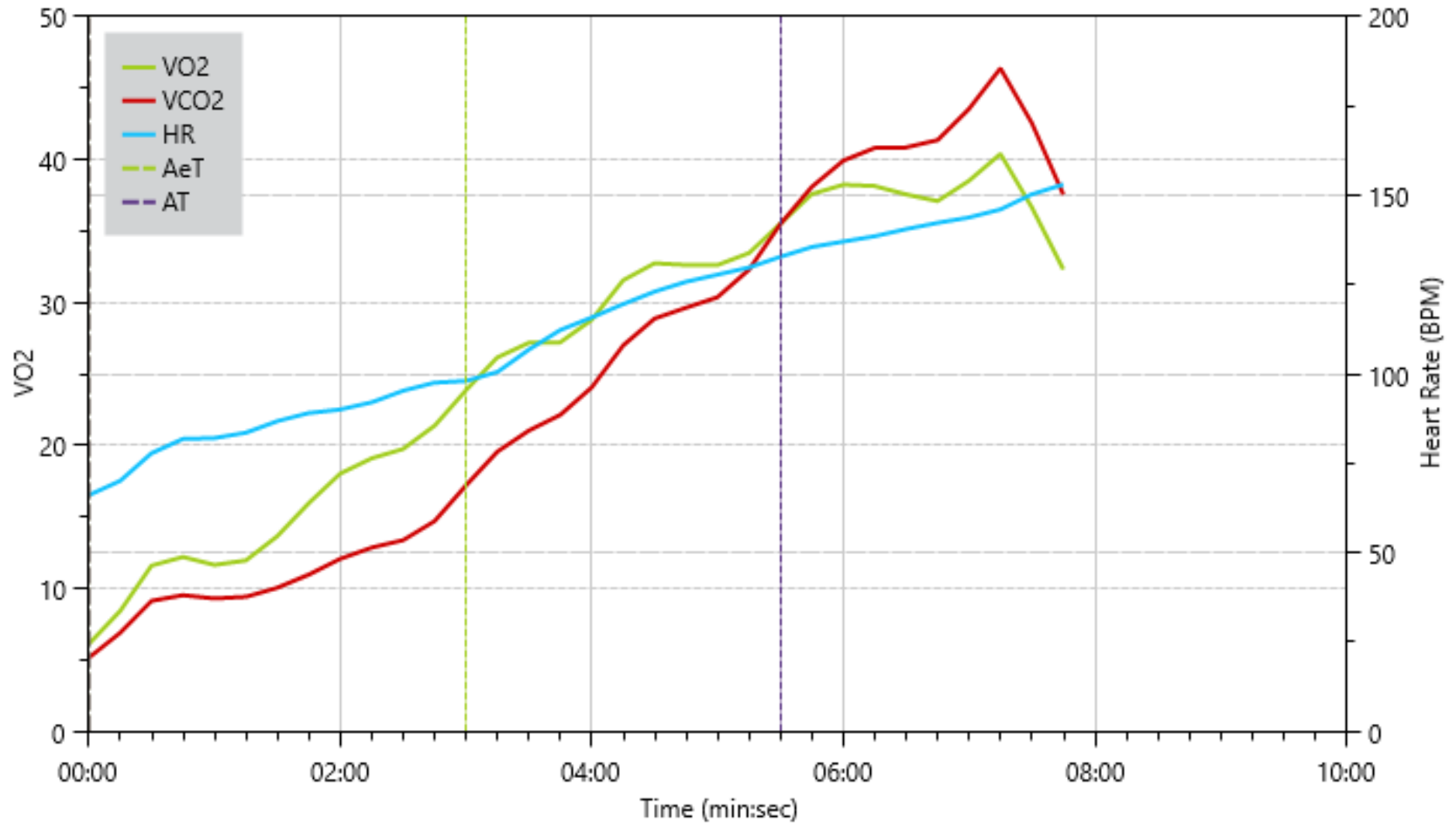


WHAT NEXT?

# VO<sub>2</sub> TEST

Name: Danishevsky, Vladimir    Age: 62    Height: 5 ' 7 "    Weight: 158.2 lbs    Gender: Male    Date: 7/31/2024 8:28:43 AM    Test ID: CP-1190-000649

## VO<sub>2</sub> Test



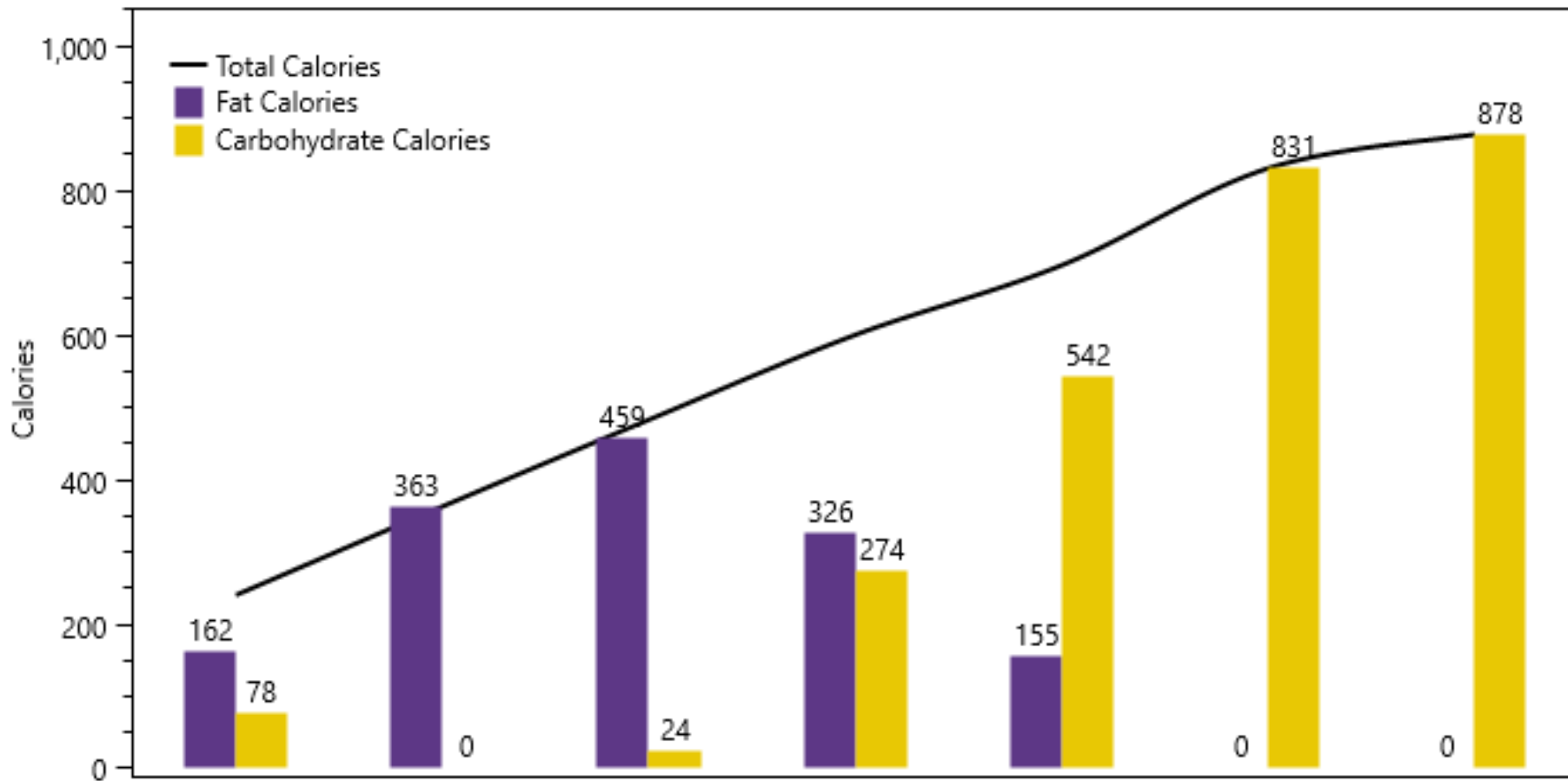
# STAGE AVERAGES

Name: Danishevsky, Vladimir    Age: 62    Height: 5 ' 7 "    Weight: 158.2 lbs    Gender: Male    Date: 7/31/2024 8:28:43 AM    Test ID: CP-1190-000649

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	0:59	82	0.0	3.0	834	11.6	33.10	41.28	0.80	32.5%	67.5%	0.3	0.3	1.3	2.7	4.0	240
2	1:59	90	0.5	3.5	1,292	18.0	24.33	36.35	0.67	0.0%	100.0%	0.0	0.7	0.0	6.0	6.0	363
3	2:59	98	0.5	4.0	1,711	23.8	23.41	33.56	0.72	5.0%	95.0%	0.1	0.8	0.4	7.6	8.0	483
4	3:59	116	1.0	4.5	2,065	28.8	26.70	32.20	0.84	45.7%	54.3%	1.1	0.6	4.6	5.4	10.0	600
5	4:59	128	1.5	5.0	2,340	32.6	30.16	32.21	0.93	77.8%	22.2%	2.2	0.3	9.0	2.6	11.6	697
6	5:59	137	2.0	5.5	2,744	38.2	33.43	31.71	1.04	100.0%	0.0%	3.4	0.0	13.8	0.0	13.8	831
7	7:14	146	2.0	6.5	2,898	40.4	35.56	31.32	1.15	100.0%	0.0%	3.6	0.0	14.6	0.0	14.6	878

# EFFECTIVE FAT BURN

Name: Danishevsky, Vladimir    Age: 62    Height: 5 ' 7 "    Weight: 158.2 lbs    Gender: Male    Date: 7/31/2024 8:28:43 AM    Test ID: CP-1190-000649



Heart Rate	82	90	98	116	128	137	146
Stage	1	2	3	4	5	6	7
Incline	0.0	0.5	0.5	1.0	1.5	2.0	2.0
Speed	3.0	3.5	4.0	4.5	5.0	5.5	6.5
Time	1:00	2:00	3:00	4:00	5:00	6:00	7:15