

Initial Session: VO2max and DEXA Protocol

Subject Number: _____ Date: _____

Sign DEXA Consent Form

DEXA

Height: _____ Weight: _____

Room Temperature: _____ Room Humidity: _____

Subjects are told: *One of the purposes of this test is to determine your maximal exercise intensity. Because of that, we need you to give us your best effort. The exercise test continues until you cannot exercise any longer. When you cannot go any further, place both feet to the side of the belt and we will slow the treadmill down so you can cool-down."*

MET cart start time: _____

Time	Speed	Gradient	RPE	HR	VO2	Notes
0-2		0				
2-4		2.5%				
4-6		5%				
6-8		7.5%				
8-10		7.5%				
10-12		7.5%				
12-14		7.5%				
14-16		7.5%				
16-18		7.5%				
18-20		7.5%				

MET cart end time: _____ ; VO2max: _____