

## Key Body Vitals

**Heart Rate:** 66 bpm

**Blood Pressure (Systolic):** 110 mmHg

**Blood Pressure (Diastolic):** 75 mmHg

## Cardiovascular Endurance

**VO2 Max:** 44.08 ml/kg/min

**PRQ (Pulse-Respiration Quotient):** 3.47

## Body Composition

**BMI:** 9.51

**Body Fat %:** -0.90 %

# Cardiac Assessment Report Summary

Session ID: session\_002

Assessment ID: as\_card\_01