

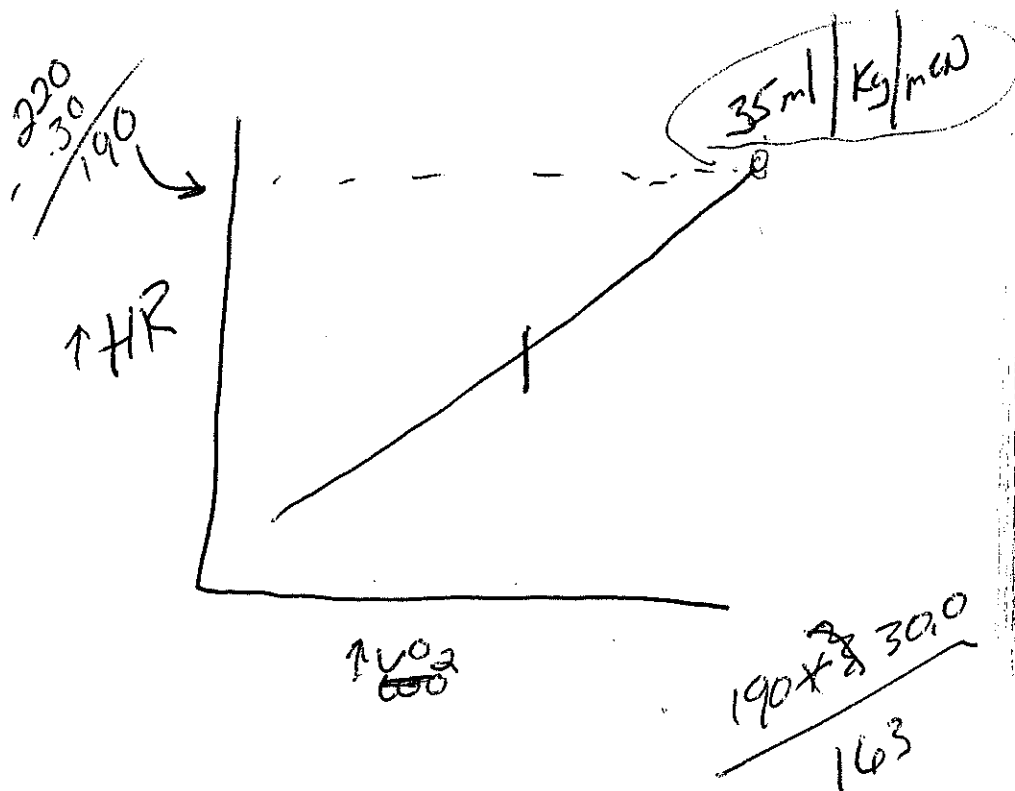
Name: [REDACTED] Temp: 23 degC Pbar: 763 mmHg Date: 2018/05/18  
 ID: 12271987 Sex: M Age: 30 yr Ht: 70.0 in (178 cm) Wt: 231.5 lb (105.2 kg)

# Summary

## SUMMARY

		Rest	VT	MaxVO2	PredMax	VT/Max%	%Pred
WorkR	(W)	0	0	0			
VO2	(l/min)	1.28	1.78	3.11	4.62	57	67
VO2/kg	(ml/kg/m)	12.1	16.9	29.6	43.9	57	67
VCO2	(l/min)	0.86	1.45	2.71		53	
RER		0.68	0.81	0.87		93	
METS		3.5	4.8	8.5	12.5	57	67
VEbtps	(l/min)	25.9	39.9	72.2		55	
RR	(bpm)	21	28	32		88	
Vt	(l)	1.21	1.40	2.23		63	
VE/VO2		20	22	23		97	
VE/VCO2		30	28	27		103	
FEO2	(%)	15.41	15.77	15.88		99	
FECO2	(%)	4.04	4.40	4.56		97	
SpO2	(%)	0.0	0.0	0.0			
HR		106	135	163	190	83	86
O2pulse	(ml/beat)	12	13	19	24	69	79
SBP	(mmHg)	0	0	0			
DBP	(mmHg)	0	0	0			

MaxVO2 reference: Wasserman Clin. Exer. Testing 4th Ed, Adult, Normal weight



\*\*\* Metabolic Text Report \*\*\*

Test time  
Doctor:  
Tech

Base O2:	20.94 %	Base CO2:	0.03 %	Measured O2: 20.92%	CO2: 0.04%
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TIME	VO2 STPD min:sec	VO2/kg STPD ml/kg/m	METS	VCO2 STPD L/min	VE STPD L/min	RER	RR BPM	Vt BTPS L	FE02 %	FECO2 %	O2pulse STPD ml/beat	HR bpm	TM SPD mph	TM GRD %Grd
**00:09 BP 140/88														
**00:09 rest seated														
0:20	0.25	2.3	0.7	0.17	7.16	0.71	21	0.41	17.73	2.46	3	83	0.0	0.0
0:41	0.21	2.0	0.6	0.15	5.88	0.72	20	0.35	17.51	2.67	2	86	0.0	0.0
1:00	0.35	3.3	1.0	0.26	10.30	0.74	15	0.80	17.71	2.56	4	80	0.0	0.0
1:20	0.26	2.5	0.7	0.20	7.66	0.78	12	0.76	17.69	2.69	3	99	0.0	0.0
1:41	0.22	2.1	0.6	0.19	6.46	0.89	14	0.55	17.63	3.05	3	88	0.0	0.0
**01:46 BP 136/86														
**01:46 rest standing														
**02:00 Warm Up														
2:00	0.33	3.2	0.9	0.29	9.66	0.88	18	0.63	17.58	3.06	4	92	0.0	0.0
2:24	0.43	4.1	1.2	0.37	12.98	0.87	18	0.89	17.72	2.91	5	91	2.3	0.0
2:41	0.54	5.1	1.5	0.46	14.27	0.86	18	0.94	17.27	3.27	5	110	3.0	0.0
3:00	0.96	9.1	2.6	0.66	18.12	0.69	22	1.00	15.97	3.69	9	108	3.0	0.0
3:21	1.17	11.1	3.2	0.74	19.59	0.63	17	1.38	15.42	3.81	11	109	3.0	0.0
3:42	1.41	13.4	3.8	0.92	22.72	0.66	20	1.34	15.19	4.10	13	111	3.0	0.0
4:02	1.13	10.8	3.1	0.78	20.07	0.69	20	1.18	15.66	3.92	10	109	3.0	0.0
4:22	0.93	8.8	2.5	0.64	16.09	0.69	21	0.91	15.54	4.00	9	109	3.0	0.0
4:41	1.28	12.1	3.5	0.86	21.49	0.68	21	1.21	15.41	4.04	12	106	3.0	0.0
**04:43 BP 160/70														
**05:00 Start Exercise														
5:00	1.12	10.6	3.0	0.79	19.38	0.71	20	1.18	15.53	4.12	10	112	3.0	0.0
5:21	1.18	11.2	3.2	0.87	20.94	0.74	22	1.14	15.62	4.18	10	113	3.4	0.9
5:41	1.40	13.3	3.8	1.05	25.41	0.75	21	1.47	15.72	4.18	11	125	3.5	1.0
6:00	1.44	13.7	3.9	1.10	26.35	0.76	23	1.40	15.75	4.21	12	125	3.5	1.0
6:20	1.34	12.7	3.6	1.03	24.47	0.77	24	1.25	15.74	4.25	11	127	3.9	1.9
**06:32 BP 180/78														
6:40	1.76	16.8	4.8	1.35	31.51	0.77	24	1.56	15.62	4.32	14	129	4.0	2.0
**06:56 RPE 8														
7:01	1.78	16.9	4.8	1.45	33.07	0.81	28	1.40	15.77	4.40	13	135	4.0	2.0
7:21	2.21	21.0	6.0	1.84	42.59	0.83	33	1.56	15.94	4.34	16	138	4.2	2.0
7:40	2.22	21.1	6.0	1.93	44.31	0.87	29	1.87	16.06	4.38	15	147	4.2	2.0
8:00	2.84	27.0	7.7	2.42	53.92	0.85	30	2.16	15.83	4.52	18	155	4.2	2.0
8:20	2.68	25.4	7.3	2.37	55.76	0.89	32	2.08	16.25	4.29	17	155	4.2	2.0
8:41	3.11	29.6	8.5	2.71	59.90	0.87	32	2.23	15.88	4.56	19	163	4.2	2.0
**08:44 Cool Down														
9:00	2.25	21.3	6.1	2.06	47.20	0.92	28	2.02	16.27	4.39	14	163	4.8	1.0
9:22	1.96	18.7	5.3	1.78	39.30	0.91	28	1.72	16.04	4.56	13	153	1.0	0.0
9:40	1.46	13.9	4.0	1.51	34.54	1.03	23	1.77	16.68	4.40	10	142	1.0	0.0
*09:48 BP 250/50														
*09:48 immediate recovery														
10:00	0.99	9.4	2.7	1.10	26.18	1.11	23	1.36	17.06	4.24	8	129	1.0	0.0
**10:09 BP 242/60														

**10:09 1 minute recovery														
10:21	0.82	7.8	2.2	0.91	23.04	1.11	23	1.20	17.30	3.98	7	125	1.0	0.0
10:42	0.65	6.2	1.8	0.73	19.22	1.11	23	0.99	17.45	3.83	5	126	1.0	0.0
**10:46 RPE 12														
11:00	0.79	7.5	2.1	0.84	21.62	1.06	23	1.13	17.24	3.91	6	126	1.0	0.0
11:22	0.75	7.1	2.0	0.80	21.12	1.06	22	1.15	17.33	3.81	6	122	1.0	0.0
11:42	0.66	6.3	1.8	0.70	19.07	1.05	21	1.09	17.43	3.68	5	124	1.0	0.0
12:03	0.65	6.2	1.8	0.67	18.30	1.03	23	0.97	17.36	3.68	5	122	1.0	0.0
**12:18 BP 200/80														
12:22	0.68	6.5	1.8	0.68	19.04	1.00	21	1.08	17.37	3.62	6	119	1.0	0.0
12:42	0.68	6.5	1.9	0.68	18.66	0.99	21	1.07	17.28	3.66	6	122	1.0	0.0
13:00	0.46	4.4	1.3	0.46	12.89	0.99	21	0.76	17.35	3.60	4	117	1.0	0.0
13:21	0.71	6.7	1.9	0.67	18.62	0.95	20	1.15	17.18	3.64	6	117	1.0	0.0
13:42	0.56	5.3	1.5	0.51	14.00	0.92	20	0.83	17.04	3.68	5	117	1.0	0.0
**13:44 BP 196/70														
14:00	0.64	6.1	1.7	0.56	15.95	0.88	19	0.99	17.04	3.55	5	117	1.0	0.0
**15:11 BP 184/80														
**15:32 Stop Exercise														
**17:51 BP 158/80														

Max VO2: 3.11 L/min, 29.6 ml/kg/min, 8.5 METS  
 Exercise Time: 3:44.33  
 Ve/Vco2 Slope: 26.1