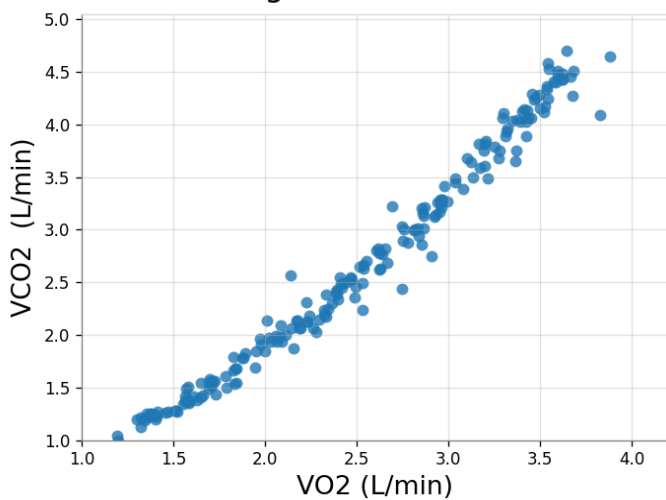


EDINBURGH NAPIER UNIVERSITY EXERCISE THRESHOLDS APP

Gas Exchange

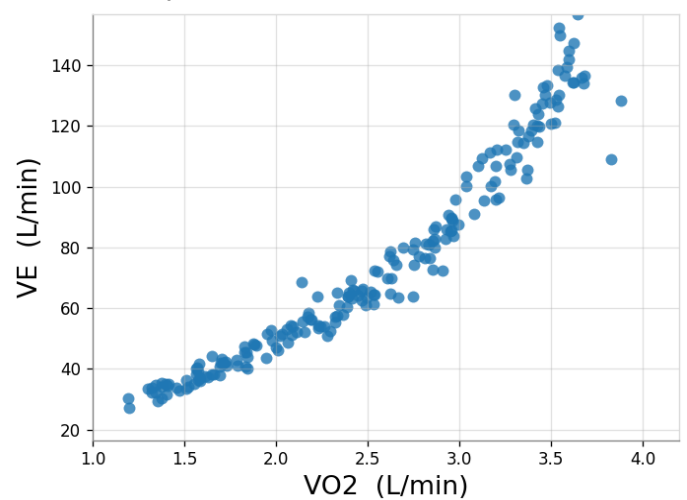
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The gas exchange threshold is a useful measure of exercise tolerance when paired against how much oxygen and carbon dioxide intake occurs.

VO2 / VE

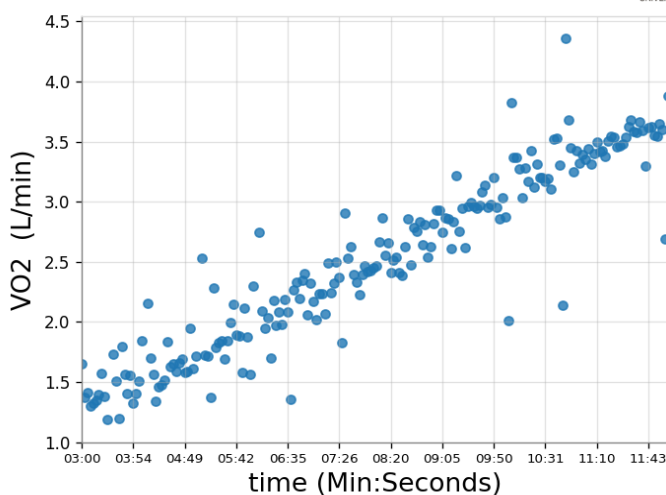
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Above is a ventilatory Equivalents for Oxygen (VE/VO2): refers to number of liters of ventilation per liter of oxygen consumed. The normal value is typically around 25-30 and increases once the person reaches their ventilatory threshold.

VO2 Max

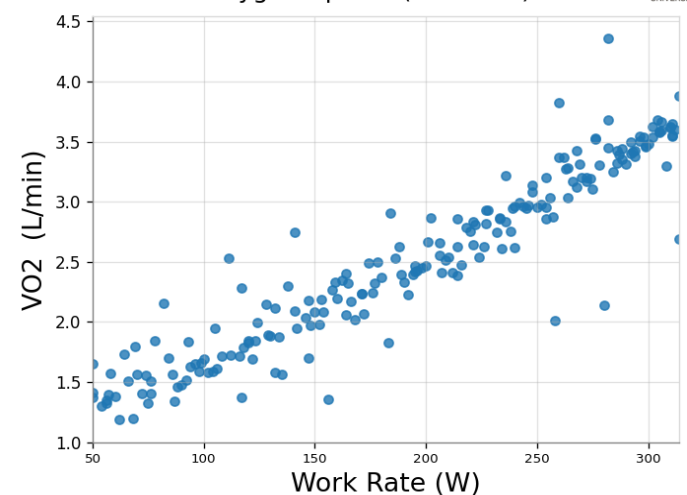
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VO2 max is the amount (volume) of oxygen your body uses while exercising as hard as you can. Knowing your VO2 max can help you train for sports, track your fitness improvement, and improve your heart health.

Maximal Oxygen Uptake (VO2 Max)

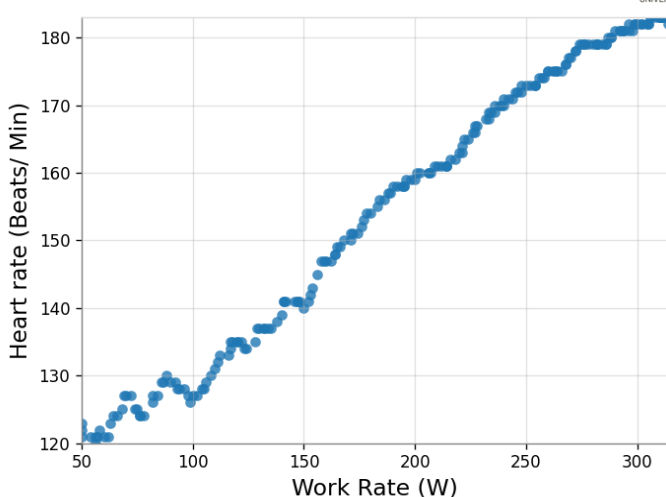
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VO2 max by Work Rate (W)

Heart rate

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Seen above is heart rate levels during exercise when calculated in beats per minute. The best way to increase your Vo2 max is to exercise near your maximum heart rate.