



My Company
address 1
address 2
Freshwater 2096 Australia
company@email.com
12345
www.company.com.au

700

600

500

400

300

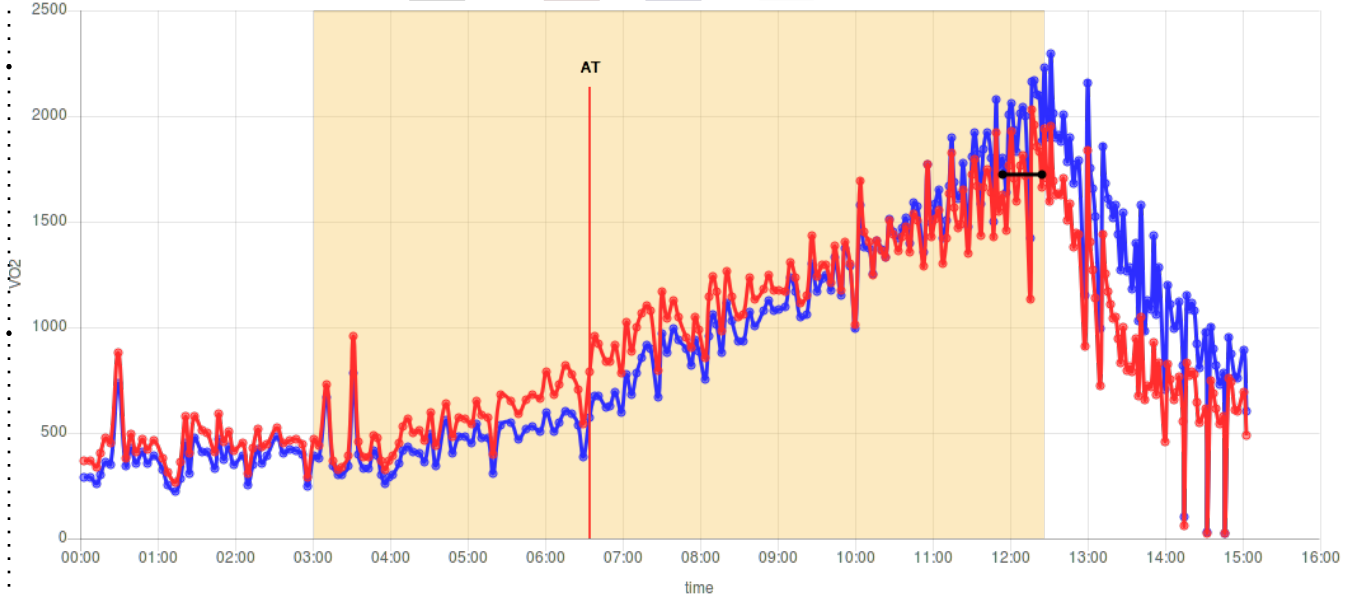
200

100

0

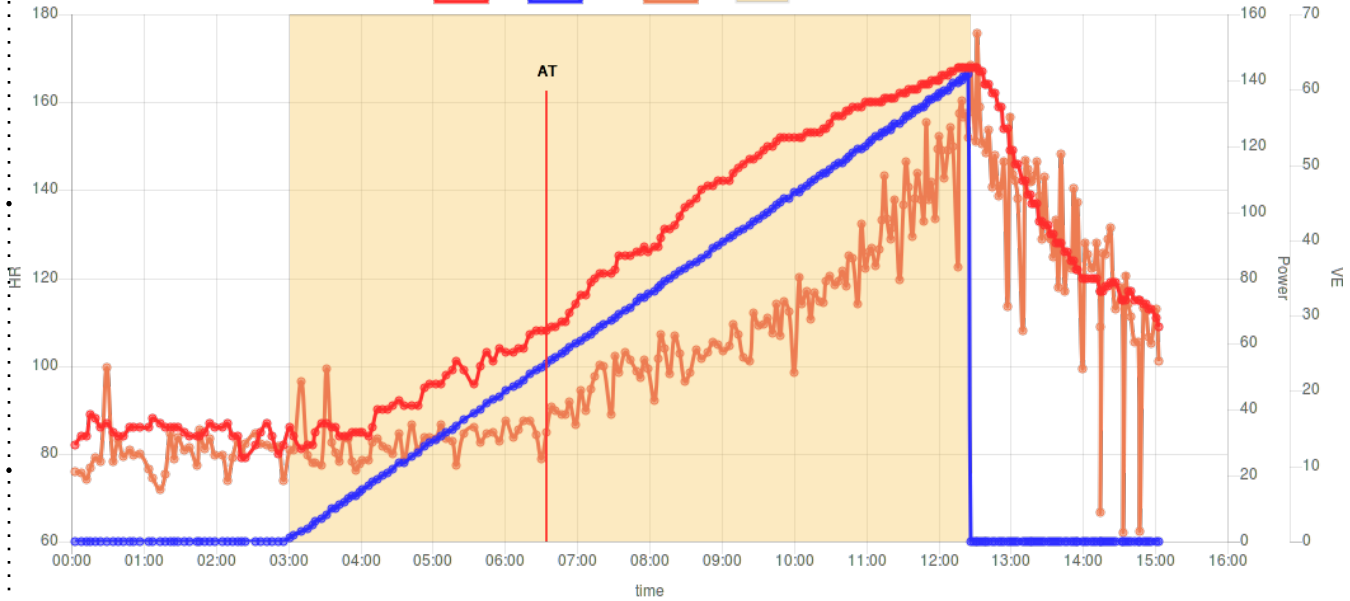
VO2 - VCO2 on time

VO2 Max VO2 VCO2 Exercise Phase



HR - Power - VE on time

HR Power VE Exercise Phase



100

200

300

400

500

VO2max test summary

	<i>@_AT</i>	<i>@_MAX</i>	<i>Pred</i>	<i>Pred(%)</i>
<i>time (mm:ss)</i>	06:35	12:25	-	-
<i>VO2 (ml/min)</i>	790	1723	TBD	-
<i>VO2/kg (ml/min/kg)</i>	15.2	32	TBD	-
<i>HR (bpm)</i>	108	168	TBD	-
<i>Power (Watt)</i>	54	142	TBD	-
<i>Revolution (RPM)</i>	58	54	TBD	-

Training Zones

<i>Fat Burning (35-50% of VO2Max)</i> HR (Bpm) 103 - 119 Power (Watt) 46 - 63 Revolution (RPM) 57 - 58	<i>Endurance (51-75% of VO2Max)</i> HR (Bpm) 121 - 154 Power (Watt) 65 - 112 Revolution (RPM) 57 - 59
<i>Anaerobic Threshold (76-90% of VO2Max)</i> HR (Bpm) 157 - 161 Power (Watt) 114 - 125 Revolution (RPM) 59 - 62	<i>VO2max (91-100% of VO2Max)</i> HR (Bpm) 163 - 168 Power (Watt) 129 - 141 Revolution (RPM) 58 - 60