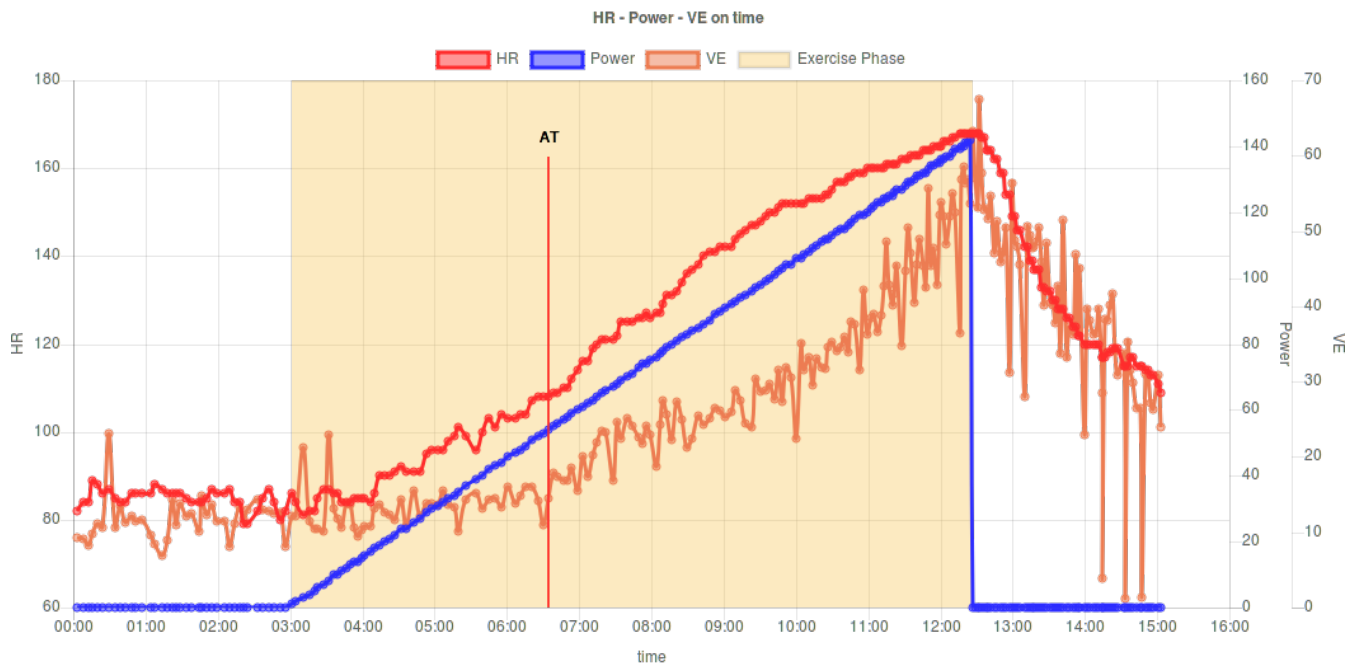
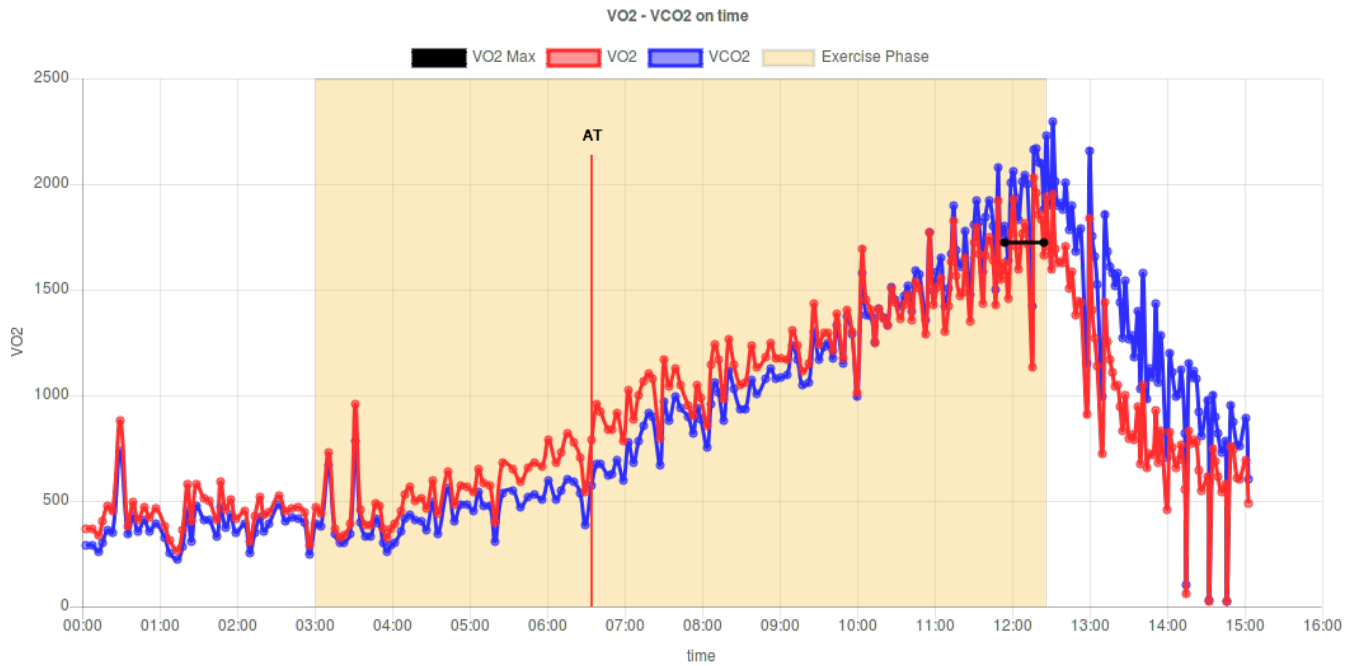




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VO2max test summary

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

Training Zones

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