

9:31



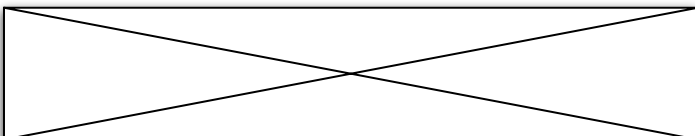
← Fitness tests



VO2 max

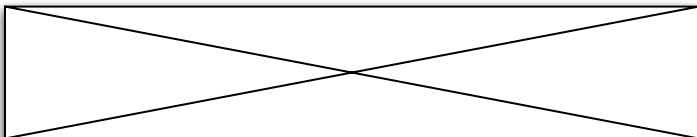
6-Minute Walking Test

Walk back and forth for 6 minutes and find out your fitness level.



Some other fitness test

Short description of the fitness test.



Some other fitness test

Short description of the fitness test.



Plans



Routes



Map



Friends



Profile