

## *Exercise Testing And Prescription Lab Manual*

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PEAK 485 Exercise Test and Prescription. Lab Activity 3 . Metabolic Calculations: Cycle Ergometer. Bob is 40 years old and weighs 205 lbs. What is his work rate in (kgm/min) while cycling on a Monark leg ergometer at 2.5 kg (kp) at 50 rpm?

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