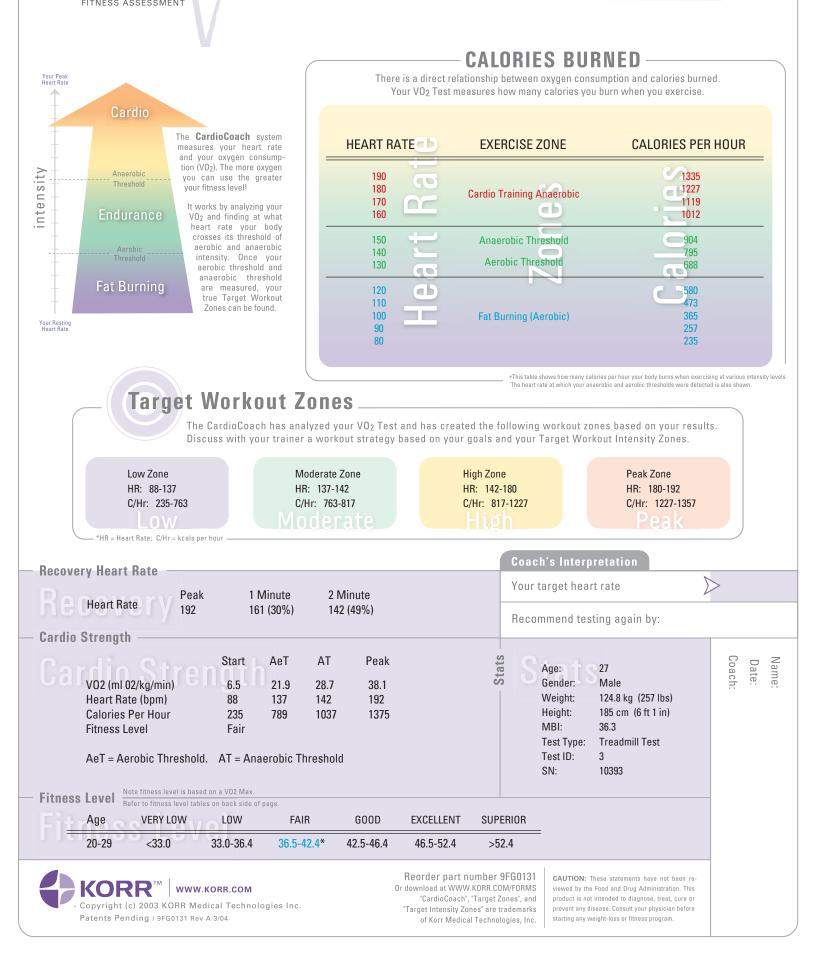
CardioCoach™

VO₂ Test Results



FREQUENTLY ASKED QUESTIONS

What is VO2 Anyway?

VO₂ simply stands for Volume of Oxygen. The CardioCoach measures the volume of oxygen your body consumed at the various intensity levels during your test. The higher the workload you perform, the more oxygen your body requires to metabolize the energy needed. Since there is a direct relationship between oxygen consumption (VO₂) and Calories burned, the CardioCoach can also determine how many Calories your body is burning at each intensity level.

Aerobic Threshold (AeT)?

At low intensity activities your heart and lungs can easily supply all of the oxygen your body demands. The intensity level beyond which your body cannot provide all the oxygen needed is your Aerobic Threshold. Above this level anaerobic energy pathways start to operate.

The greater your VO_2 at your Aerobic Threshold, the greater your quality of life. The more you can move - the more you can do!

FITNESS LEVEL RESULTS

Anaerobic Threshold (AT)?

At high levels of intensity your body does not have sufficient oxygen to meet energy demands. Your body then uses anaerobic (without oxygen) energy sources which produce lactic acid. When you exercise above your anaerobic threshold your breathing will increase rapidly. It will be difficult to maintain this intensity level for a long period of time.

The maximum rate of oxygen uptake (VO2) is called "VO2 Max". VO2 Max is the Gold Standard method to measure fitness. Bottom line: a higher max = a higher ability to intensely exercise. For example, Lance Armstrong has a VO₂ Max of 83.8 ml/min/kg. To achieve a high VO₂ MAX, a person must have a fit heart and lungs and significant lean muscle mass that is well conditioned.

The CardioCoach test results show your "Peak" or Maximum Measured VO₂. If you performed to your maximum effort level then your Maximum Measured VO2 is your VO2 Max - the maximum amount of oxygen your body can consume per minute.

Fortunately, VO2 Max has been well studied and we can compare your results to published values. If you pushed yourself near your maximum level, you can use the tables to rate your level of fitness.

As you increased the intensity (workload) during your exercise test, your body responded differently at the various levels of exercise. Your body started out using aerobic energy sources and gradually converted over to anaerobic energy sources. These are different physiological "Zones" of your metabolism and are mostly driven by your heart and lung's ability to provide sufficient oxygen to your body.

The CardioCoach finds these physiological zones and uses your heart rate as a landmark as to where these critical metabolic changes occur. The CardioCoach simplifies the results as your Target Heart Rate Workout Zones.

MALE - VO₂ MAX Fitness 13-19 0-34.9 35.0-38.3 38.4-45.1 45.2-50.9 51.0-55.9 56.0± Assessment Criteria: 20-29 0-32.9 33.0-36.4 36.5-42.4 42.5-46.4 46.5-52.4 52.5+ (mIO₂/kg/min) 30-39 0-31-4 31.5-35.4 35.5-40.9 41.0-44.9 45.0-49.4 49.5+ 40-49 0-30.2 30.2-33.5 33.6-38.9 39.0-43.7 43.8-48.0 48.1+ 50-59 0-26.0 26.1-30.9 31.0-35.7 35.8-40.9 41.0-45.3 45.4+ 20.5-26.0 26.1-32.2 32.3-36.4 36.5-44.2 60+ 0-20.4 44.3+ FEMALE - VO2 MAX Fitness 13-19 0-24.9 25.0-30.9 31.0-34.9 35.0-38.9 39.0-41.9 42.0+ Assessment Criteria: (mIO₂/kg/min) 23.6-28.9 29.0-32.9 33.0-36.9 37.0-41.0 20-29 0-23-5 41.1+ 22-8-26-9 27-0-31-4 31-5-35-6 35-7-40-0 30-39 0-22.7 40.1+ 40-49 0-20.9 21.0-24.4 24.5-28.9 29.0-32.8 32.9-36.9 37.0+ 50-59 0-20.1 20-2-22-7 22-8-26-9 27-0-31-4 31-5-35-7 35.8+ 17.5-20.1 20.2-24.4 24.5-30.2 30.3-31.4

VO2 MAX Tables - Data from Cooper, K. The Aerobics Way. New York, Bantam Books, Inc. 1982.

High Intensity Zone

Cardio Training

UNDERSTANDING YOUR WORKOUT ZONES

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w Intensity Zone Moderat s zone your body is us- ompletely aerobic ener- urces. This is best for est the am	
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Intensity Zone ease intensity in In this zone your body is our body increas-unt of anaerobic heavily relying on anaerobic energy sources. You will rapded. Your heart idly build an oxygen debt. re more chal-You will not be able to mainleet the oxvaen tain this level of exertion for ou can maintain long periods of time. r a long time being fatigued. Endurance

60+

0-17-4

Peak Intensity Zone

31.5+

This is your highest intensity level - based on your peak heart rate measured during the test. Effort in this zone will be of a very short duration. For example, a sprint at the end of a run.

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Note: The upper end of the peak and high intensity zones are based off your peak results during the test. If a "sub-maximal" test was performed, the upper end of your High & Peak zones will be lowe

WHAT TO DO?

Fat Burning

Coach's Interp	retation: Your Ta	irget Zones		
Workout	Target Heart Rate	Duration (Minutes)	Times/ Week	Notes
Cardio				
Endurance				
Low Intensity Fat Burn				

or			

cout	Zone/Workout	Duration (Minutes)	Notes
day			
day			
esday			
sday			
ay			
rday			
day			
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If you are working with a trainer or fitness coach, listen to them. Follow their advice without looking for shortcuts. This test provides them with valuable insight into your fitness requirements.

What Are Your Goals? Lose Weight / Burn Fat

Exercise plays an important role in reducing body fat. Research continues to show that long-duration, low-intensity exercise is best for burning fat. A minimum of 30 minutes 3 times per week is need to see results.

Even though higher intensity workouts burn more calories per minute, they can be counter productive for weight loss.

Increase Endurance

Your Anaerobic Threshold (AT) represents the maximum intensity level that you can maintain for an extended period of time. Exercising at your Anaerobic Threshold Heart Rate will increase your performance in endurance activities.

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Short 10 minute intervals of exercising in your High and Peak Intensity zones will aid in improving your cardiovascular fitness.