Last Name:	**DEMO**	*Age:*	**32**	*Membership #:*	**00001**
First Name:	**FITMATE**	*Height (cm):*	**193,00**	*Report Date:*	**05/07/2008**
Gender:	**Male**	*Weight (Kg):*	**91,0**	*Personal Trainer:*	

Cardio-respiratory Fitness

Cardio-respiratory Fitness (ml/Kg/min)	49,9
Calculation method	Measured
Functional Capacity (METS)	14,3

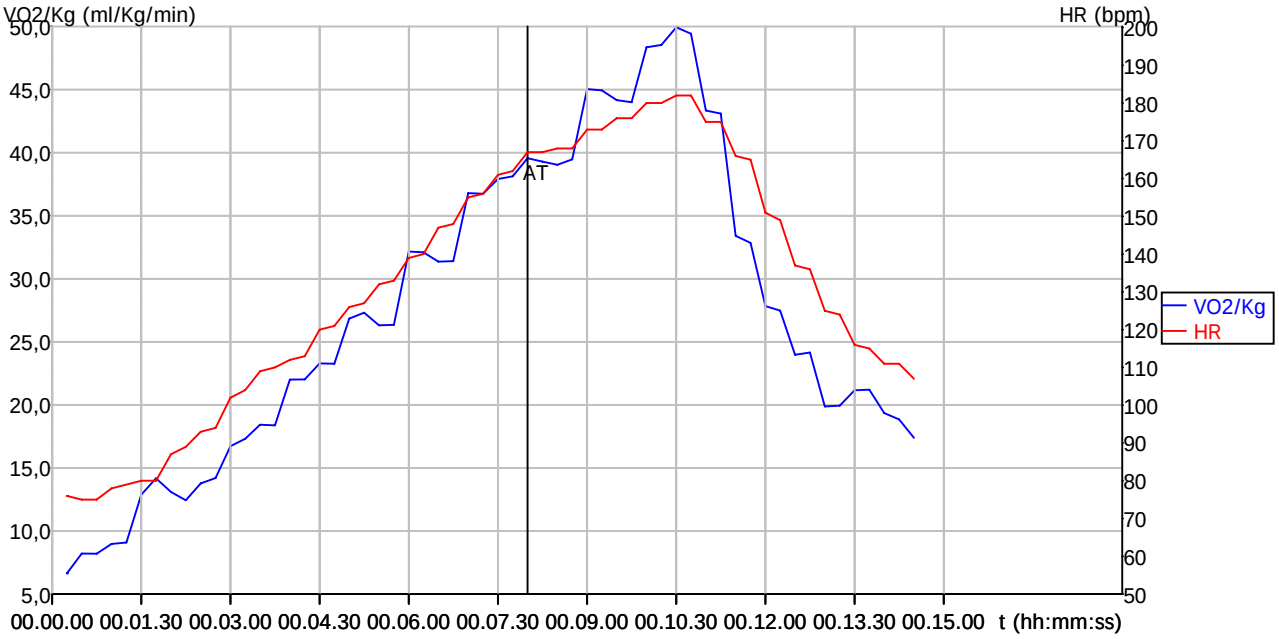
Cardio-respiratory Fitness (ml/Kg/min)

Rank: 89% **Measured**

49,9

Very Poor	Poor	Fair	Good	Excellent	Superior
< 35,4	35,4 - 38,9	38,9 - 42,4	42,4 - 46,8	46,8 - 52,5	> 52,5

The highest value of oxygen consumption of which a person is capable. Also called maximal aerobic power, provides information concerning the level of endurance training. High VO2 max values minimize CVD risks.



Summary

t	VO2/Kg	VE	Rf	HR	FeO2	Load	EE
hh:mm:ss	ml/Kg/min	l/min	b/min	bpm	%	watt	Kcal/hour
Peak Values							
00.10.30	49,9	152,5	57	182	16,96	0	1363
Anaerobic Threshold							
00.08.00	39,6	118,6	40	167	16,93	0	1080

Training Zones

Fat Burning **(35-49% VO2max)**

HR (bpm)	**108-126**
Load (watt)	**105-160**
Speed (kmh)	**5-7**
EE (Kcal/hour)	**630**

Endurance **(50-74% VO2max)**

HR (bpm)	**127-158**
Load (watt)	**165-255**
Speed (kmh)	**7-10**
EE (Kcal/hour)	**880**

Threshold * **(75-83% VO2max)**

HR (bpm)	**159-170**
Load (watt)	**260-290**
Speed (kmh)	**10-12**

VO2max **(84-100% VO2max)**

HR (bpm)	**171-182**
Load (watt)	**295-355**
Speed (kmh)	**12-14**

***Anaerobic Threshold = 79% VO2max, 91% HRMax**