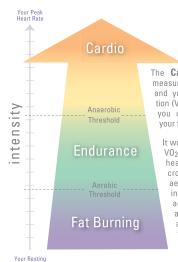


# **VO<sub>2</sub> Test Results**



The CardioCoach system measures your heart rate and vour oxygen consumption (VO<sub>2</sub>). The more oxygen you can use the greater your fitness level!

It works by analyzing your VO2 and finding at what heart rate your body crosses its threshold of aerobic and anaerobic intensity. Once your aerobic threshold and anaerobic threshold are measured, your true Target Workout Zones can be found.

# **CALORIES BURNED** -

There is a direct relationship between oxygen consumption and calories burned. Your VO<sub>2</sub> Test measures how many calories you burn when you exercise.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
190 180 170 160	Cardio Training Anaerobic	1335 1227 1119 1012
150 140 130	Anaerobic Threshold Aerobic Threshold	904 795 688
120 110 100 90 80	Fat Burning (Aerobic)	580 473 365 257 235

\*This table shows how many calories per hour your body burns when exercising at various intensity levels. The heart rate at which your anaerobic and aerobic thresholds were detected is also shown.

# Target Workout Zones

The CardioCoach has analyzed your VO<sub>2</sub> Test and has created the following workout zones based on your results. Discuss with your trainer a workout strategy based on your goals and your Target Workout Intensity Zones.

Low Zone HR: 88-137 C/Hr: 235-763 Moderate Zone HR: 137-142 C/Hr: 763-817

High Zone HR: 142-180 C/Hr: 817-1227 Peak Zone HR: 180-192 C/Hr: 1227-1357

\*HR = Heart Rate; C/Hr = kcals per hour

Recovery Heart Rate —		
Hoart Data	eak 1 Minu 92 161 (30	
Cardio Strength ———		
	Start Ae	T AT Peak

rdia Stran	Start	AeT	AT	Peak
VO2 (ml 02/kg/min) Heart Rate (bpm) Calories Per Hour Fitness Level	6.5 88 235 Fair	21.9 137 789	28.7 142 1037	38.1 192 1375

Your target heart rate

Recommend testing again by:

AeT = Aerobic Threshold. AT = Anaerobic Threshold

27 Age: Gender: Male

Weight: 124.8 kg (257 lbs) Height: 185 cm (6 ft 1 in)

MBI: 36.3

Treadmill Test Test Type: Test ID: 3 SN: 10393

Note fitness level is based on a VO2 Max. Fitness Level

Refer to fitness level tables on back side of page.

Age	VERY LOW	LOW	FAIR	GOOD	EXCELLENT	SUPERIOR
20-29	<33.0	33.0-36.4	36.5-42.4*	42.5-46.4	46.5-52.4	>52.4



Reorder part number 9FG0131 Or download at WWW.KORR.COM/FORMS "CardioCoach", "Target Zones", and "Target Intensity Zones" are trademarks of Korr Medical Technologies, Inc.

CAUTION: These statements have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight-loss or fitness program.

### FREQUENTLY ASKED QUESTIONS

## What is VO2 Anyway?

VO<sub>2</sub> 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 (VO<sub>2</sub>) and Calories burned, the CardioCoach can also determine how many Calories your body is burning at each intensity level.

The maximum rate of oxygen uptake (VO<sub>2</sub>) is called "VO<sub>2</sub> Max". VO<sub>2</sub> Max is the Gold Standard method to measure fitness. Bot-

tom line: a higher max = a higher ability to intensely exercise.

For example, Lance Armstrong has a V0 $_2$  Max of 83.8 ml/min/kg. To achieve a high V0 $_2$  MAX, a person must have a fit heart and lungs and significant lean muscle mass that is

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 maxi-

Fortunately, VO<sub>2</sub> 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

As you increased the intensity (workload) during your exercise test, your body responded differently at the various levels of ex-

ercise. 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

The CardioCoach finds these physiological zones and uses

your heart rate as a landmark as to where these critical meta-

bolic changes occur. The CardioCoach simplifies the results as

mum amount of oxygen your body can consume per minute.

well conditioned

level of fitness.

sufficient oxygen to your body.

your Target Heart Rate Workout Zones.

# 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!

## 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.

# FITNESS LEVEL RESULTS

MALE - VO<sub>2</sub> MAX Fitness Assessment Criteria: (mIO<sub>2</sub>/kg/min)

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13-19	0-34.9	35.0-38.3	38-4-45-1	45.2-50.9	51 - 0 - 55 - 9	56.0+
20-29	0-32.9	33-0-36-4	36.5-42.4	42-5-46-4	46-5-52-4	52.5+
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+
60+	0-20-4	20.5-26.0	26-1-32-2	32-3-36-4	36-5-44-2	44.3+

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13-19	0-24.9	25.0-30.9	31 - 0 - 34 - 9	35-0-38-9	39-0-41-9	42.0+
20-29	0-23-5	23-6-28-9	29.0-32.9	33-0-36-9	37-0-41-0	41 - 1 +
30-39	0-22.7	22-8-26-9	27 • 0 - 31 • 4	31 - 5-35 - 6	35.7-40.0	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+
60+	0-17-4	17-5-20-1	20-2-24-4	24-5-30-2	30-3-31-4	31 • 5+

 $\rm VO_2$  MAX Tables - Data from Cooper, K. The Aerobics Way. New York, Bantam Books, Inc. 1982.

High Intensity Zone

heavily relying on anaerobic

energy sources. You will rap-

You will not be able to main-

tain this level of exertion for

long periods of time.

idly build an oxygen debt.

In this zone your body is

# FEMALE - VO<sub>2</sub> MAX Fitness Assessment Criteria: (mIO<sub>2</sub>/kg/min)

# **UNDERSTANDING YOUR WORKOUT ZONES**

# Low Intensity Zone

In this zone your body is using completely aerobic energy sources. This is best for fat burning. Your hear and lungs easily provide the needed oxygen for your activity.

Fat Burning

## Moderate Intensity Zone

As you increase intensity in this zone your body increases the amount of anaerobic energy needed. Your heart and lungs are more challenged to meet the oxygen demands, you can maintain this level for a long time before bec

Cardio Training

### Peak Intensity Zone

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.

**Cardio Training** 

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 lower.

# WHAT TO DO?

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.

# **Cardio Training**

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

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

Workout	Plan		
Workout	Zone/Workout	Duration (Minutes)	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# For more information visit www.korr.com