

VO₂ MAX TESTING

CLIENT

NAME



TRAINER:

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO ₂ Max
HEART RATE	83	117	165	180
VO ₂ (ML/KG/MIN)	6.3	15.2	29.3	38.5
KCAL/S/HR	107	252	514	677

RECOVERY:

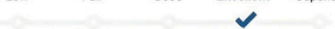
Peak.....180
 1 Minute....168 (12%)
 2 Minutes...147 (34%)

HEART RATE BASED TRAINING

	HEART RATE	RESISTANCE (WATTS)	SPEED (RPM)	CALS/HR
ZONE 5	> 177	-	-	> 651
ZONE 4	174 - 174	200	0.0	540 - 612
ZONE 3	155 - 174	200	0.0	483 - 540
ANAEROBIC THRESHOLD	165	175	0.0	514
ZONE 2	140 - 155	150	0.0	437 - 483
ZONE 1	< 140	125	0.0	< 437

FITNESS LEVEL

Very Low Low Fair Good **Excellent** Superior



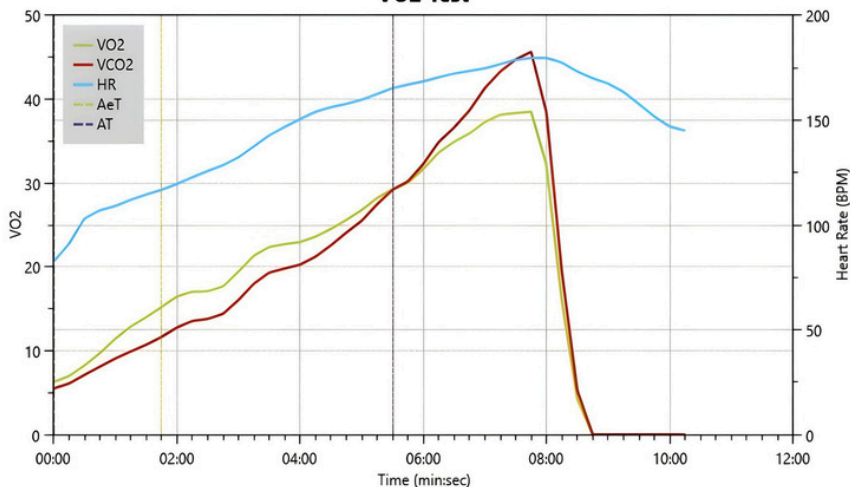
WHAT NEXT?

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VO₂ TEST

VO₂ Test



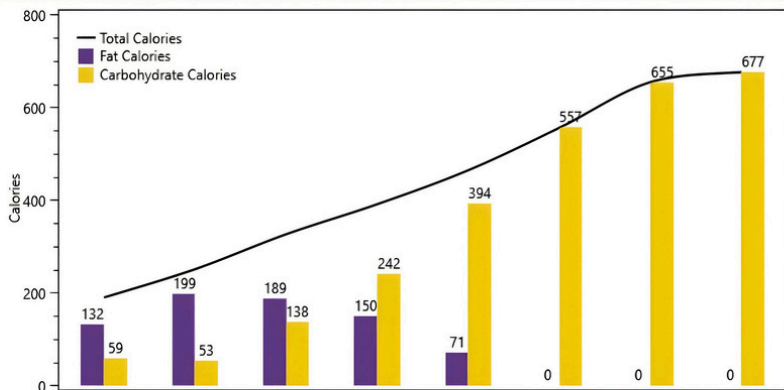
STAGE AVERAGES

Stage	Time min:sec	HR BPM	Resistance Watts	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VE/VCO2	RER	CHO %	Fat %	CHO g/min	Fat g/min	CHO Cals/min	Fat Cals/min	Calories Cals/min	Calories Cals/hr
1	0:59	109	50	663	11.4	27.48	34.50	0.79	30.8%	69.2%	0.2	0.2	1.0	2.2	3.2	191
2	1:44	117	75	882	15.2	24.98	32.58	0.77	21.1%	78.9%	0.2	0.4	0.9	3.3	4.2	252
3	2:59	132	100	1,129	19.4	26.03	31.36	0.83	42.3%	57.7%	0.5	0.3	2.3	3.1	5.5	327
4	3:59	151	125	1,333	23.0	26.59	29.68	0.88	61.6%	38.4%	1.0	0.3	4.0	2.5	6.5	392
5	4:59	160	150	1,555	26.8	26.61	28.25	0.95	84.7%	15.3%	1.6	0.1	6.6	1.2	7.8	465
6	5:59	169	175	1,839	31.7	27.60	27.43	1.02	100.0%	0.0%	2.3	0.0	9.3	0.0	9.3	557
7	6:59	175	200	2,164	37.3	31.15	28.62	1.11	100.0%	0.0%	2.7	0.0	10.9	0.0	10.9	655
8	7:44	180	225	2,236	38.5	34.84	29.60	1.19	100.0%	0.0%	2.8	0.0	11.3	0.0	11.3	677

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EFFECTIVE FAT BURN



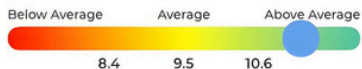
Heart Rate	109	117	132	151	160	169	175	180
Stage	1	2	3	4	5	6	7	8
Speed	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Resistance	50	75	100	125	150	175	200	225
Time	1:00	1:45	3:00	4:00	5:00	6:00	7:00	7:45

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APPENDICULAR LEAN MASS INDEX (ALMI)

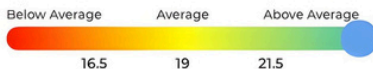
11.2 kg/m²



ALMI Change Target
 11.2 kg/m² 0.09 kg/m² 11.2 kg/m²

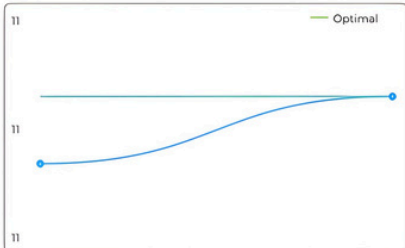
FAT-FREE MASS INDEX (FFMI)

25.5 kg/m²

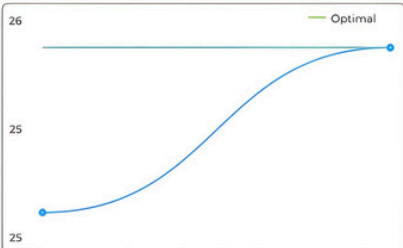


FFMI Change Target
 25.5 kg/m² 0.63 kg/m² 25.5 kg/m²

HISTORY



HISTORY



ABOUT ALMI

Your Appendicular Lean Mass Index (ALMI) measures lean mass in your arms and legs relative to height, indicating muscularity and functional strength.

A healthy ALMI provides essential insights into your muscular health, injury prevention, and overall quality of life. It also helps combat age-related muscle loss (sarcopenia), which can lead to frailty and increased risk of falls.

Strive to keep your ALMI north of the 75th percentile for optimal health and longevity, as data suggests this leads to longer, better lives with reduced risk of chronic diseases and age-related declines.

ABOUT FFMI

Your Fat-Free Mass Index (FFMI) takes into account your total lean mass in relation to your height. It is calculated by dividing your fat-free mass (in kilograms) by your height (in meters) squared. Fat-free mass includes everything in your body that is not fat, such as muscles, bones, organs, and water content.

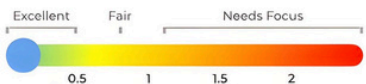
FFMI is a useful metric for assessing your overall body composition and muscularity.

A high FFMI typically indicates a higher proportion of muscle mass, which is associated with improved physical performance and metabolic health. To maintain a healthy body composition, aim for an FFMI within the average or above-average range for your age and sex.



VISCERAL FAT

0 lbs



You are in 17th percentile of your peers. 1.0 lbs under your peer group average of 1.0 lbs

ANDROID/GYNOID RATIO (A/G RATIO)

Android Gynoid



0.84

We want this less than 1.0 and ideally between 0.6-0.8