

VO₂ MAX TESTING

CLIENT



NAME:
Kofoed, Jason

DATE:
7/26/2019

TRAINER:

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	Peak	Extrapolated VO ₂ Max
HEART RATE	92	110	141	169	189
VO ₂ (ML/KG/MIN)	6.7	14.6	26.8	35.8	42.3
KCAL/HR	165	360	698	933	1,102

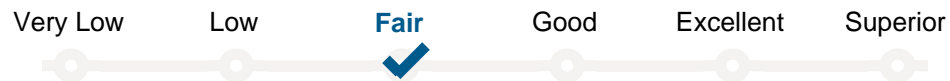
RECOVERY:

- Peak.....173
- 1 Minute....176 (0%)
- 2 minutes...154 (23%)

HEART RATE BASED TRAINING

	HEART RATE	RESISTANCE (WATTS)	SPEED (RPM)	CALS/HR
ZONE 5	> 172	-	-	> 1,037
ZONE 4	148 - 170	275	80.0	733 - 940
ZONE 3	132 - 148	200	80.0	656 - 733
ANAEROBIC THRESHOLD	141	185	80.0	698
ZONE 2	120 - 132	155	80.0	593 - 656
ZONE 1	< 120	110	80.0	< 593

FITNESS LEVEL



TEST QUALITY SCORE **90**

→ WHAT NEXT?

VO₂ TEST

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

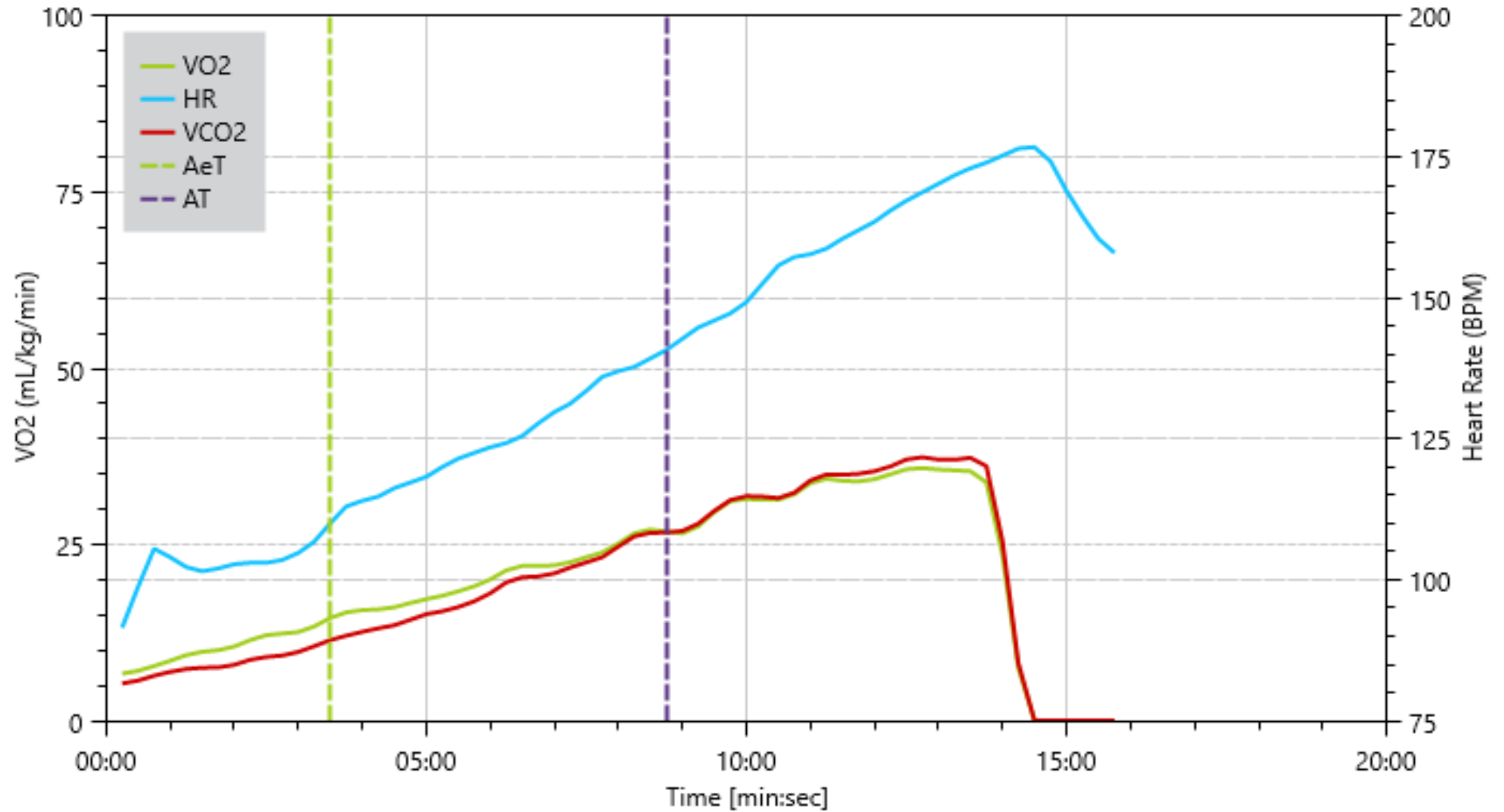
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

VO₂ Test



VE/VO₂ VS. TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

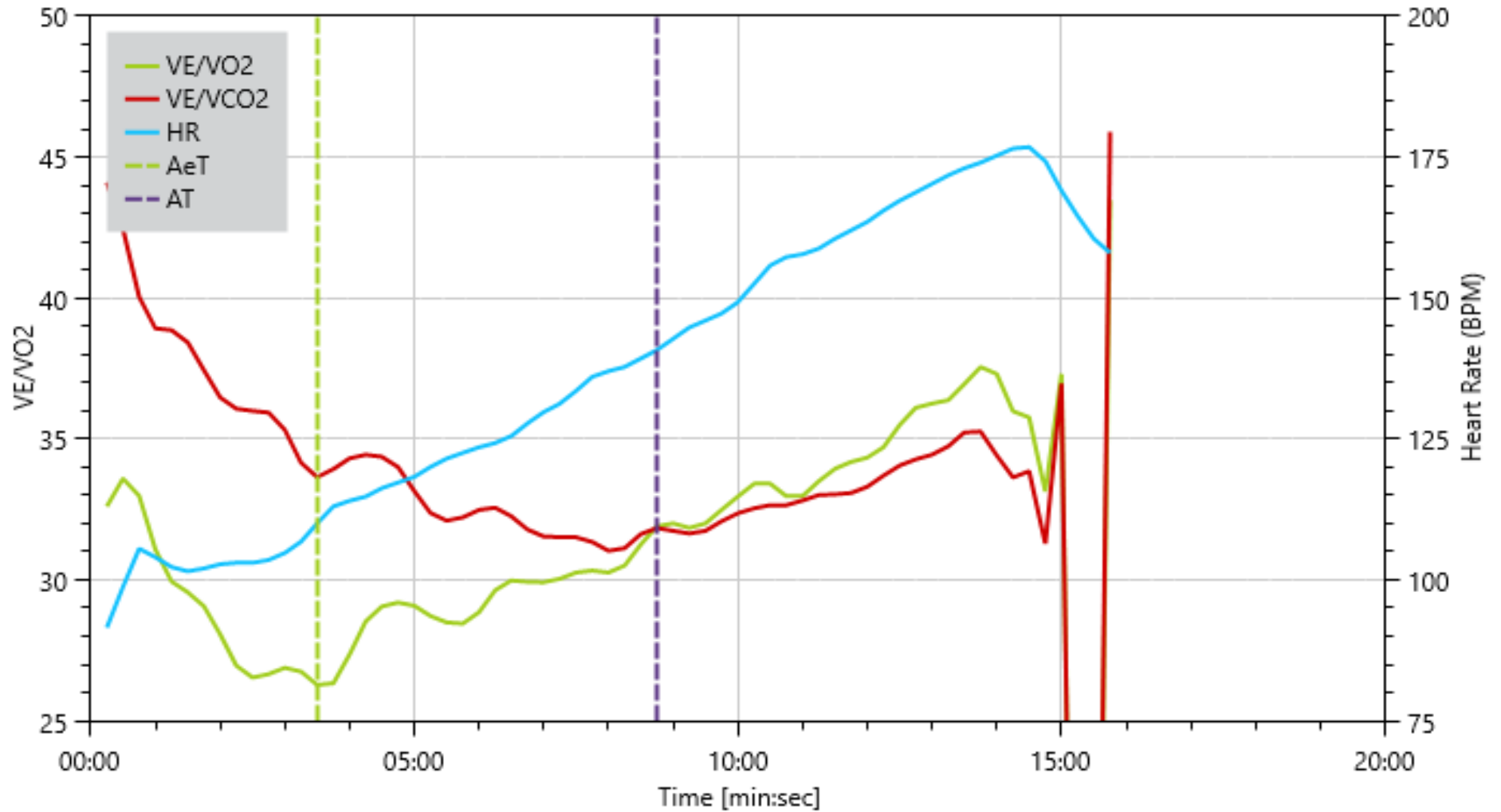
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

Ve/VO₂ vs. Time



RER VS. TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

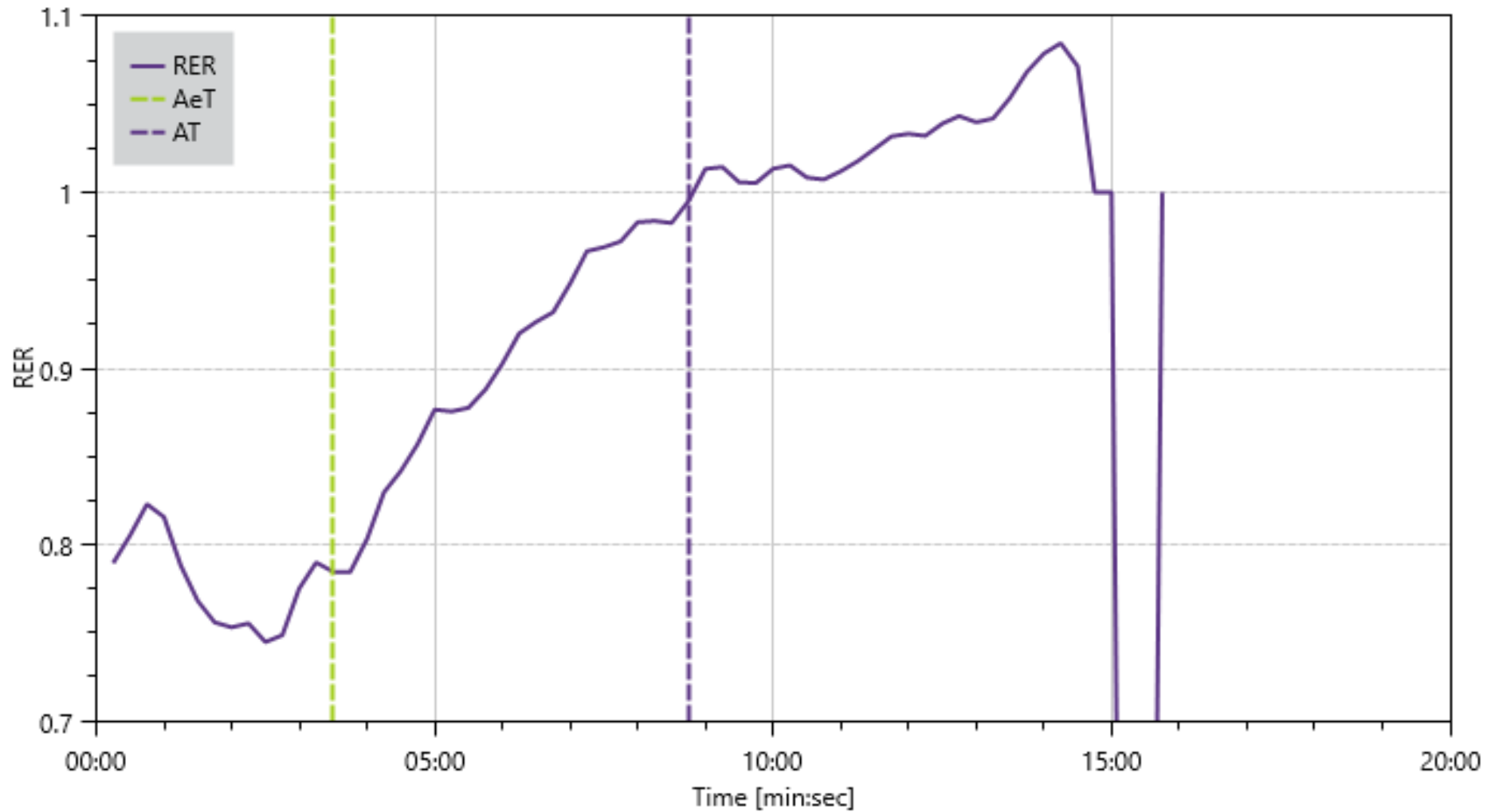
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

RER vs. Time



VE/VO₂ VS. TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

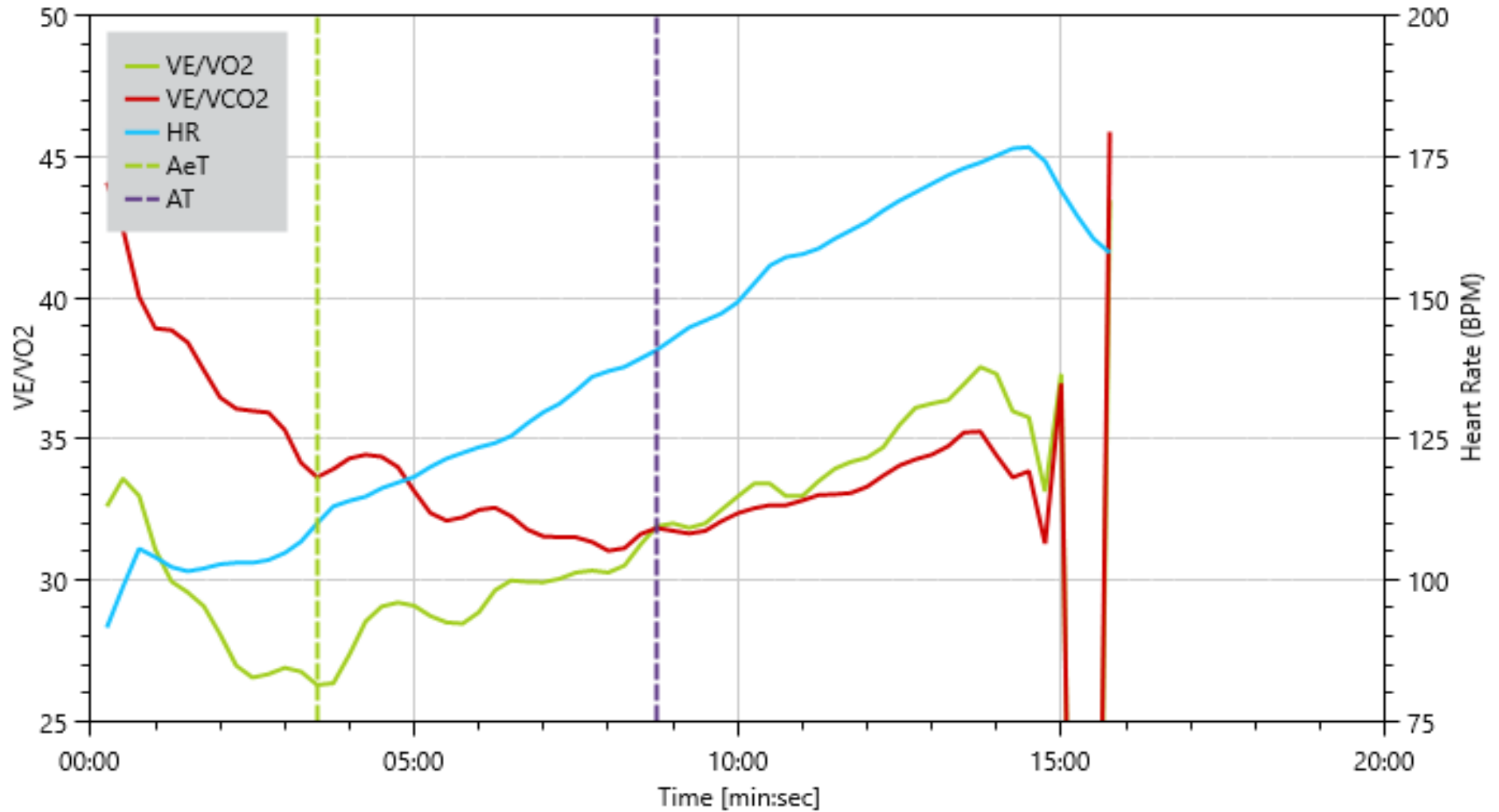
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

Ve/VO₂ vs. Time



HEART RATE

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

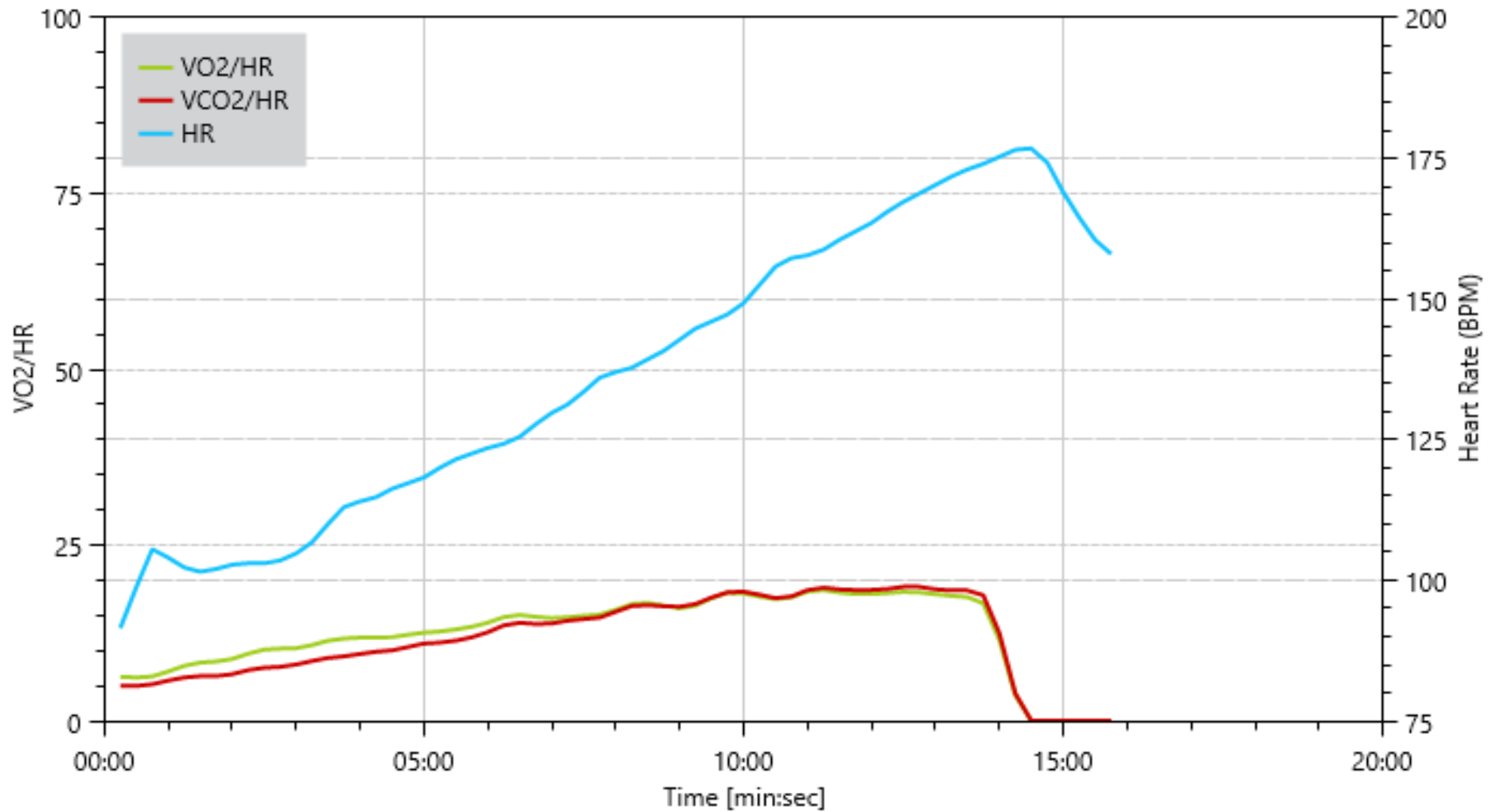
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

Heart Rate



VE VS. VO₂

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

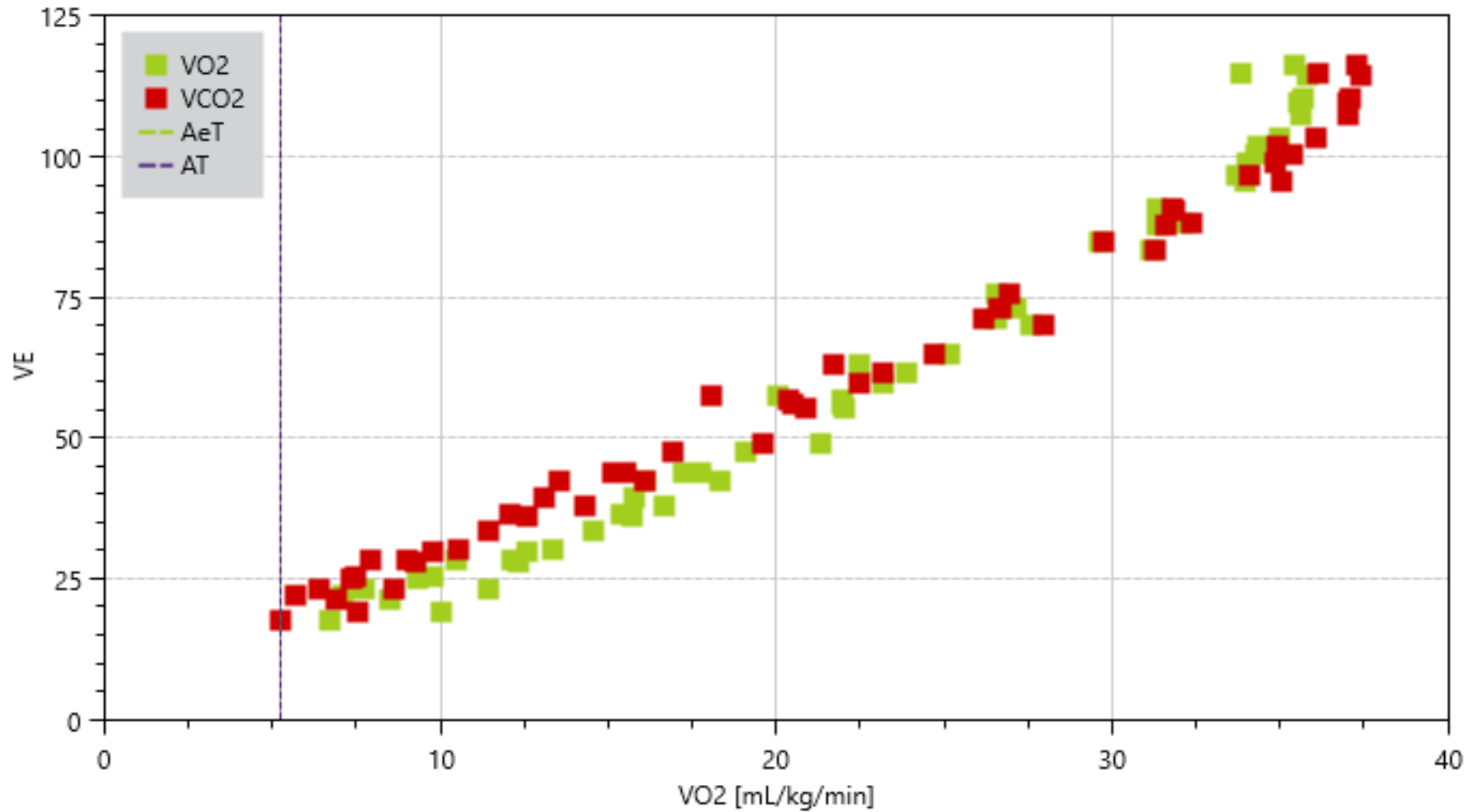
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

VE vs. VO₂



HR VS. VO₂

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

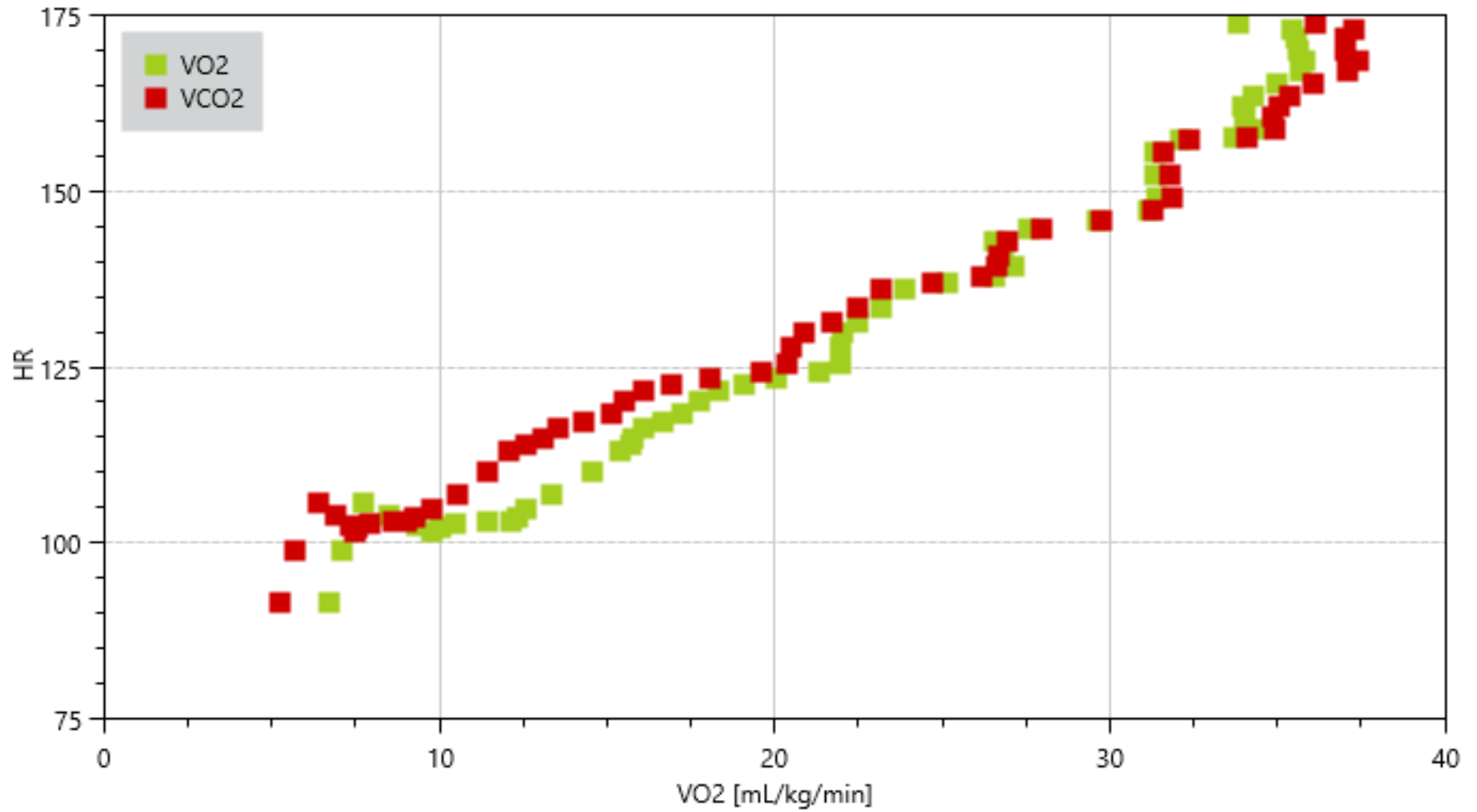
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

HR vs. VO₂



VE VS. TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

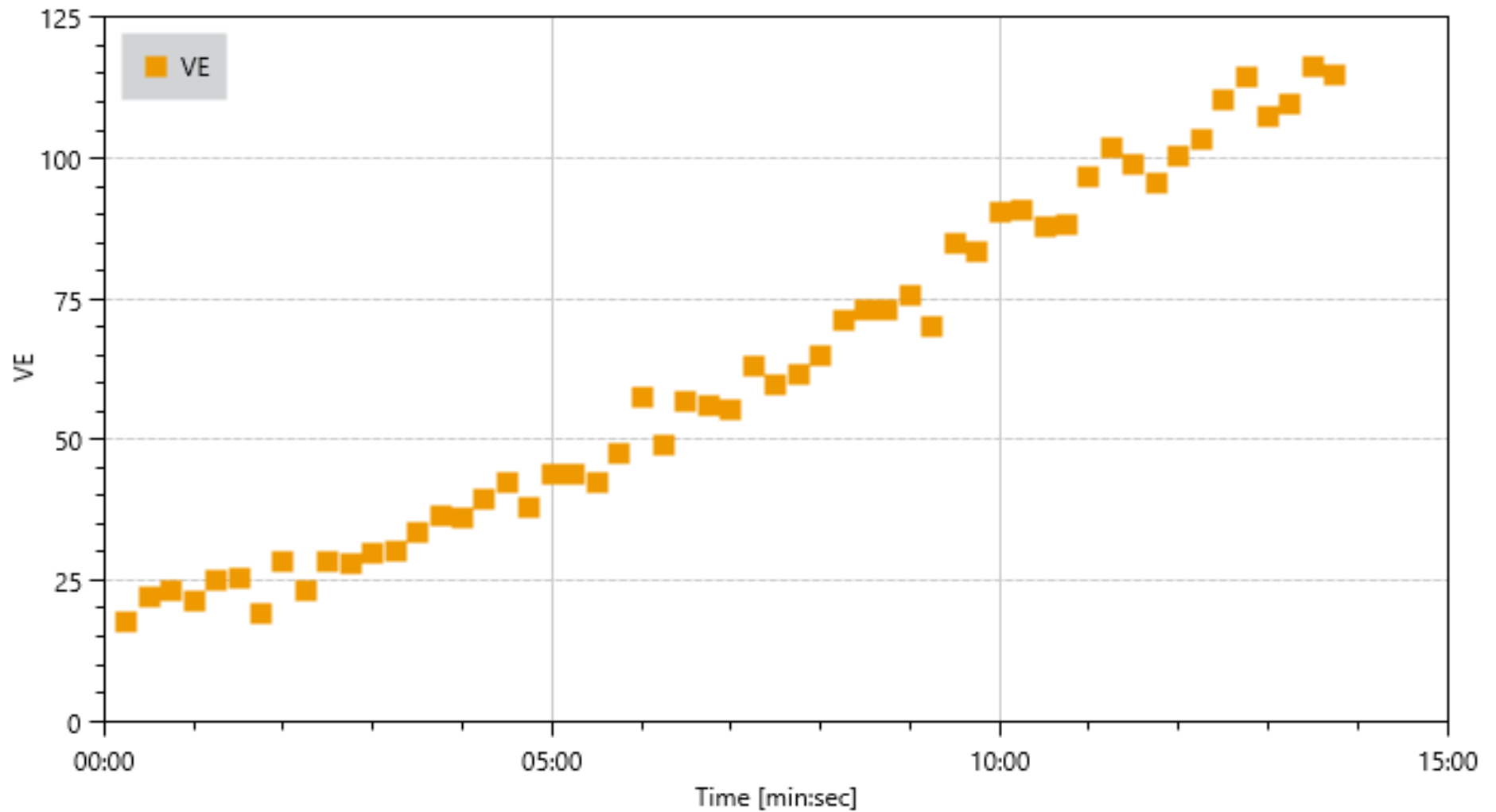
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

VE vs. Time



VCO₂ VS. VO₂

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

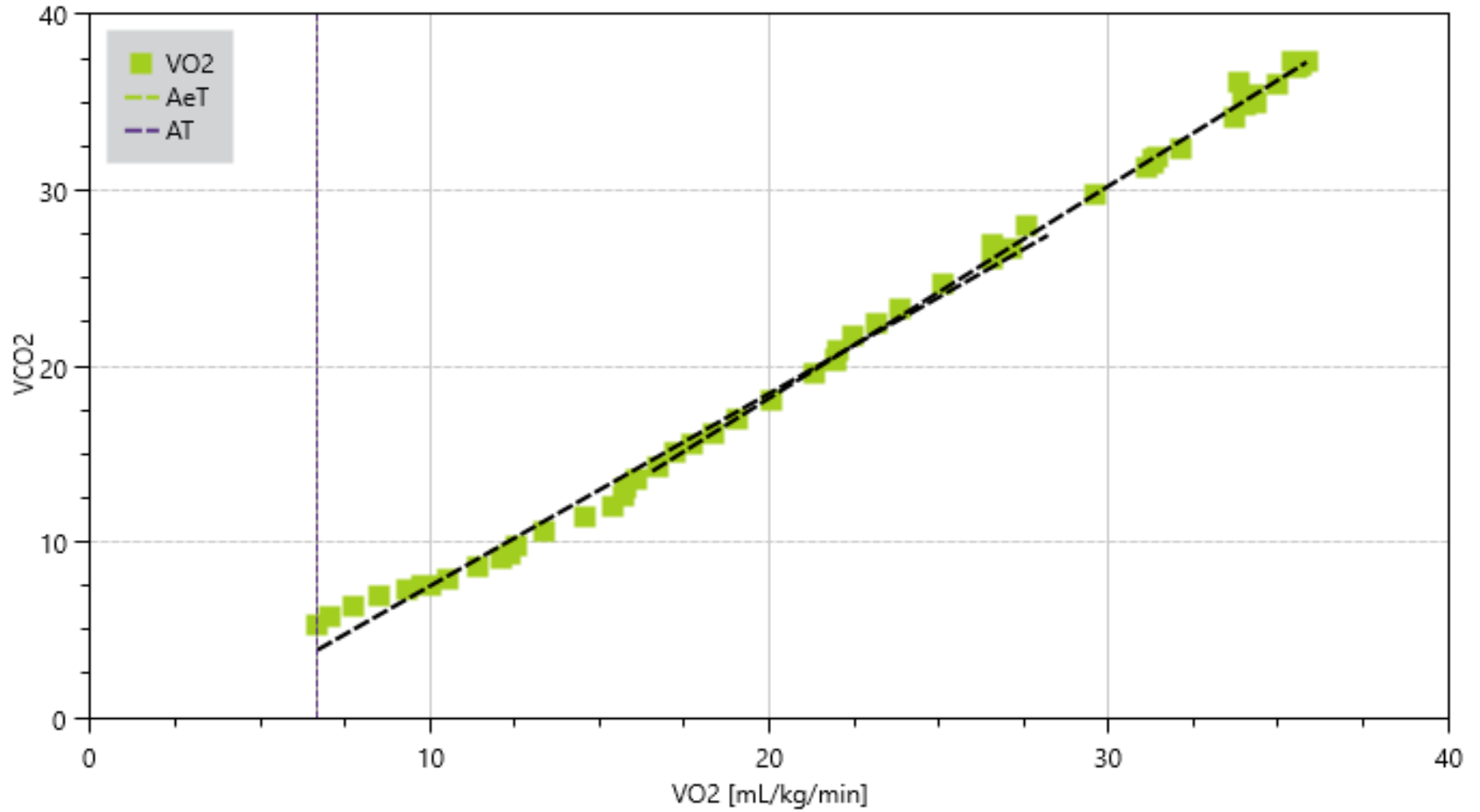
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

VCO₂ vs. VO₂



FAT AND CHO VS TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

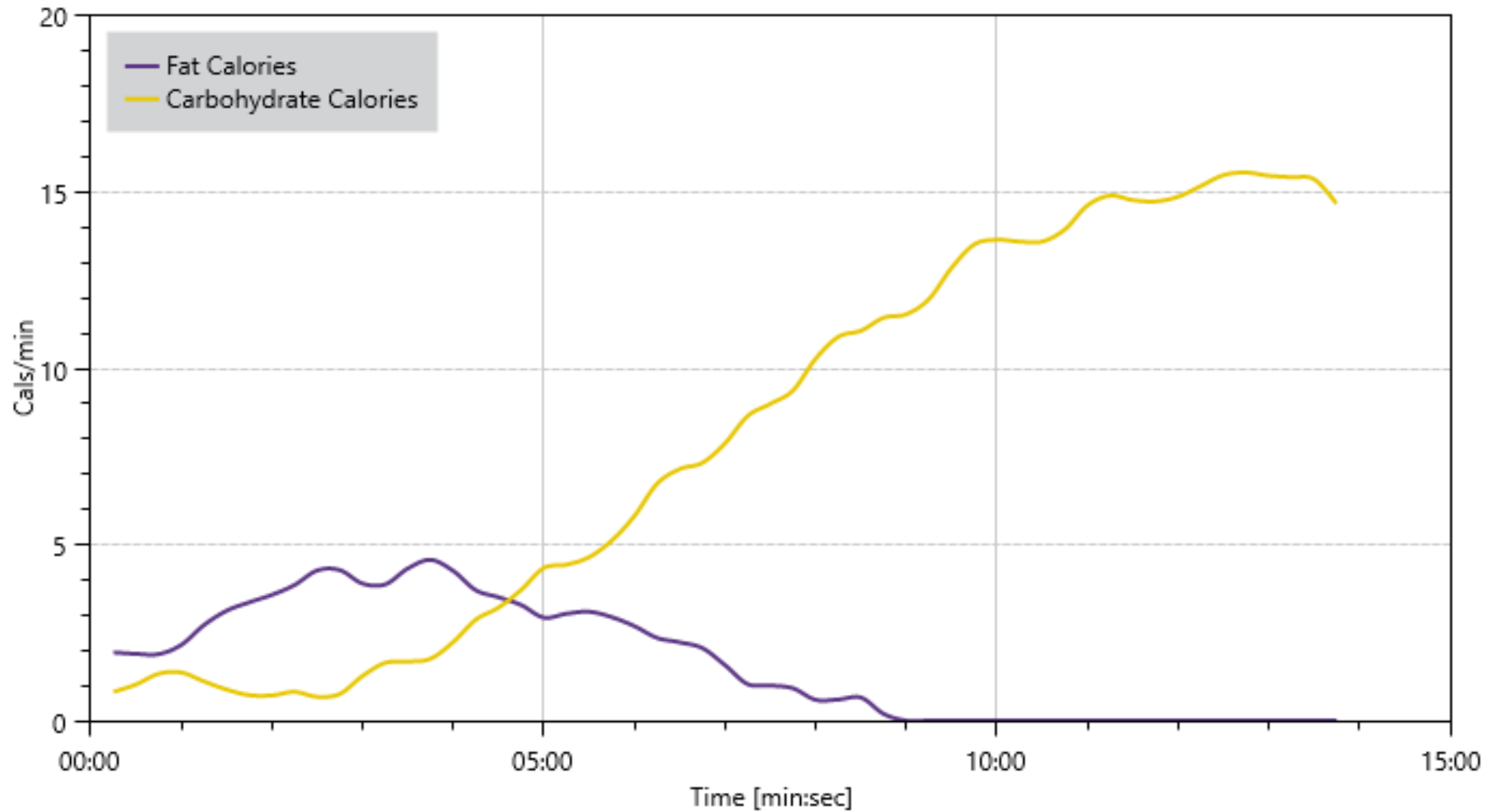
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

Fat and CHO vs Time



PERCENT FAT AND CHO VS TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

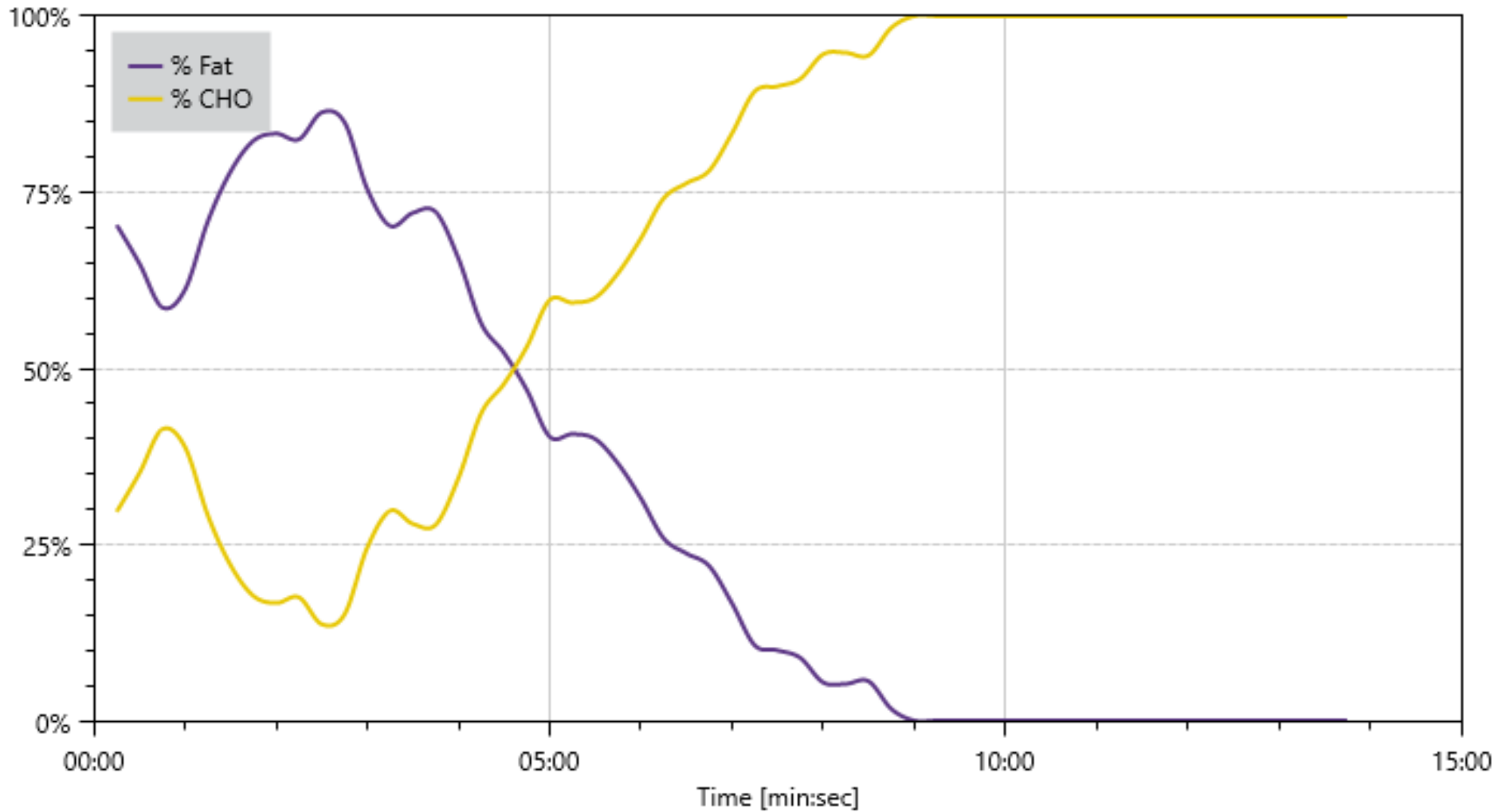
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

Percent Fat and CHO vs Time



RESPIRATORY RATE AND TIDAL VOLUME VS TIME

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

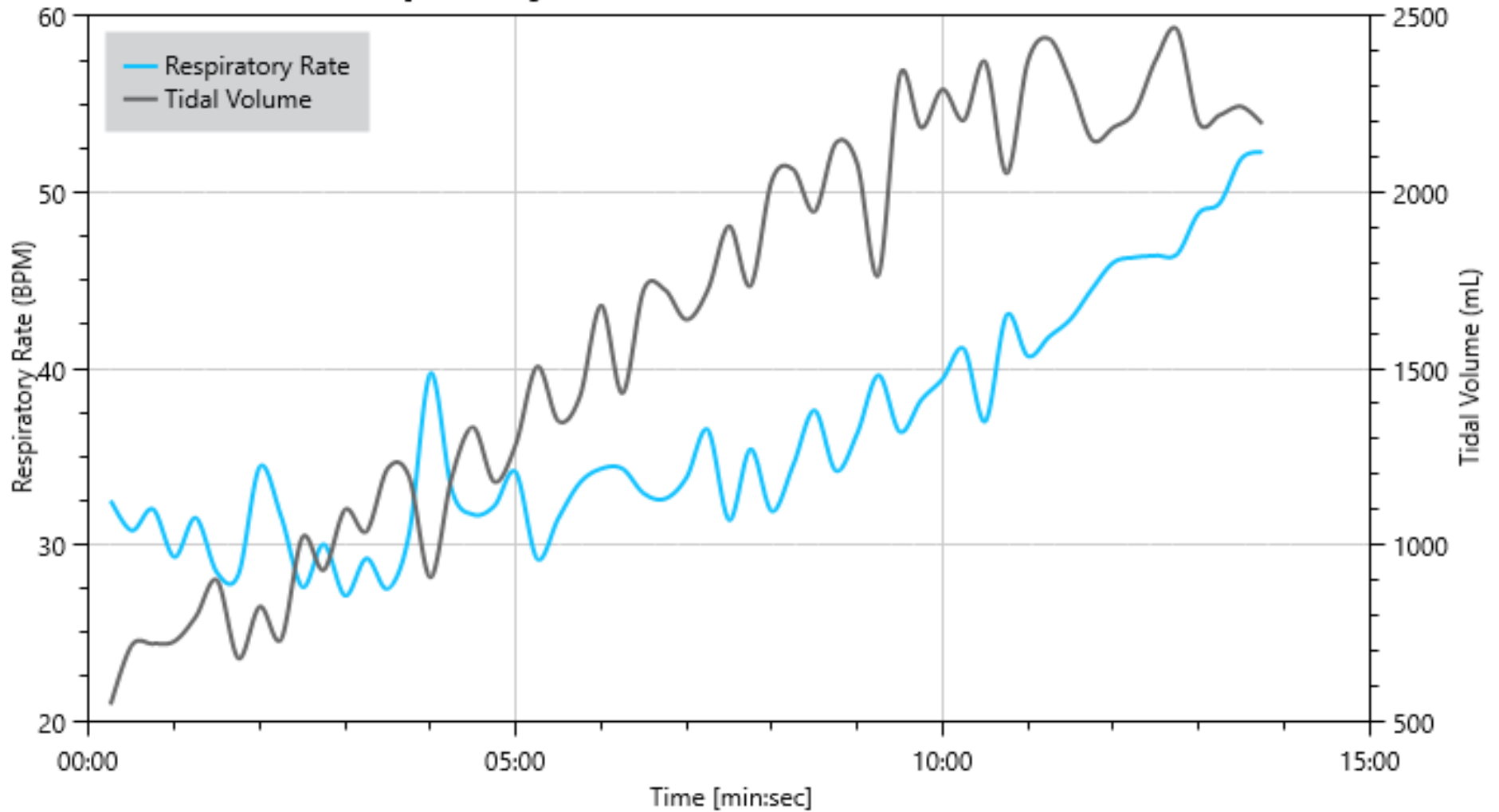
Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCP00002-000163

Respiratory Rate and Tidal Volume vs Time



STAGE AVERAGES

Name: Kofoed, Jason Age: 22 Height: 5 ' 8 " Weight: 189.6 lbs Gender: Male Date: 7/26/2019 10:11:37 AM Test ID: CCp00002-000163

Stage	Time	HR	VE/VO2	VE/VCO2	RER	% CHO	% Fat	CHO (grams/min)	Fat (grams/min)	CHO (Cals/min)	Fat (Cals/min)	Cals/min	Cals/hr
1	0:45	106	32.98	40.03	0.82	41.3%	58.7%	0.3	0.2	1.3	1.9	3.2	193
2	1:30	102	29.56	38.42	0.77	22.1%	77.9%	0.2	0.3	0.9	3.1	4.0	240
3	2:15	103	26.95	36.07	0.76	17.5%	82.5%	0.2	0.4	0.8	3.9	4.7	280
4	3:00	105	26.88	35.32	0.78	24.6%	75.4%	0.3	0.4	1.3	3.9	5.2	310
5	3:45	113	26.33	33.93	0.78	27.8%	72.2%	0.4	0.5	1.8	4.6	6.3	379
6	4:30	116	29.05	34.36	0.84	47.8%	52.2%	0.8	0.4	3.2	3.5	6.7	403
7	5:15	120	28.72	32.37	0.88	59.3%	40.7%	1.0	0.3	4.4	3.0	7.5	448
8	6:00	124	28.85	32.48	0.90	68.4%	31.6%	1.4	0.3	5.8	2.7	8.5	509
9	6:45	128	29.93	31.78	0.93	78.1%	21.9%	1.8	0.2	7.3	2.1	9.4	563
10	7:30	134	30.26	31.51	0.97	90.0%	10.0%	2.2	0.1	9.0	1.0	10.0	599
11	8:15	138	30.50	31.12	0.98	94.8%	5.2%	2.6	0.1	10.9	0.6	11.5	689
12	9:00	143	32.00	31.74	1.01	100.0%	0.0%	2.8	0.0	11.5	0.0	11.5	692
13	9:45	147	32.48	32.08	1.01	100.0%	0.0%	3.3	0.0	13.5	0.0	13.5	811
14	10:30	156	33.41	32.65	1.01	100.0%	0.0%	3.3	0.0	13.6	0.0	13.6	816
15	11:15	159	33.50	33.01	1.02	100.0%	0.0%	3.6	0.0	14.9	0.0	14.9	894
16	12:00	164	34.34	33.30	1.03	100.0%	0.0%	3.6	0.0	14.9	0.0	14.9	892
17	12:45	169	36.11	34.27	1.04	100.0%	0.0%	3.8	0.0	15.6	0.0	15.6	933

EFFECTIVE FAT BURN

Name: Kofoed, Jason

Age: 22

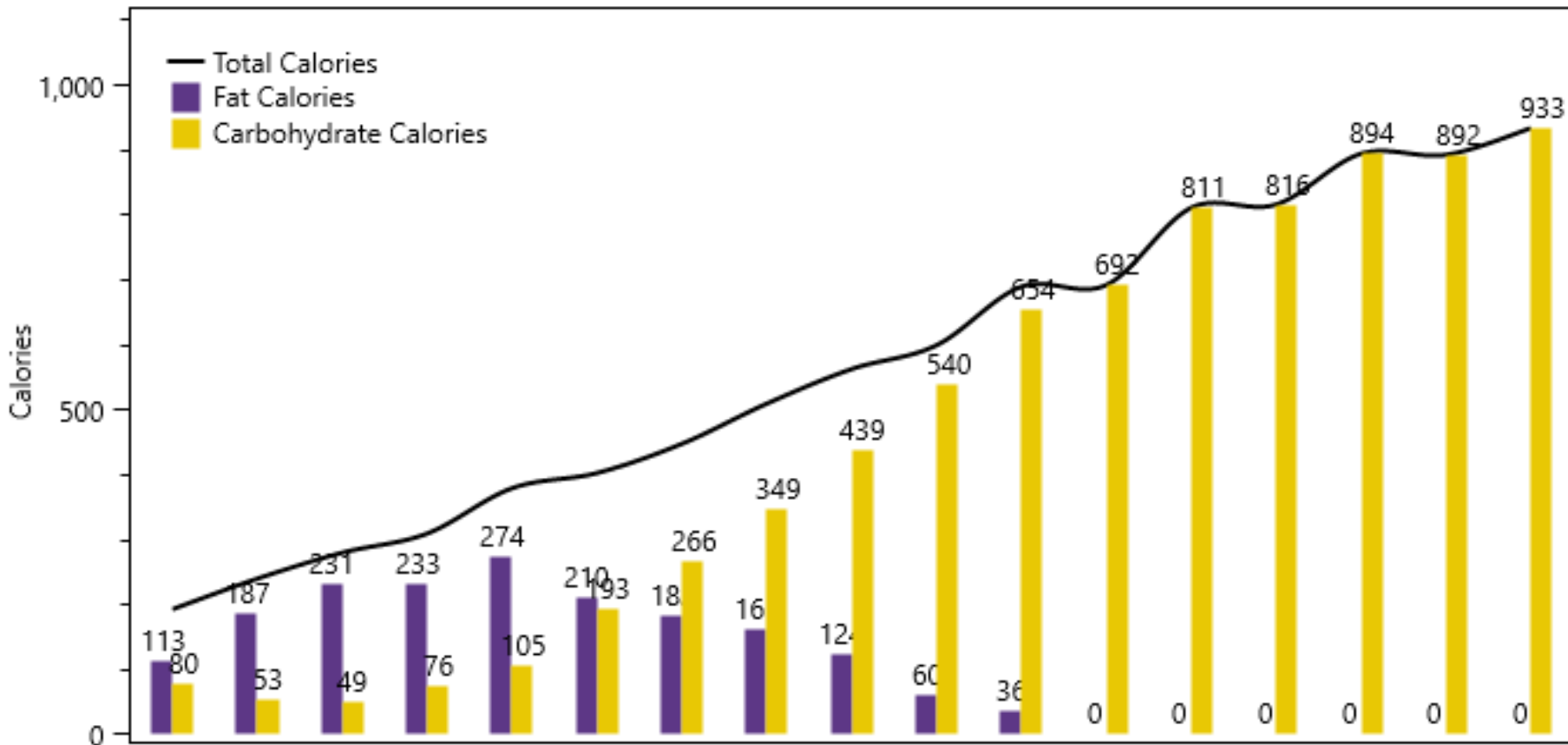
Height: 5' 8"

Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163



Heart Rate	106	102	103	105	113	116	120	124	128	134	138	143	147	156	159	164	169
Stage	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Speed	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0	80.0
Resistance	20	35	50	65	80	95	110	125	140	155	170	185	200	215	230	245	260
Time	0:45	1:30	2:15	3:00	3:45	4:30	5:15	6:00	6:45	7:30	8:15	9:00	9:45	10:30	11:15	12:00	12:45

INTERVAL DATA

Name: Kofoed, Jason Age: 22 Height: 5 ' 8 " Weight: 189.6 lbs Gender: Male Date: 7/26/2019 10:11:37 AM Test ID: CCp00002-000163

Time	HR	Tidal Volume	Respiratory Rate	VO2 (mL)	VO2 (mL/min)	VO2 (mL/kg/min)	VE/VO2	VCO2 (mL)	RER	Cals/min	Cals/hr	CHO (Cals/min)	Fat (Cals/min)
0:15	77	545	33	136	543	6.3	32.60	100	0.74	2.6	154	0.3	2.3
0:30	106	714	31	152	606	7.0	36.26	127	0.83	2.9	176	1.3	1.6
0:45	110	718	32	169	677	7.9	33.92	149	0.88	3.3	199	2.0	1.3
1:00	104	725	29	176	705	8.2	30.14	136	0.77	3.4	202	0.8	2.6
1:15	97	795	32	208	831	9.7	30.11	160	0.77	4.0	238	0.9	3.0
1:30	102	898	28	217	869	10.1	29.33	165	0.76	4.1	248	0.8	3.4
1:45	101	677	28	163	652	7.6	29.39	128	0.78	3.1	187	0.9	2.3
2:00	103	823	34	251	1,004	11.7	28.19	195	0.78	4.8	288	1.2	3.6
2:15	107	731	32	218	871	10.1	26.50	160	0.74	4.1	247	0.4	3.7
2:30	100	1,020	28	265	1,060	12.3	26.56	198	0.75	5.0	301	0.7	4.3
2:45	103	928	30	264	1,055	12.3	26.37	192	0.73	5.0	298	0.4	4.6
3:00	105	1,099	27	268	1,072	12.5	27.77	207	0.77	5.1	307	1.2	3.9
3:15	106	1,037	29	281	1,122	13.0	26.98	226	0.81	5.4	324	1.9	3.5
3:30	110	1,216	28	321	1,284	14.9	26.03	249	0.78	6.1	368	1.5	4.6
3:45	114	1,192	31	350	1,401	16.3	26.03	269	0.77	6.7	400	1.5	5.2
4:00	114	907	40	331	1,323	15.4	27.22	259	0.78	6.3	379	1.8	4.6
4:15	114	1,191	33	340	1,358	15.8	29.01	286	0.84	6.6	395	3.2	3.4
4:30	117	1,332	32	365	1,459	17.0	28.93	307	0.84	7.1	425	3.4	3.7
4:45	118	1,178	32	324	1,296	15.1	29.25	277	0.85	6.3	378	3.3	3.0
5:00	117	1,285	34	367	1,467	17.1	29.85	331	0.90	7.2	434	4.9	2.3
5:15	120	1,505	29	385	1,538	17.9	28.56	342	0.89	7.6	453	4.8	2.8

INTERVAL DATA

Name: Kofoed, Jason

Age: 22

Height: 5' 8"

Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

% Fat	% CHO	Fat (grams/min)	CHO (grams/min)	VO2 Pulse	VCO2 Pulse
88.5%	11.5%	0.2	0.1	7.05	5.21
54.5%	45.5%	0.2	0.3	5.72	4.77
38.5%	61.5%	0.1	0.5	6.15	5.43
76.1%	23.9%	0.3	0.2	6.78	5.24
76.7%	23.3%	0.3	0.2	8.57	6.61
81.4%	18.6%	0.4	0.2	8.52	6.46
72.4%	27.6%	0.2	0.2	6.46	5.06
74.4%	25.6%	0.4	0.3	9.75	7.58
89.4%	10.6%	0.4	0.1	8.14	5.99
85.7%	14.3%	0.5	0.2	10.60	7.91
92.3%	7.7%	0.5	0.1	10.24	7.46
76.1%	23.9%	0.4	0.3	10.21	7.90
64.6%	35.4%	0.4	0.4	10.58	8.53
75.2%	24.8%	0.5	0.4	11.67	9.05
77.7%	22.3%	0.6	0.3	12.29	9.45
72.3%	27.7%	0.5	0.4	11.61	9.10
52.2%	47.8%	0.4	0.7	11.91	10.03
52.2%	47.8%	0.4	0.8	12.47	10.50
48.2%	51.8%	0.3	0.8	10.98	9.37
31.9%	68.1%	0.3	1.2	12.54	11.31
36.4%	63.6%	0.3	1.1	12.82	11.38

INTERVAL DATA

Name: Kofoed, Jason Age: 22 Height: 5 ' 8 " Weight: 189.6 lbs Gender: Male Date: 7/26/2019 10:11:37 AM Test ID: CCp00002-000163

Time	HR	Tidal Volume	Respiratory Rate	VO2 (mL)	VO2 (mL/min)	VO2 (mL/kg/min)	VE/VO2	VCO2 (mL)	RER	Cals/min	Cals/hr	CHO (Cals/min)	Fat (Cals/min)
5:30	122	1,350	32	389	1,555	18.1	27.35	331	0.85	7.6	454	3.9	3.7
5:45	122	1,419	34	417	1,668	19.4	28.49	372	0.89	8.2	492	5.3	2.9
6:00	124	1,678	34	507	2,026	23.6	28.40	441	0.87	9.9	594	5.7	4.2
6:15	125	1,430	34	407	1,628	18.9	30.12	372	0.91	8.0	482	5.8	2.3
6:30	124	1,724	33	472	1,889	22.0	30.00	448	0.95	9.4	565	7.9	1.5
6:45	128	1,722	33	473	1,891	22.0	29.67	433	0.92	9.3	561	6.8	2.5
7:00	130	1,638	34	463	1,851	21.5	29.90	443	0.96	9.2	555	7.9	1.3
7:15	131	1,723	37	525	2,100	24.4	29.94	499	0.95	10.5	628	8.8	1.7
7:30	133	1,904	31	478	1,912	22.2	31.24	470	0.98	9.6	577	9.1	0.5
7:45	137	1,735	35	506	2,022	23.5	30.36	488	0.96	10.1	607	9.0	1.2
8:00	137	2,033	32	536	2,145	24.9	30.22	533	0.99	10.8	649	10.6	0.2
8:15	137	2,065	35	604	2,415	28.1	29.48	577	0.96	12.1	723	10.3	1.7
8:30	140	1,946	38	583	2,333	27.1	31.35	571	0.98	11.7	703	10.9	0.8
8:45	140	2,139	34	557	2,228	25.9	32.82	574	1.03	11.2	675	11.2	0.0
9:00	143	2,081	36	589	2,354	27.4	32.08	595	1.01	11.9	713	11.9	0.0
9:15	145	1,766	40	550	2,201	25.6	31.76	553	1.00	11.1	667	11.1	0.0
9:30	147	2,332	36	684	2,735	31.8	31.03	682	1.00	13.8	828	13.7	0.1
9:45	146	2,184	38	637	2,548	29.6	32.72	642	1.01	12.9	772	12.9	0.0
10:00	149	2,291	39	689	2,757	32.1	32.73	703	1.02	13.9	835	13.9	0.0
10:15	152	2,205	41	674	2,694	31.3	33.63	686	1.02	13.6	816	13.6	0.0
10:30	157	2,369	37	633	2,531	29.4	34.63	677	1.07	12.8	766	12.8	0.0

INTERVAL DATA

Name: Kofoed, Jason

Age: 22

Height: 5 ' 8 "

Weight: 189.6 lbs

Gender: Male

Date: 7/26/2019 10:11:37 AM

Test ID: CCp00002-000163

% Fat	% CHO	Fat (grams/min)	CHO (grams/min)	VO2 Pulse	VCO2 Pulse
48.6%	51.4%	0.4	0.9	12.75	10.86
35.5%	64.5%	0.3	1.3	13.67	12.18
42.3%	57.7%	0.5	1.3	16.34	14.23
28.2%	71.8%	0.3	1.4	13.02	11.89
16.3%	83.7%	0.2	1.9	15.23	14.46
27.0%	73.0%	0.3	1.6	14.77	13.54
14.0%	86.0%	0.1	1.9	14.24	13.62
16.0%	84.0%	0.2	2.1	16.03	15.23
5.5%	94.5%	0.1	2.2	14.38	14.13
11.4%	88.6%	0.1	2.2	14.76	14.23
2.0%	98.0%	0.0	2.6	15.66	15.56
14.3%	85.7%	0.2	2.5	17.63	16.84
6.7%	93.3%	0.1	2.7	16.66	16.31
0.0%	100.0%	0.0	2.7	15.91	16.39
0.0%	100.0%	0.0	2.9	16.46	16.64
0.0%	100.0%	0.0	2.7	15.18	15.26
0.7%	99.3%	0.0	3.3	18.61	18.56
0.0%	100.0%	0.0	3.1	17.45	17.58
0.0%	100.0%	0.0	3.4	18.50	18.87
0.0%	100.0%	0.0	3.3	17.72	18.05
0.0%	100.0%	0.0	3.1	16.12	17.25

INTERVAL DATA

Name: Kofoed, Jason Age: 22 Height: 5 ' 8 " Weight: 189.6 lbs Gender: Male Date: 7/26/2019 10:11:37 AM Test ID: CCp00002-000163

Time	HR	Tidal Volume	Respiratory Rate	VO2 (mL)	VO2 (mL/min)	VO2 (mL/kg/min)	VE/VO2	VCO2 (mL)	RER	Cals/min	Cals/hr	CHO (Cals/min)	Fat (Cals/min)
10:45	158	2,054	43	674	2,696	31.3	32.74	670	0.99	13.6	815	13.3	0.2
11:00	157	2,372	41	741	2,965	34.5	32.54	752	1.01	15.0	898	15.0	0.0
11:15	158	2,435	42	756	3,024	35.2	33.65	770	1.02	15.3	916	15.3	0.0
11:30	161	2,313	43	729	2,915	33.9	33.95	749	1.03	14.7	883	14.7	0.0
11:45	162	2,150	45	689	2,756	32.0	34.70	720	1.04	13.9	835	13.9	0.0
12:00	163	2,183	46	734	2,936	34.1	34.20	765	1.04	14.8	889	14.8	0.0
12:15	166	2,228	46	750	3,000	34.9	34.38	765	1.02	15.1	908	15.1	0.0
12:30	167	2,376	46	773	3,091	35.9	35.67	808	1.04	15.6	936	15.6	0.0
12:45	169	2,460	47	789	3,154	36.7	36.26	829	1.05	15.9	955	15.9	0.0
13:00	170	2,199	49	740	2,960	34.4	36.25	783	1.06	14.9	896	14.9	0.0
13:15	172	2,219	49	764	3,056	35.5	35.87	793	1.04	15.4	925	15.4	0.0
13:30	173	2,243	52	792	3,168	36.8	36.73	823	1.04	16.0	959	16.0	0.0
13:45	174	2,194	52	753	3,012	35.0	38.08	805	1.07	15.2	912	15.2	0.0
14:00	175	2,005	48	638	2,553	29.7	37.30	692	1.08	12.9	773	12.9	0.0
14:15	177	4	48	1	5	0.1	35.98	2	1.20	0.0	2	0.0	0.0
14:30	179	3	48	1	3	0.0	35.76	1	1.00	0.0	1	0.0	0.0
14:45	176	1	48	0	1	0.0	33.13	0	1.00	0.0	0	0.0	0.0
15:00	168	8	19	1	3	0.0	37.30	1	1.33	0.0	1	0.0	0.0
15:15	164	0	1	0	0	0.0	0.00	0	0.00	0.0	0	0.0	0.0
15:30	162	0	1	0	0	0.0	0.00	0	0.00	0.0	0	0.0	0.0
15:45	154	40	1	0	1	0.0	43.47	0	1.00	0.0	0	0.0	0.0

INTERVAL DATA

Name: Kofoed, Jason Age: 22 Height: 5 ' 8 " Weight: 189.6 lbs Gender: Male Date: 7/26/2019 10:11:37 AM Test ID: CCp00002-000163

% Fat	% CHO	Fat (grams/min)	CHO (grams/min)	VO2 Pulse	VCO2 Pulse
1.8%	98.2%	0.0	3.3	17.06	16.97
0.0%	100.0%	0.0	3.6	18.89	19.15
0.0%	100.0%	0.0	3.7	19.14	19.49
0.0%	100.0%	0.0	3.6	18.11	18.61
0.0%	100.0%	0.0	3.4	17.01	17.77
0.0%	100.0%	0.0	3.6	18.01	18.78
0.0%	100.0%	0.0	3.7	18.07	18.43
0.0%	100.0%	0.0	3.8	18.51	19.34
0.0%	100.0%	0.0	3.9	18.66	19.63
0.0%	100.0%	0.0	3.6	17.41	18.43
0.0%	100.0%	0.0	3.8	17.77	18.44
0.0%	100.0%	0.0	3.9	18.31	19.02
0.0%	100.0%	0.0	3.7	17.31	18.51
0.0%	100.0%	0.0	3.1	14.59	15.82
0.0%	100.0%	0.0	0.0	0.03	0.03
0.0%	100.0%	0.0	0.0	0.02	0.02
0.0%	100.0%	0.0	0.0	0.01	0.01
0.0%	100.0%	0.0	0.0	0.02	0.02
100.0%	0.0%	0.0	0.0	0.00	0.00
100.0%	0.0%	0.0	0.0	0.00	0.00
0.0%	100.0%	0.0	0.0	0.01	0.01