**VO₂ Test Results**

**Target Workout Zones**

The CardioCoach has analyzed your VO₂ 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.

**Calories Burned**

There is a direct relationship between oxygen consumption and calories burned. Your VO₂ Test measures how many calories you burn when you exercise.

<table>
<thead>
<tr>
<th>HEART RATE</th>
<th>EXERCISE ZONE</th>
<th>CALORIES PER HOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>190</td>
<td>Cardio Training</td>
<td>1335</td>
</tr>
<tr>
<td>180</td>
<td>Anaerobic Threshold</td>
<td>1227</td>
</tr>
<tr>
<td>170</td>
<td>Aerobic Threshold</td>
<td>1119</td>
</tr>
<tr>
<td>160</td>
<td>Fat Burning (Aerobic)</td>
<td>1012</td>
</tr>
<tr>
<td>150</td>
<td>High Zone</td>
<td>130</td>
</tr>
<tr>
<td>140</td>
<td>Moderate Zone</td>
<td>904</td>
</tr>
<tr>
<td>130</td>
<td>Low Zone</td>
<td>795</td>
</tr>
<tr>
<td>120</td>
<td></td>
<td>688</td>
</tr>
<tr>
<td>110</td>
<td></td>
<td>580</td>
</tr>
<tr>
<td>100</td>
<td></td>
<td>473</td>
</tr>
<tr>
<td>90</td>
<td></td>
<td>365</td>
</tr>
<tr>
<td>80</td>
<td></td>
<td>257</td>
</tr>
</tbody>
</table>

*This table shows how many calories per hour your body burns while exercising at a given intensity level.

The heart rate at which your anaerobic and aerobic thresholds were detected is also shown.

**Recovery Heart Rate**

- **Peak Heart Rate**: 192
- **1 Minute**: 161 (30%)
- **2 Minute**: 142 (49%)

**Cardio Strength**

- **VO₂ (ml O₂/kg/min)**: 6.5
- **Heart Rate (bpm)**: 88
- **Calories Per Hour**: 235
- **Fitness Level**: Fair

**AeT = Aerobic Threshold. AT = Anaerobic Threshold**

**Fitness Level**

Note: The fitness level is based on a VO₂ Max. Refer to fitness level table on back side of page.

<table>
<thead>
<tr>
<th>Age</th>
<th>VERY LOW</th>
<th>LOW</th>
<th>FAIR</th>
<th>GOOD</th>
<th>EXCELLENT</th>
<th>SUPERIOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-29</td>
<td>&lt;33.0</td>
<td>33.0-36.4</td>
<td>36.5-42.4*</td>
<td>42.5-46.4</td>
<td>46.5-52.4</td>
<td>&gt;52.4</td>
</tr>
</tbody>
</table>

**Coach's Interpretation**

Your target heart rate

Recommend testing again by:

**Stats**

- **Age**: 27
- **Gender**: Male
- **Weight**: 124.8 kg (275 lbs)
- **Height**: 185 cm (6 ft 1 in)
- **BMI**: 36.3
- **Test Type**: Treadmill Test
- **Test ID**: 3
- **SN**: 10393

**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.
What is VO2 Anyway?

VO2 simply stands for Volume of Oxygen. The CardioCoach measures the volume of oxygen your body consumed at 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 (At)?

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 VO2 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.

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.

Fortunately, VO2 Max has been well studied and we can compare your results to published values. If you pushed yourself 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.

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.

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 needed 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.

FREQUENTLY ASKED QUESTIONS


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.

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.

UNDERSTANDING YOUR WORKOUT ZONES

COACH’S INTERPRETATION: YOUR TARGET ZONES

WORKOUT PLAN

WHAT TO DO

FOR MORE INFORMATION VISIT www.korr.com

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