

VO₂ MAX TESTING

CLIENT

NAME:



DATE:
10/10/2022

TRAINER:

VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	86	109	161	170
VO2 (ML/KG/MIN)	5.4	22.0	42.8	47.7
KCAL/HR	126	504	1,035	1,157

THE PERFORMANCE LAB

RECOVERY:

Peak.....170
1 Minute....128 (50%)
2 minutes...112 (69%)

HEART RATE BASED TRAINING

	HEART RATE	RESISTANCE (WATTS)	SPEED (RPM)	CALS/HR
ZONE 5	> 167	250	0.0	> 1,141
ZONE 4	163 - 167	225	0.0	1,059 - 1,118
ZONE 3	152 - 163	225	0.0	973 - 1,059
ANAEROBIC THRESHOLD	161	225	0.0	1035
ZONE 2	137 - 152	200	0.0	880 - 973
ZONE 1	< 137	150	0.0	< 880

FITNESS LEVEL

Very Low Low Fair **Good** Excellent Superior

TEST QUALITY SCORE **94**

→ WHAT NEXT?

CARDIOCOACH™

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VO₂ MAX TESTING

Client Info

Name:		Trainer:	
Date:	Oct 10, 2022 2:41 PM	CC App Pin:	
Gender:	Male	Quality Score:	94
Height:	177 cm (5 ft 10 in)		
Weight:	80.0 kg (176 lbs)		

Test Results

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	86	109	161	170
VO2 (ML/KG/MIN)	5.4	22.0	42.8	47.7
KCAL/HR	126	504	1,035	1,157
METs	1.5	6.3	12.2	13.6
Fitness Level	Good			

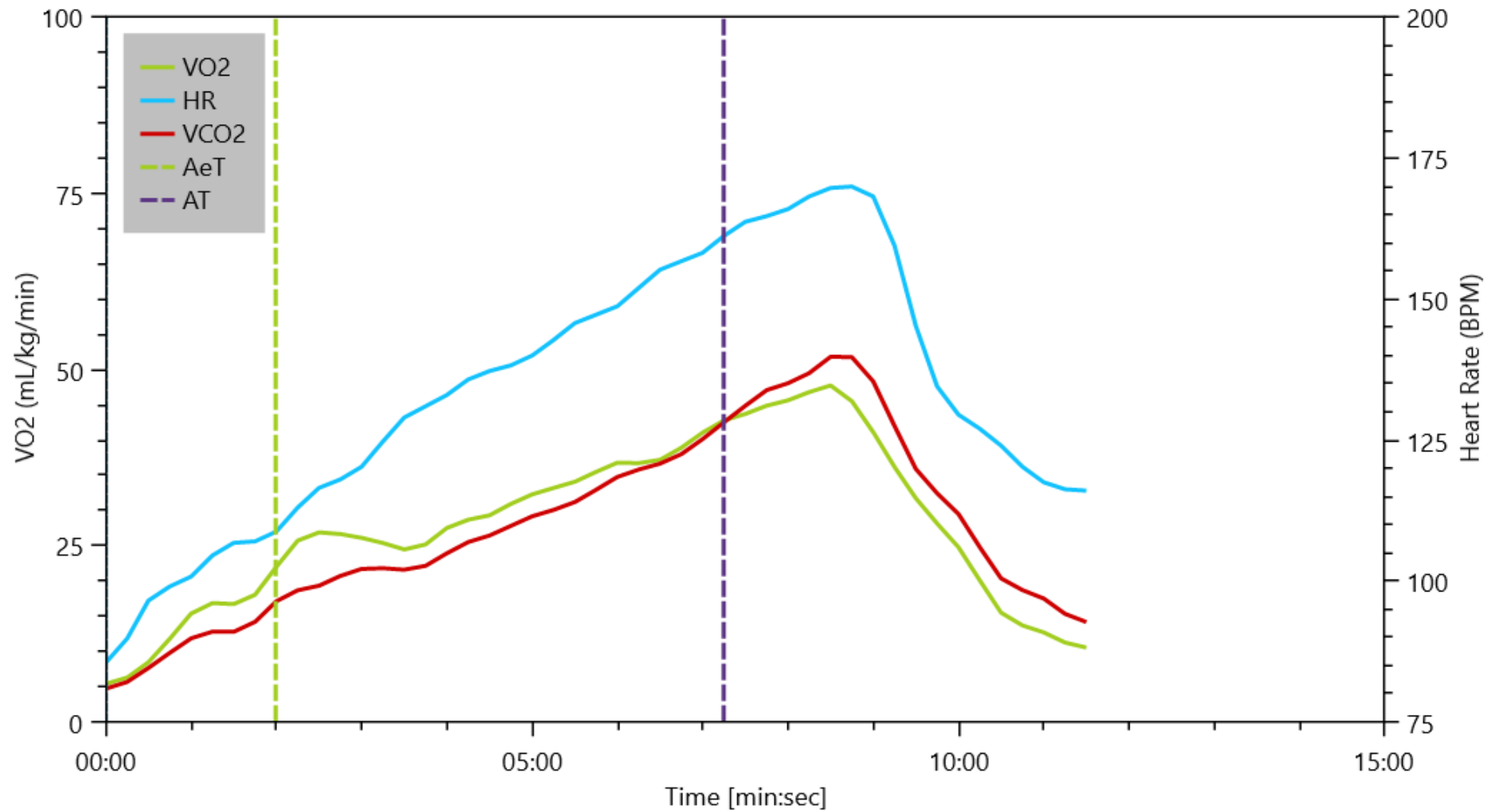
Recovery

Peak	1 Minute	2 minutes
170	128 (50%)	112 (69%)

VO₂ TEST

Name: [REDACTED] Age: 19 Height: 177 cm Weight: 80.0 kgs Gender: Male Date: 10/10/2022 2:41:29 PM Test ID: CV-1104-000006

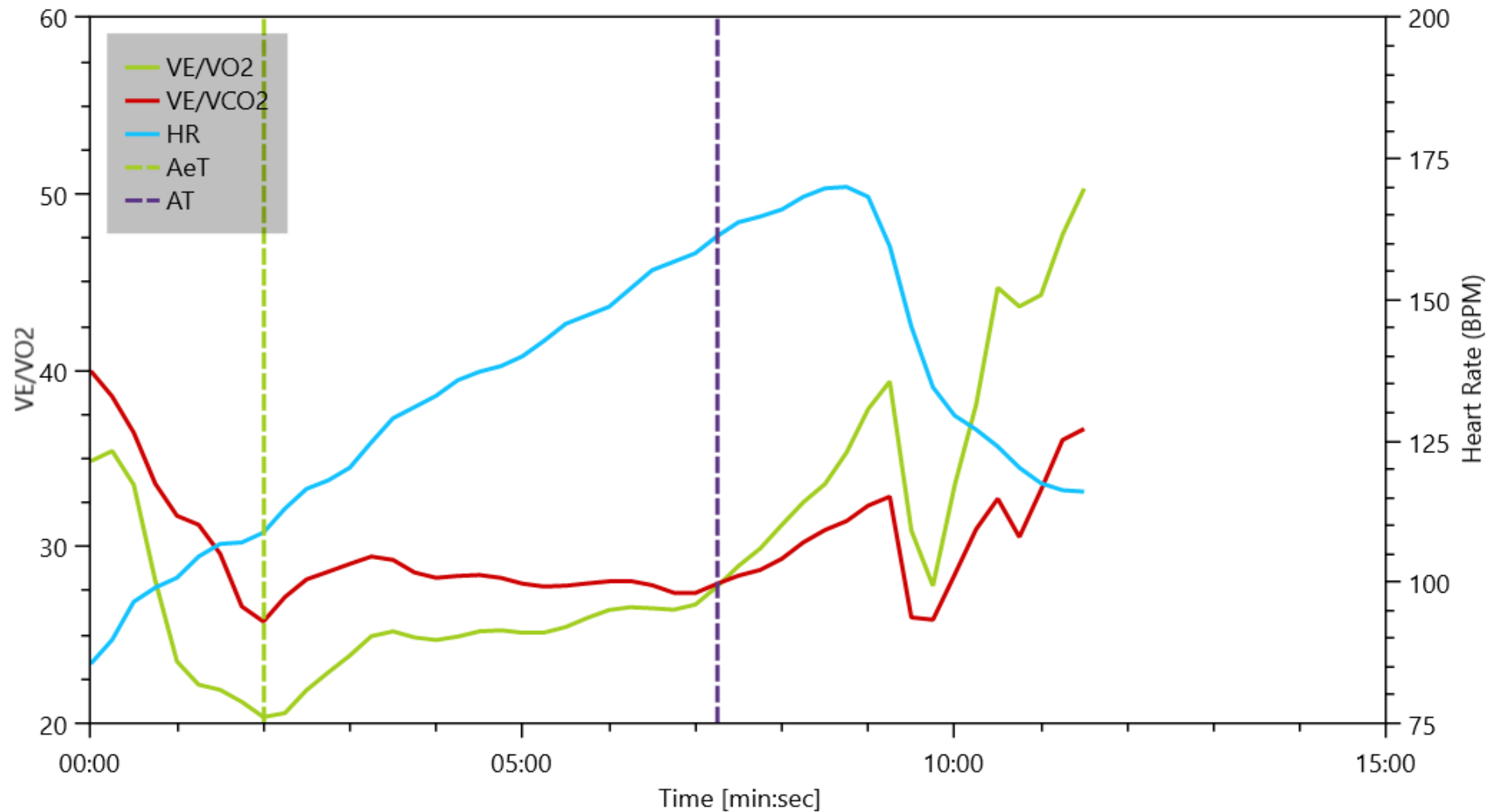
VO₂ Test



VE/VO₂ VS. TIME

Name: [REDACTED] Age: 19 Height: 177 cm Weight: 80.0 kgs Gender: Male Date: 10/10/2022 2:41:29 PM Test ID: CV-1104-000006

Ve/VO2 vs. Time



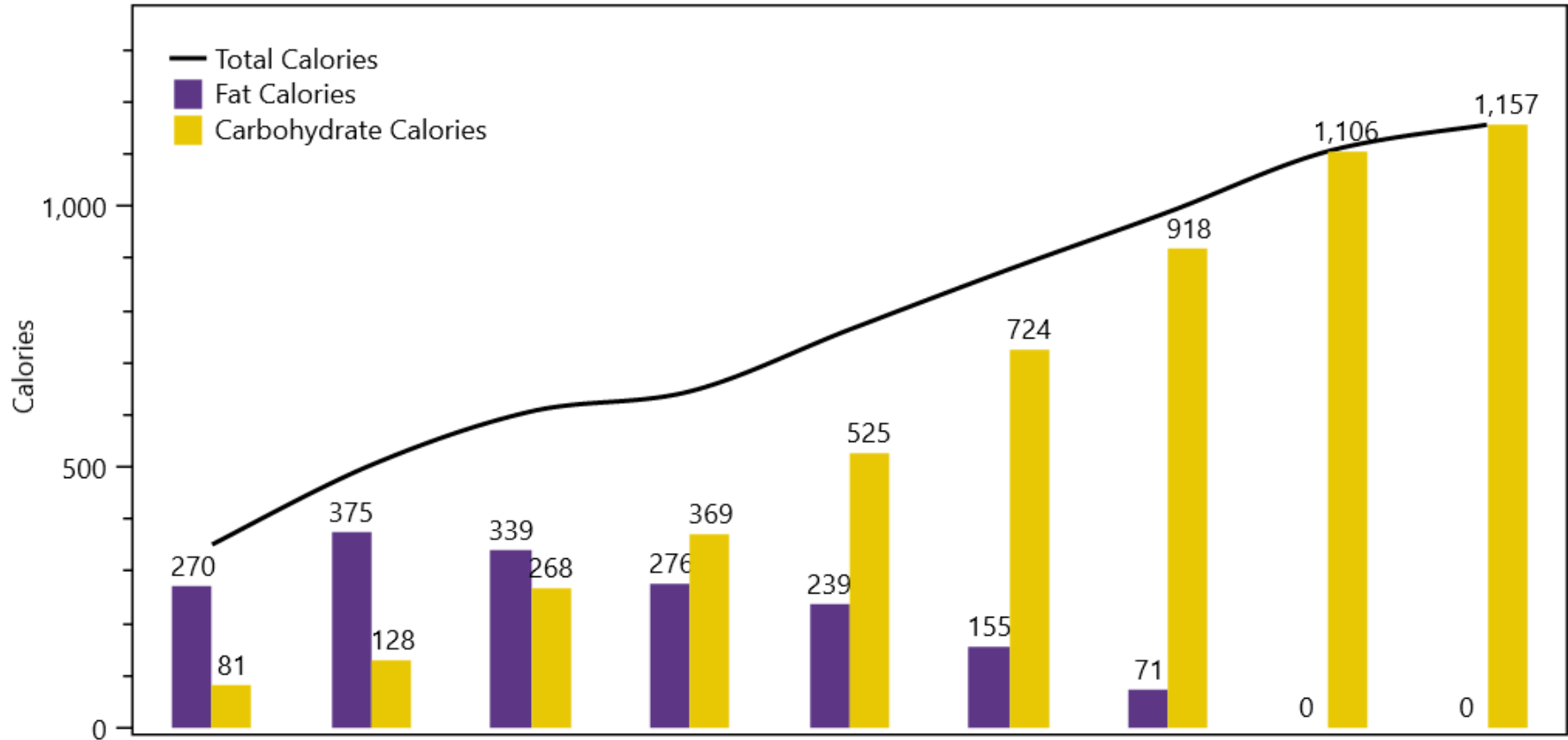
STAGE AVERAGES

Name: [REDACTED] Age: 19 Height: 177 cm Weight: 80.0 kgs Gender: Male Date: 10/10/2022 2:41:29 PM Test ID: CV-1104-000006

Stage	Time	HR	Speed	Resistance	VE/VO2	VE/VCO2	RER	% CHO	% Fat	CHO (grams/min)	Fat (grams/min)	CHO (Cals/min)	Fat (Cals/min)	Cals/min	Cals/hr
1	1:00	101	0.0	50	23.50	31.75	0.77	23.0%	77.0%	0.3	0.5	1.3	4.5	5.8	351
2	2:00	109	0.0	75	20.34	25.75	0.78	25.5%	74.5%	0.5	0.7	2.1	6.3	8.4	504
3	3:00	120	0.0	100	23.83	29.03	0.83	44.2%	55.8%	1.0	0.6	4.5	5.6	10.1	606
4	4:00	133	0.0	125	24.71	28.23	0.87	57.2%	42.8%	1.5	0.5	6.1	4.6	10.8	645
5	5:00	140	0.0	150	25.12	27.90	0.90	68.7%	31.3%	2.1	0.4	8.7	4.0	12.7	763
6	6:00	149	0.0	175	26.41	28.04	0.95	82.3%	17.7%	2.9	0.3	12.1	2.6	14.7	879
7	7:00	158	0.0	200	26.72	27.38	0.98	92.9%	7.1%	3.7	0.1	15.3	1.2	16.5	989
8	8:00	166	0.0	225	31.23	29.31	1.05	100.0%	0.0%	4.5	0.0	18.4	0.0	18.4	1,106
9	8:30	170	0.0	250	33.55	30.95	1.09	100.0%	0.0%	4.7	0.0	19.3	0.0	19.3	1,157

EFFECTIVE FAT BURN

Name: Age: 19 Height: 177 cm Weight: 80.0 kgs Gender: Male Date: 10/10/2022 2:41:29 PM Test ID: CV-1104-000006



Heart Rate	101	109	120	133	140	149	158	166	170
Stage	1	2	3	4	5	6	7	8	9
Speed	0.0	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	250
Time	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	8:30