



# The RehabGYM

Maple Tree Place, 30 Hawthorne Street, Williston, VT 05495  
802-876-6000

## VO<sub>2</sub> - Indirect

### Subject Data

Name: J	ID: 0321977
Birth Date:	Age: 31 years
Subject: Active	Gender: Female
Weight: 141.0 lb	Height: 5 ft 7 in
	B.M.I: 22.4 kg/m.m

### Assessment Data

Assessment: 24	Date: 3/12/2007	Hour: 4:15:00 PM
Trainer: J		ID: 1
Test Type: Treadmill	Protocol: 6 mph	

### Calculus

Rest. HR (bpm)	2 min HR Recovery (bpm)	Max HR achv. (bpm)	VT Heart Rate (bpm)
	<b>121</b>	<b>168</b>	<b>150</b>
VO <sub>2</sub> Max.Pr.(ml.kg.min)	VO <sub>2</sub> max Attained (ml/kg/min)	Cardio Fitness (%)	VO <sub>2</sub> VT (ml/kg/min)
<b>33.8</b>	<b>36.0</b>	<b>GOOD</b>	<b>28.8</b>
Duration (mm:ss)	Max HR pred. (bpm)	Max Pwr Attn (W)	VT Pwr (W)
<b>6:00</b>	<b>189</b>	<b>283.5</b>	<b>193.7</b>

### Training Zones

Description	Inf. Perc. (%)	Sup. Perc. (%)	Inf. HR (bpm)	Sup HR (bpm)
Moderate Activity	50	60	75	90
Weight control	60	70	90	105
Aerobic	70	80	105	120
Ventilatory Threshold	80	90	120	135
Maximal effort	90	100	135	150
--	--	--	--	--
--	--	--	--	--