

# Cardio Coach Plus VO2 Test Results

## Patient Information

Name:	Janet Doe	Date Time:	April 15, 2008 04:49 pm
Gender:	Female	Trainer:	
Age:	34	Test Type:	Cycle
Height:	64 in 163 cm	File Name:	
Weight:	121 lbs 55.0 kg		

## Test Results

	Starting	AeT	AT	Peak
VO2 (ml O2/kg/min)	0.1	20.2	32.8	53.7
Heart Rate (bpm)	79	113	140	167
Calories Per Hour	116	321	541	663
METS	0.0	5.8	9.4	15.3
Fitness Level	Superior			

## Recovery

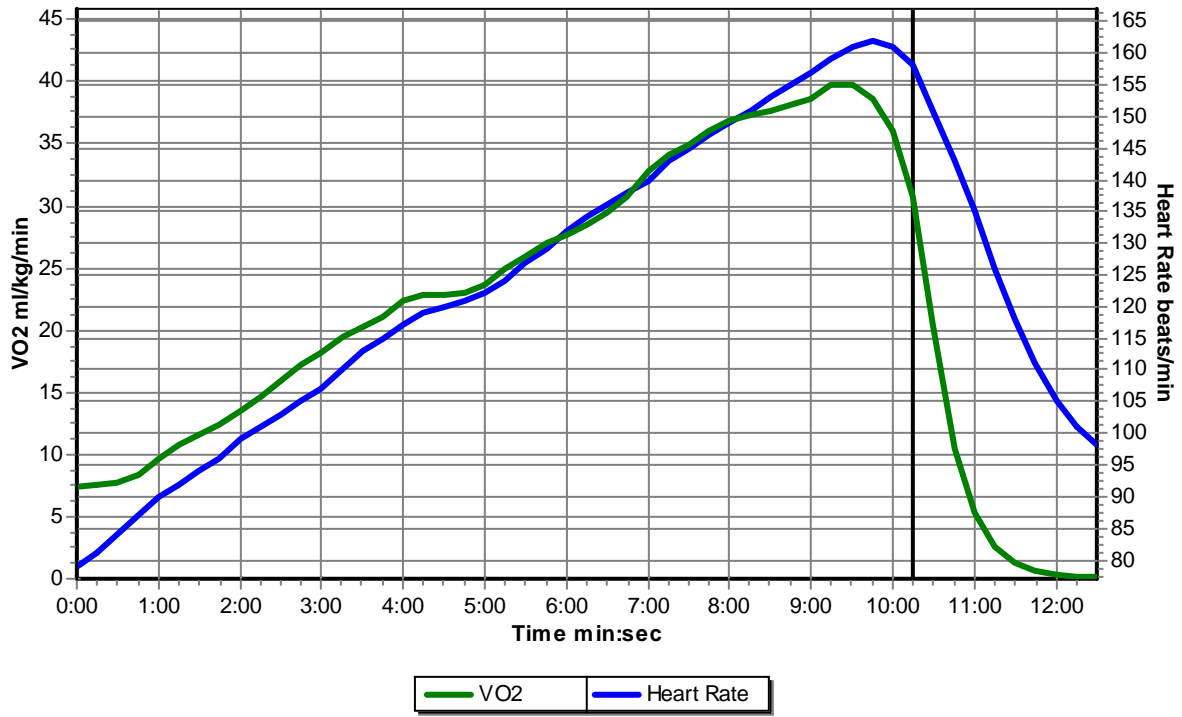
	Peak	1 Minute	2 Minute
Heart Rate	167	122 (52%)	99 (78%)

## Test Data

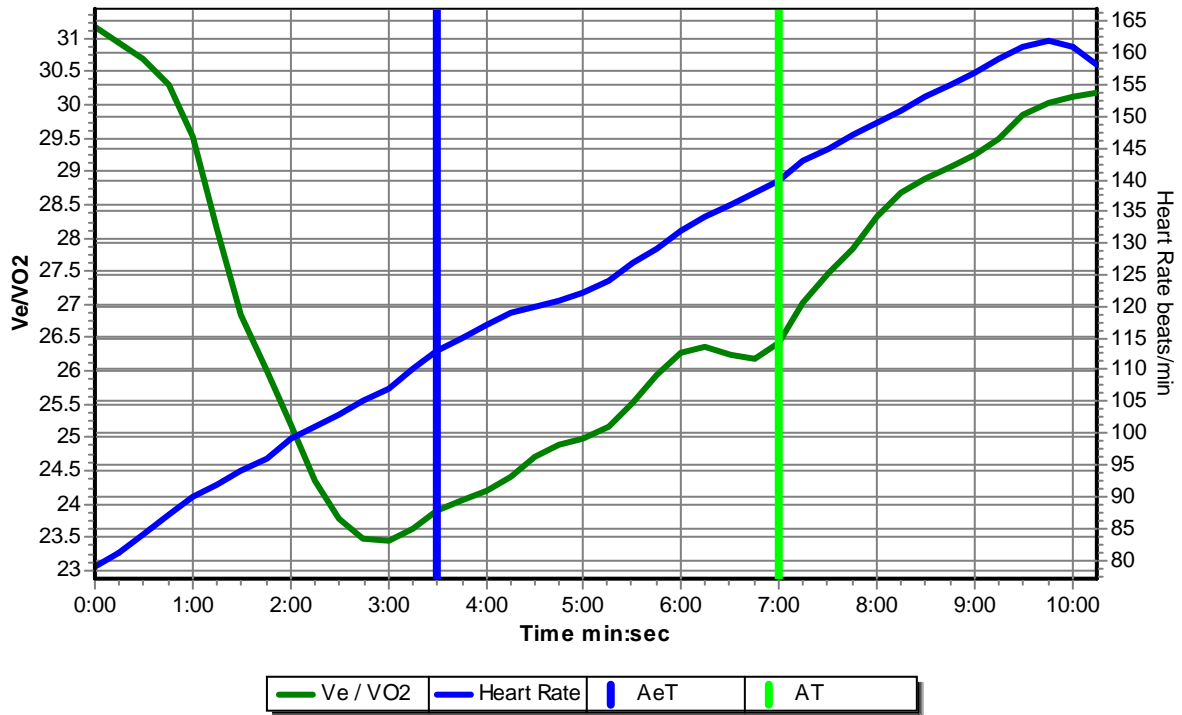
Time sec	HR bpm	VO2 ml/min	VO2 ml/kg/min	Ve/VO2	Ve LPM	FeO2 %	Mode
0:15	77	395	7.2	31.39	12.40	16.70	Testing
0:30	80	374	6.8	31.01	11.60	16.65	Testing
0:45	85	447	8.1	30.96	13.84	16.66	Testing
1:00	89	349	6.3	31.28	10.92	16.68	Testing
1:15	91	542	9.9	30.77	16.68	16.63	Testing
1:30	95	631	11.5	28.01	17.68	16.27	Testing
1:45	97	647	11.8	25.96	16.80	15.96	Testing
2:00	96	651	11.8	25.92	16.88	15.96	Testing
2:15	100	727	13.2	25.30	18.40	15.84	Testing
2:30	102	798	14.5	23.75	18.96	15.56	Testing
2:45	104	871	15.8	23.28	20.28	15.46	Testing
3:00	107	1040	18.9	22.88	23.80	15.38	Testing
3:15	107	983	17.9	22.99	22.60	15.40	Testing
3:30	111	1115	20.3	23.46	26.16	15.49	Testing
3:45	116	1223	22.2	24.10	29.48	15.62	Testing
4:00	117	1008	18.3	24.92	25.12	15.78	Testing
4:15	116	1372	24.9	23.67	32.48	15.54	Testing
4:30	121	1307	23.8	24.20	31.64	15.64	Testing
4:45	124	1236	22.5	25.01	30.92	15.79	Testing
5:00	122	1220	22.2	25.21	30.76	15.83	Testing
5:15	122	1208	22.0	24.83	30.00	15.75	Testing
5:30	124	1451	26.4	24.45	35.48	15.69	Testing
5:45	128	1407	25.6	25.44	35.80	15.87	Testing
6:00	130	1529	27.8	26.16	40.00	15.99	Testing
6:15	133	1573	28.6	26.75	42.08	16.09	Testing
6:30	135	1451	26.4	26.82	38.92	16.09	Testing
6:45	137	1620	29.5	26.09	42.28	15.98	Testing
7:00	139	1593	29.0	25.66	40.88	15.90	Testing
7:15	141	1908	34.7	25.49	48.64	15.87	Testing
7:30	147	2026	36.8	27.30	55.32	16.18	Testing

7:45	145	1823	33.1	29.02	52.92	16.42	Testing
8:00	147	2000	36.4	27.68	55.36	16.24	Testing
8:15	149	2073	37.7	28.53	59.16	16.36	Testing
8:30	152	2071	37.7	29.01	60.08	16.42	Testing
8:45	154	2074	37.7	29.29	60.76	16.46	Testing
9:00	155	2243	40.8	28.62	64.20	16.37	Testing
9:15	158	2032	36.9	29.19	59.32	16.44	Testing
9:30	162	2299	41.8	29.23	67.20	16.44	Testing
9:45	164	2522	45.9	30.21	76.20	16.57	Testing
10:00	167	2183	39.7	31.44	68.64	16.71	Testing
10:15	167	2348	42.7	30.20	70.92	16.58	Testing
10:30	165	2206	40.1	30.28	66.80	16.58	Testing
10:45	154	1121	20.4	28.51	31.96	16.35	Recovery
11:00	146	4	0.1	50.00	0.20	16.95	Recovery
11:15	137	25	0.5	36.80	0.92	16.91	Recovery
11:30	124	0	0.0	0.00	0.00	16.46	Recovery
11:45	117	0	0.0	0.00	0.00	0.00	Recovery
12:00	110	0	0.0	0.00	0.00	0.00	Recovery
12:15	103	0	0.0	0.00	0.00	0.00	Recovery
12:30	98	0	0.0	0.00	0.00	0.00	Recovery
12:45	93	0	0.0	0.00	0.00	0.00	Recovery

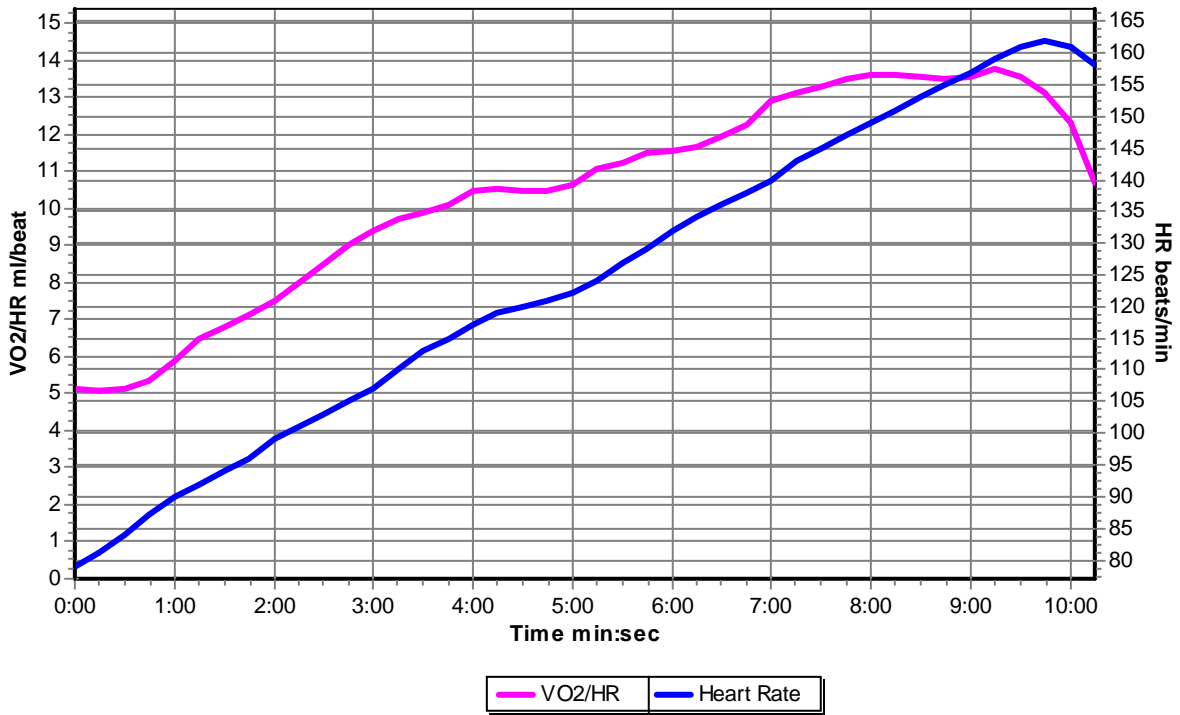
VO2 vs Time



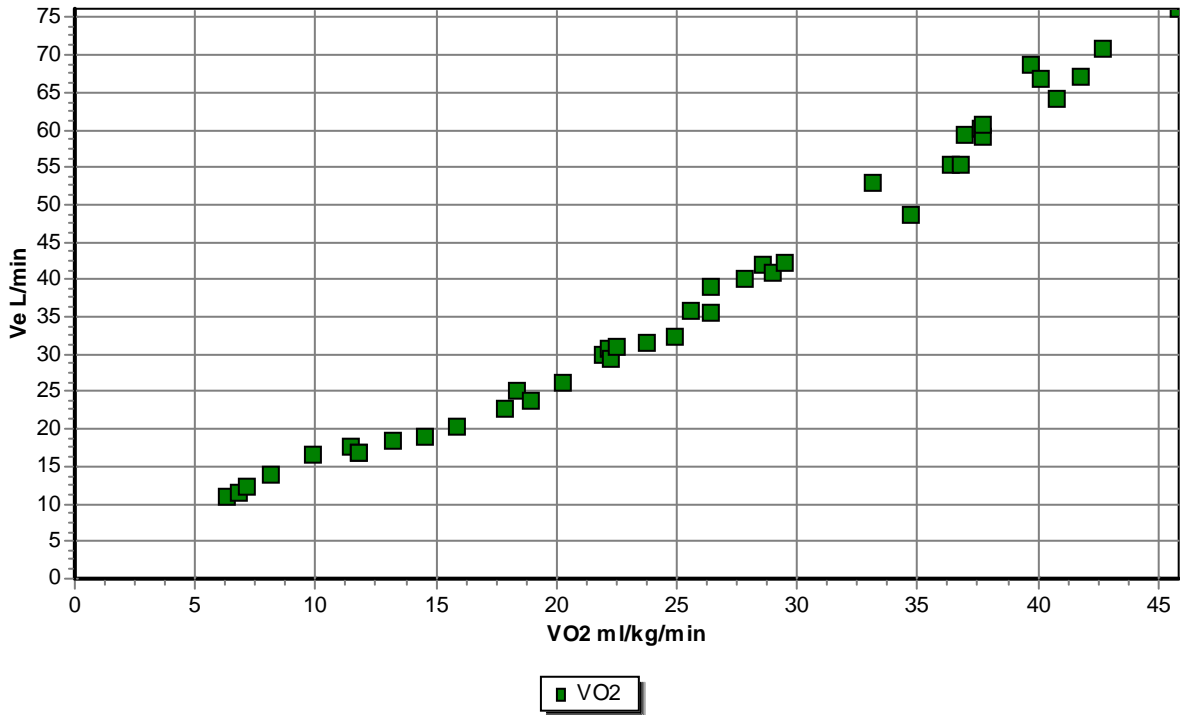
Ve/VO2 vs Time



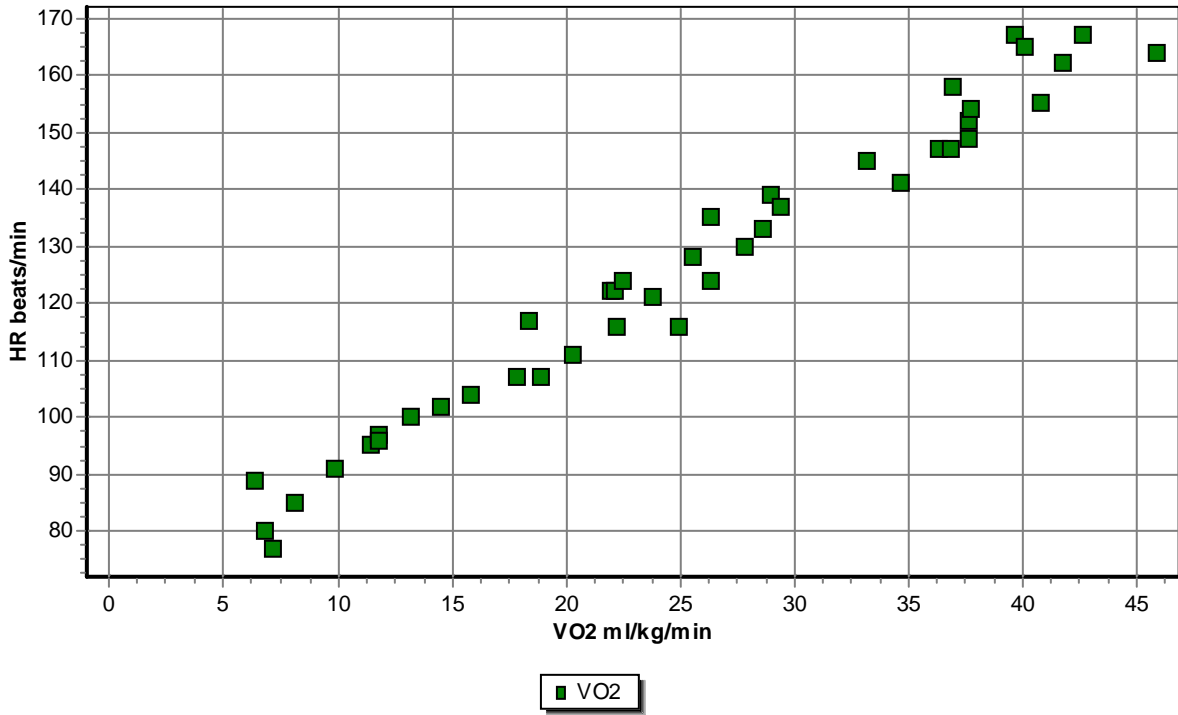
Heart Rate



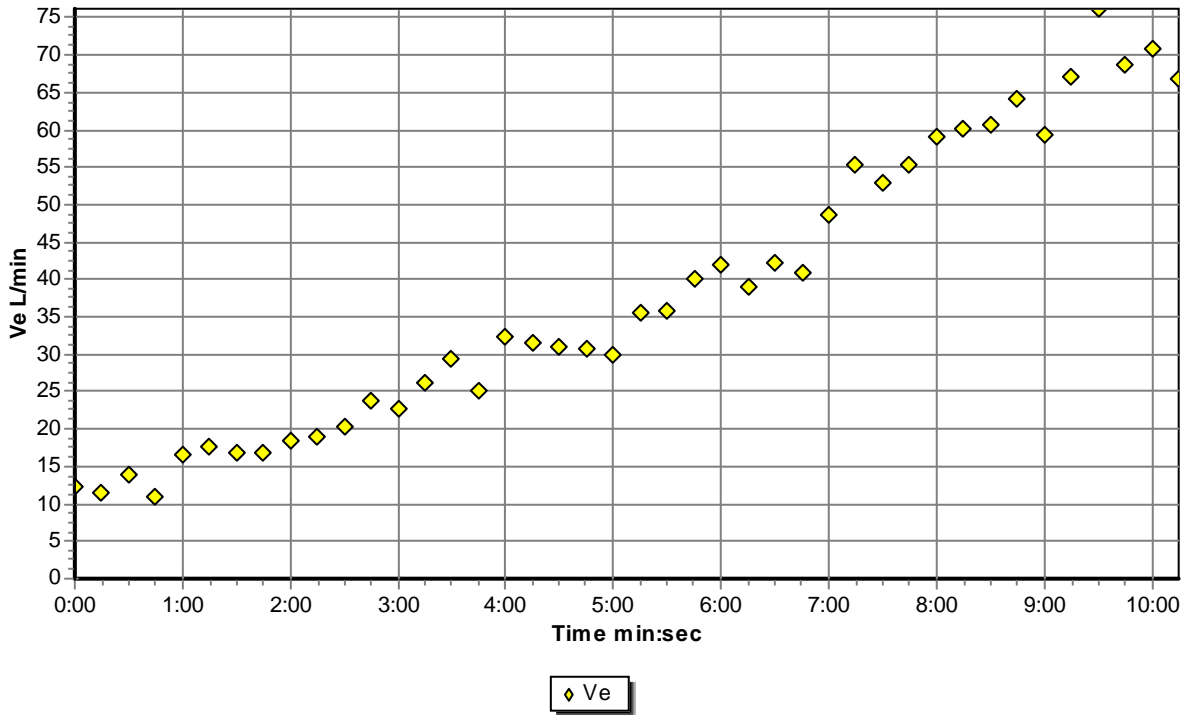
Ve vs VO2



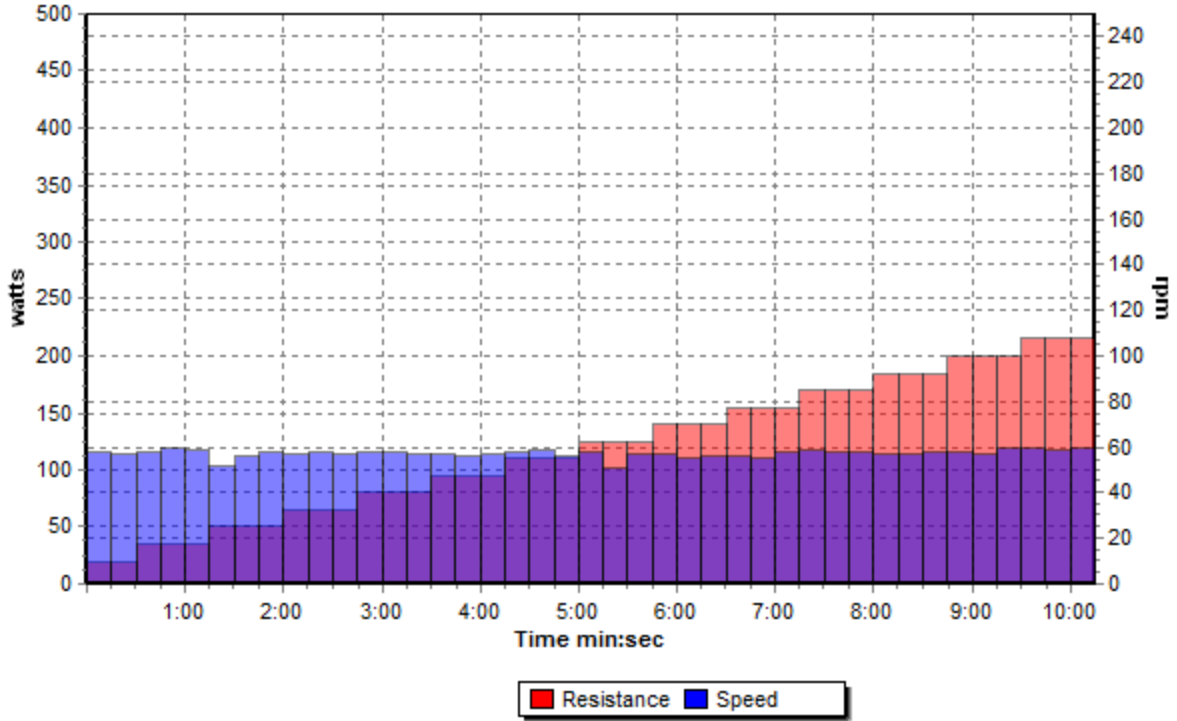
HR vs VO2



Ve vs Time



Workload vs Time



VO2 vs Workload

