

# CARDIOCOACH™

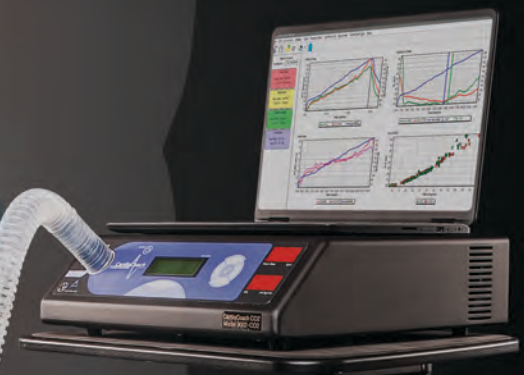
by  KORR™

*Take your training to the next level with  
**VO<sub>2</sub> Max Fitness Testing.***

*CardioCoach combines the powerful tools of VO<sub>2</sub> Max, AT detection, and metabolic measurement to fitness professionals at every level of expertise. Help clients reach their fitness and weight loss goals faster than ever.*

## What Is It?

A VO<sub>2</sub> Max analyzer measures oxygen uptake while a patient exercises on a treadmill or cycle for approximately 10 mins, gradually increasing from rest to maximum effort. It measures the heart and lungs ability to deliver oxygen to muscles at work (VO<sub>2</sub> Max). It also detects the point at which lactic acid begins to build up in the muscles (Anaerobic Threshold), and what fuel sources (fats versus carbohydrates) the person is using as their heart rate increases (Respiratory Exchange Rate).



Contact us for additional information  
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## Why Test?

- A VO<sub>2</sub> Max measurement is the gold standard to measure cardiovascular fitness among professional athletes, serious competitors, and anyone beginning a cardiovascular workout routine
- Anaerobic Threshold is a marker that allows trainers to design programs to increase a person's endurance, both for competition and for improved daily living.
- Respiratory Exchange Rate insures that time spent exercising will results in the outcomes desired (weight loss or increased performance)..

## How Do You Use Results?

- The CardioCoach creates custom workout zones that become the foundation of any workout program.
- Custom heart rate zones allow clients of different levels of fitness to workout comfortably in a group.
- Test results can be uploaded to the CardioCoach app.
- The app coaches the client to remain in the custom heart rate zones.
- The app keeps clients accountable, directed and engaged.

## Who Needs a VO<sub>2</sub> Max Test?

- The obese and overweight
- The de-conditioned client
- Sports enthusiasts
- Cyclists
- Runners
- Tri-athletes

