VO₂ Test Results

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 (bpm)</th>
<th>EXERCISE ZONE</th>
<th>CALORIES PER HOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>190</td>
<td>Cardio Training Anaerobic</td>
<td>1335</td>
</tr>
<tr>
<td>180</td>
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<td>1227</td>
</tr>
<tr>
<td>170</td>
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<td>1119</td>
</tr>
<tr>
<td>160</td>
<td></td>
<td>1012</td>
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<tr>
<td>150</td>
<td>Anaerobic Threshold</td>
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<tr>
<td>140</td>
<td>Aerobic Threshold</td>
<td>795</td>
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<tr>
<td>130</td>
<td></td>
<td>688</td>
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<tr>
<td>120</td>
<td>Fat Burning (Aerobic)</td>
<td>580</td>
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<tr>
<td>110</td>
<td></td>
<td>473</td>
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<tr>
<td>100</td>
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<td>365</td>
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<tr>
<td>90</td>
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<td>257</td>
</tr>
<tr>
<td>80</td>
<td></td>
<td>235</td>
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</tbody>
</table>

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.

Low Zone
HR: 88-137
C/Hr: 235-763

Moderate Zone
HR: 137-142
C/Hr: 763-817

High Zone
HR: 142-180
C/Hr: 817-1227

Peak Zone
HR: 180-192
C/Hr: 1227-1357

Recovery Heart Rate

Peak: 192
1 Minute: 161 (30%)
2 Minute: 142 (49%)

Cardio Strength

Start
VO₂ (ml/02/kg/min): 6.5
Heart Rate (bpm): 88
Calories Per Hour: 235
Fitness Level: Fair

AeT = Aerobic Threshold. AT = Anaerobic Threshold

Fitness Level
Age
20-29: VERY LOW
30-36.4: LOW
36.5-42.4*: FAIR
42.5-46.4: GOOD
46.5-52.4: EXCELLENT
>52.4: SUPERIOR

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

Reorder part number 9FG0131
Or download at www.KORR.com/forms
"CardioCoach", "Target Zones", and "Target Intensity Zones" are trademarks of Korr Medical Technologies, Inc.

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 Anyways?

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

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. For example, Lance Armstrong has a VO2 Max of 83.8 ml/kg/min. To achieve a high VO2 MAX, a person must have a fit heart and lungs and significant lean muscle mass that is well conditioned.

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.

UNDERSTANDING YOUR WORKOUT ZONES

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.

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.

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 need to see results.

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.

WHAT TO DO?

Coach’s Interpretation: Your Target Zones

<table>
<thead>
<tr>
<th>Workout</th>
<th>Target Heart Rate</th>
<th>Duration (Minutes)</th>
<th>Times/ Week</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio</td>
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<tr>
<td>Endurance</td>
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<tr>
<td>Low Intensity Fat Burn</td>
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Workout Plan

<table>
<thead>
<tr>
<th>Workout</th>
<th>Zone/Workout</th>
<th>Duration (Minutes)</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<tr>
<td>Sunday</td>
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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.