

VO₂ MAX TESTING

CLIENT

NAME:

DATE:

5/30/2026

TRAINER:



VO₂ MAX TEST RESULTS

	Start	Aerobic Threshold	Anaerobic Threshold	VO2 Max
HEART RATE	83	118	151	168
VO2 (ML/KG/MIN)	6.2	22.0	33.4	40.3
KCAL/HR	174	592	937	1,129

RECOVERY:



Peak.....177

1 Minute.....156 (22%)

2 Minutes...138 (41%)

HEART RATE BASED TRAINING

	HEART RATE	SPEED (MPH)	INCLINE (%)	CALS/HR
ZONE 5	> 161	4.2	16.0	> 1,052
ZONE 4	159 - 161	4.2	16.0	984 - 1,052
ZONE 3	142 - 159	4.2	16.0	881 - 984
ANAEROBIC THRESHOLD	151	3.4	14.0	937
ZONE 2	128 - 142	3.4	14.0	797 - 881
ZONE 1	< 128	3.4	14.0	< 797

FITNESS LEVEL

Very Low

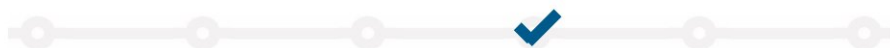
Low

Fair

Good

Excellent

Superior

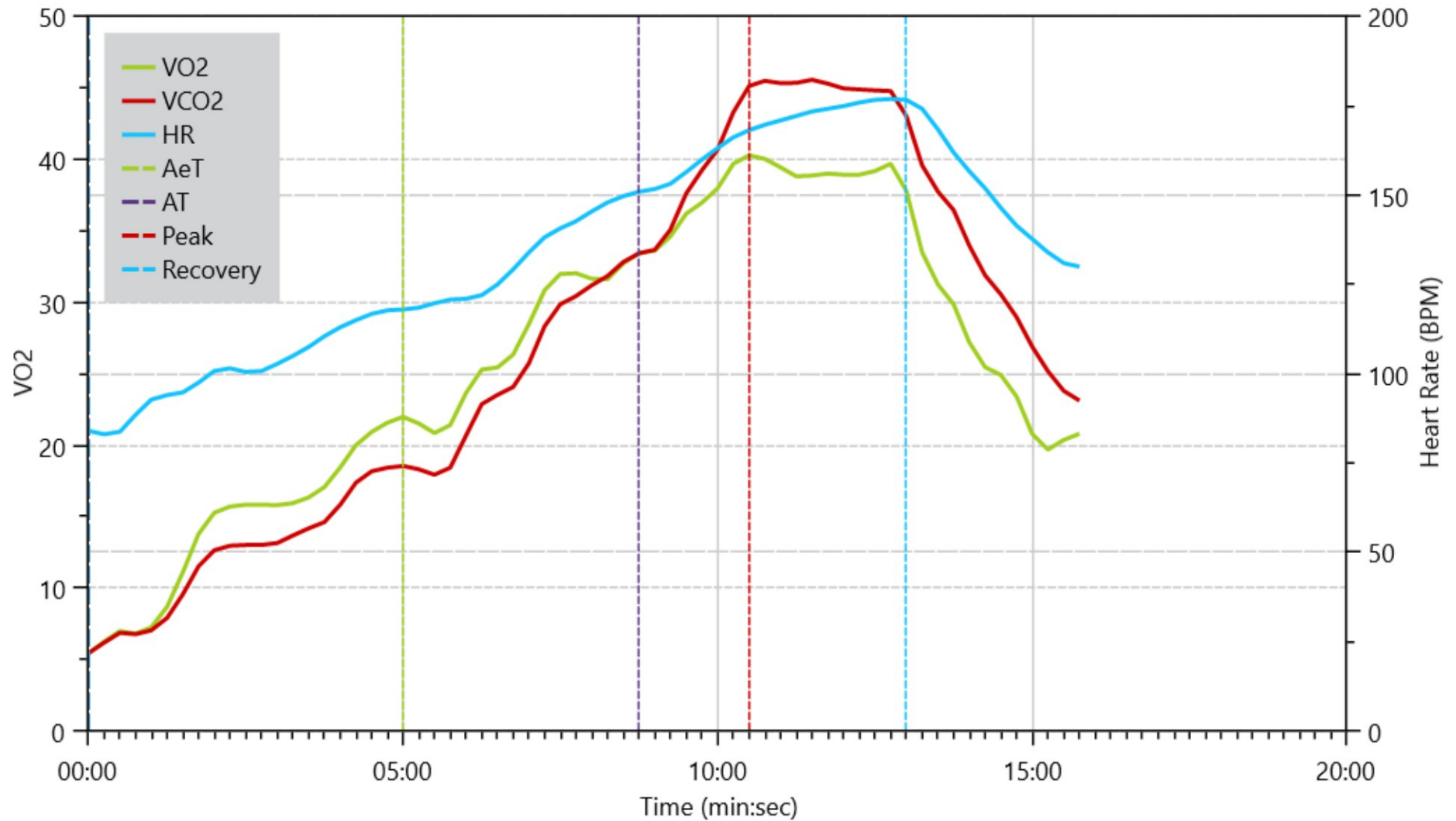


WHAT NEXT?

VO₂ TEST

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

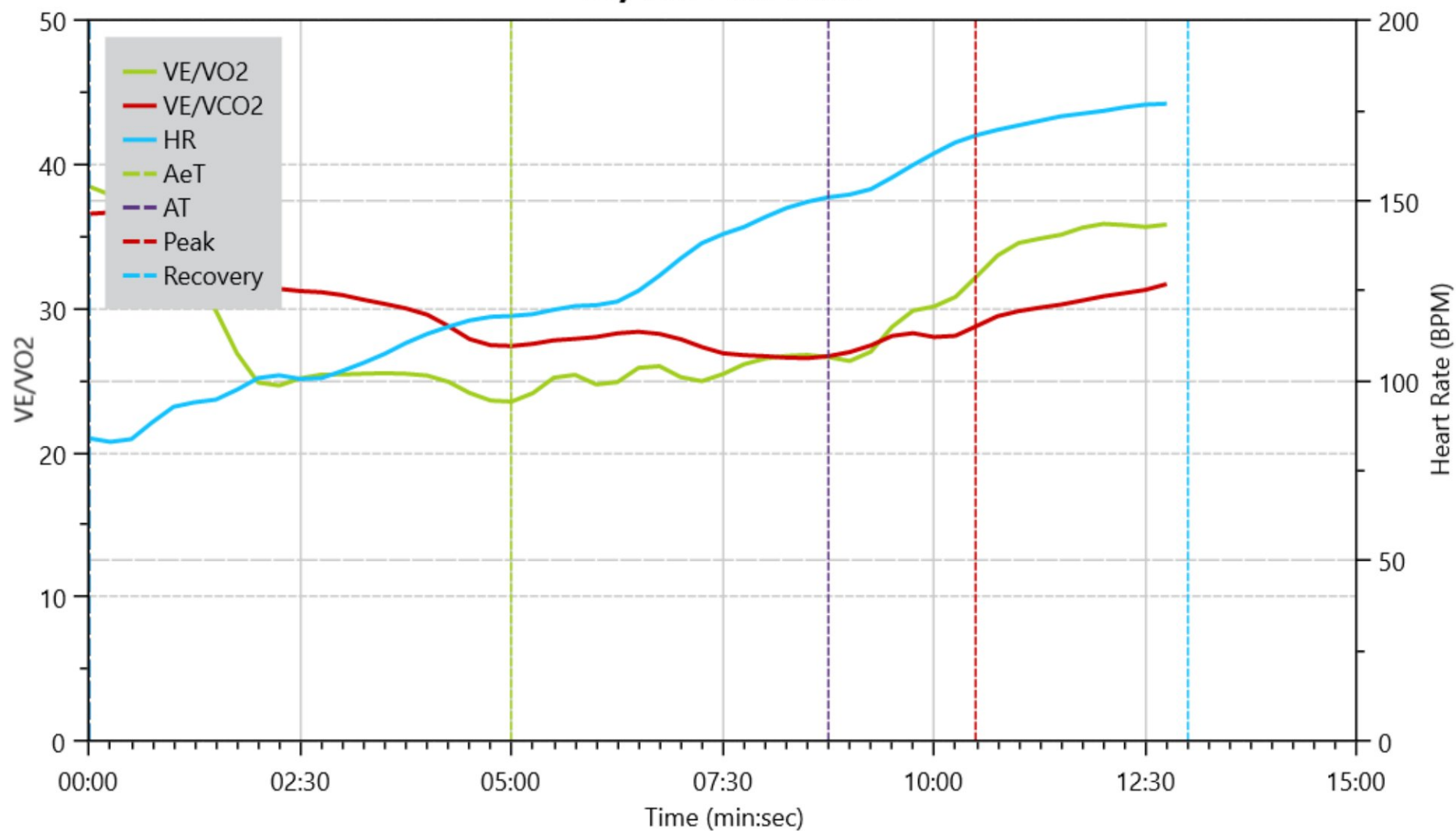
VO₂ Test



VE/VO₂ VS. TIME

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

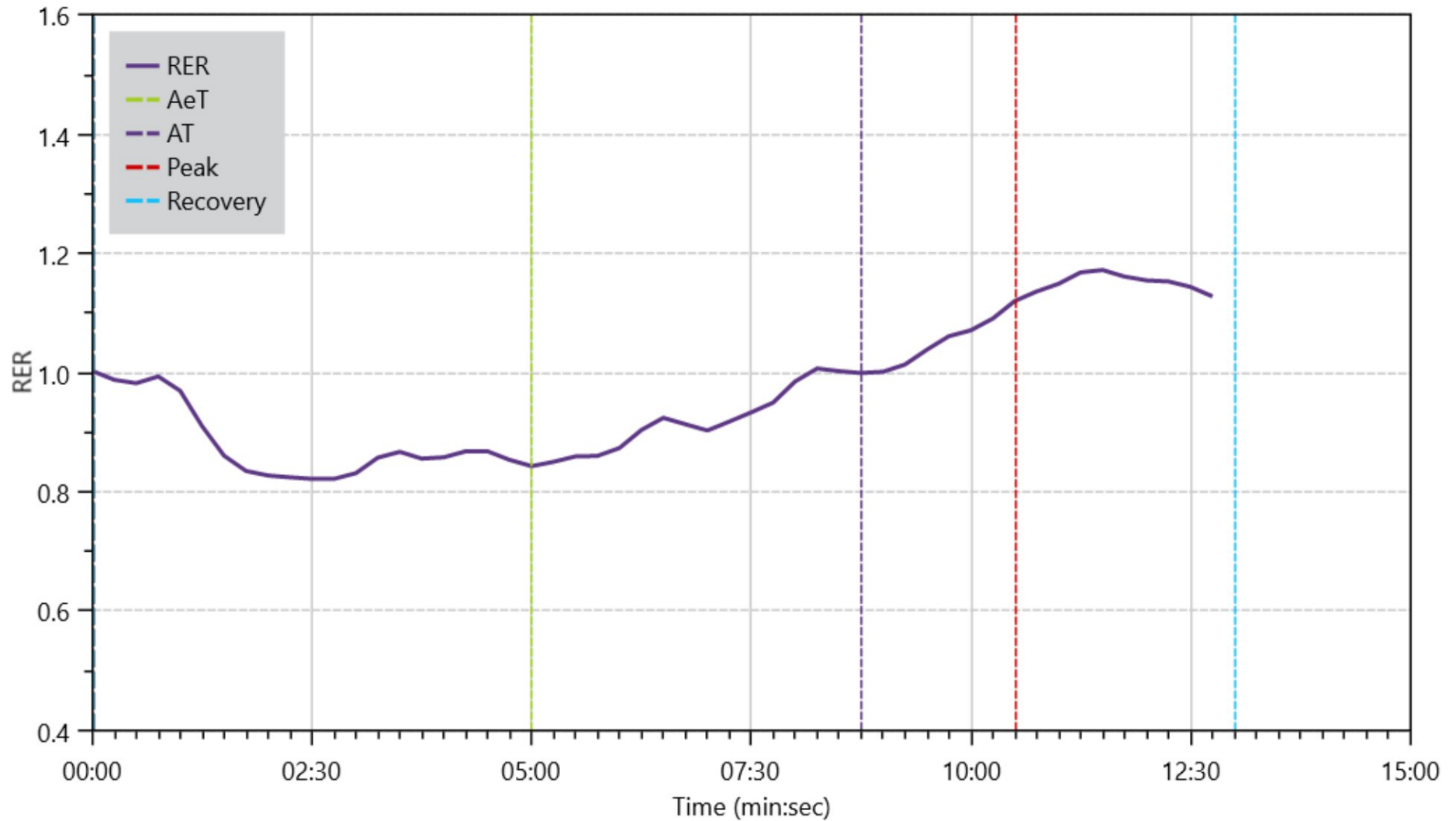
Ve/VO₂ vs. Time



RER VS. TIME

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

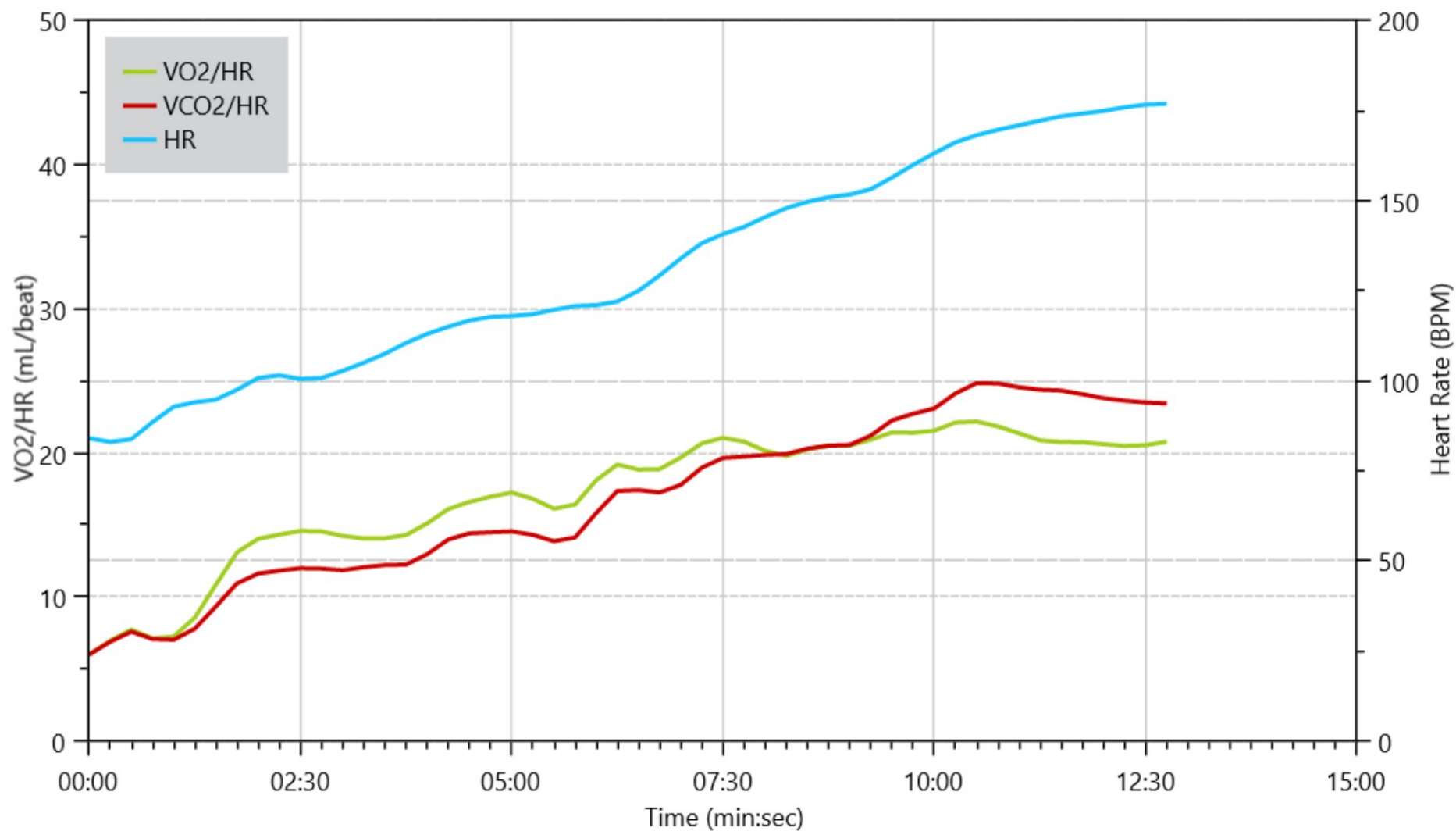
RER vs. Time



HEART RATE

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

Heart Rate



VE VS. VO₂

Name: [REDACTED]

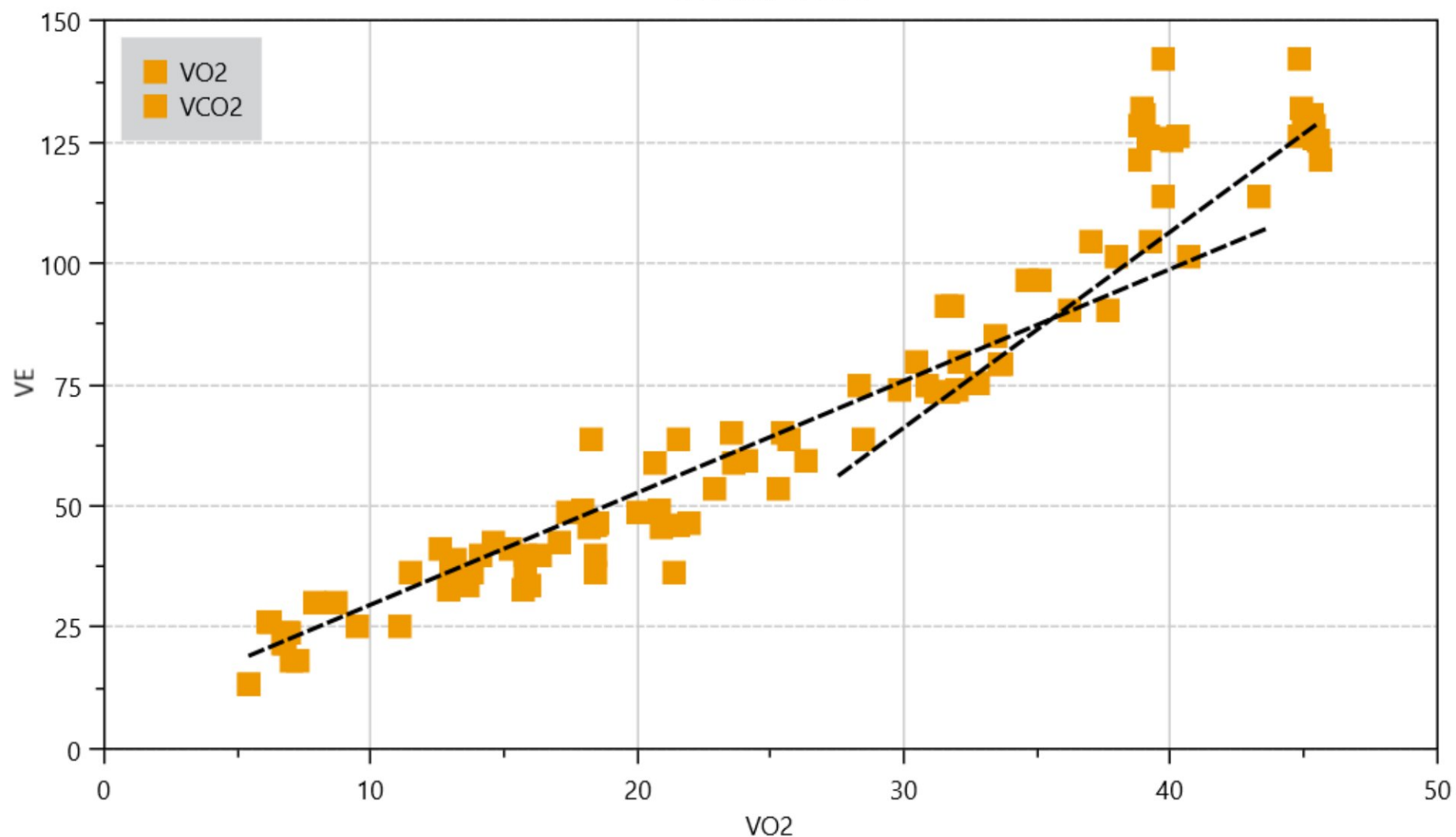
Age: [REDACTED]

Height: 5' 11"

Weight: 204.0 lbs

Gender: Male

VE vs. VO₂



HR VS. VO₂

Name: [REDACTED]

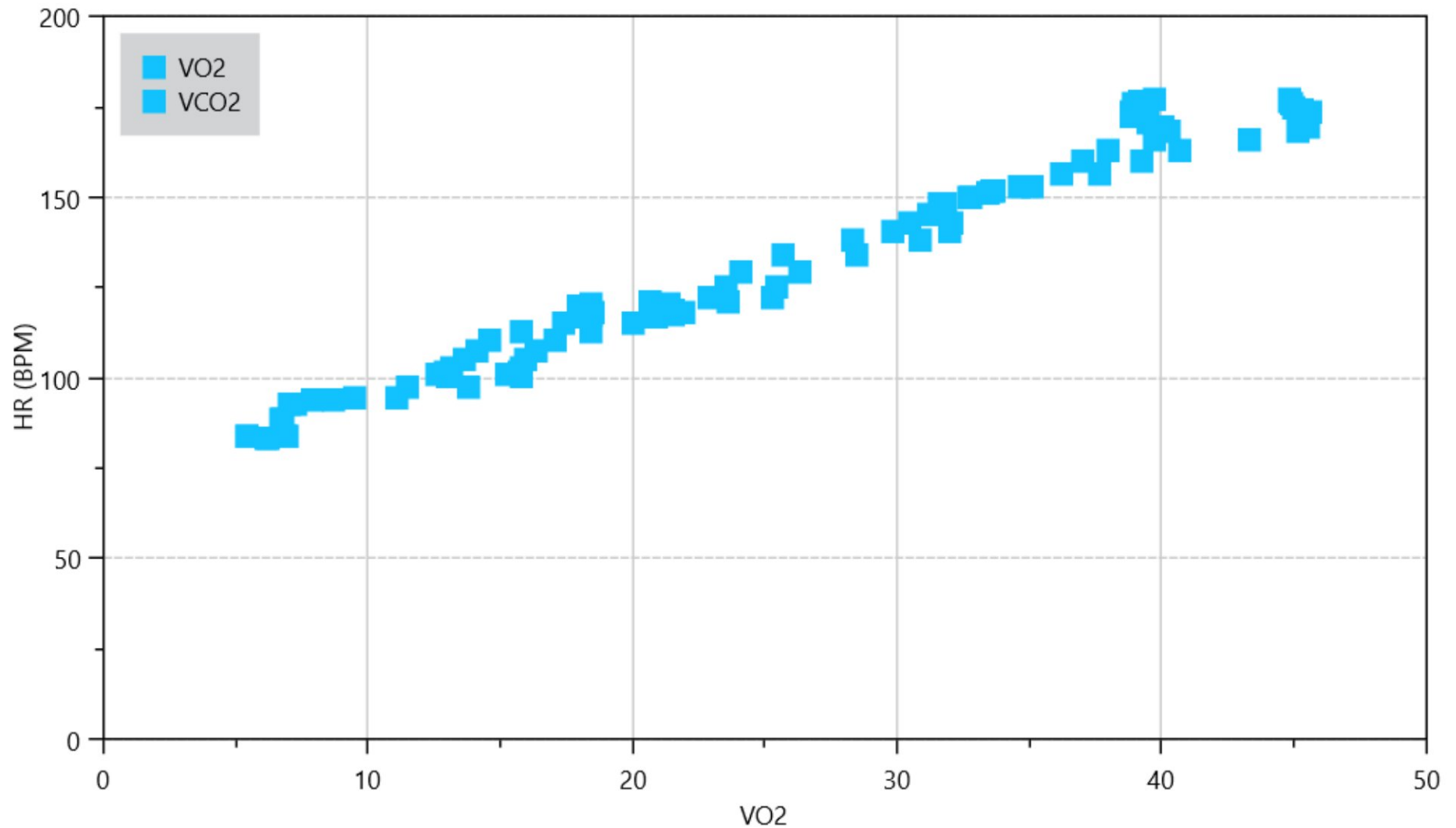
Age: [REDACTED]

Height: 5' 11"

Weight: 204.0 lbs

Gender: Male

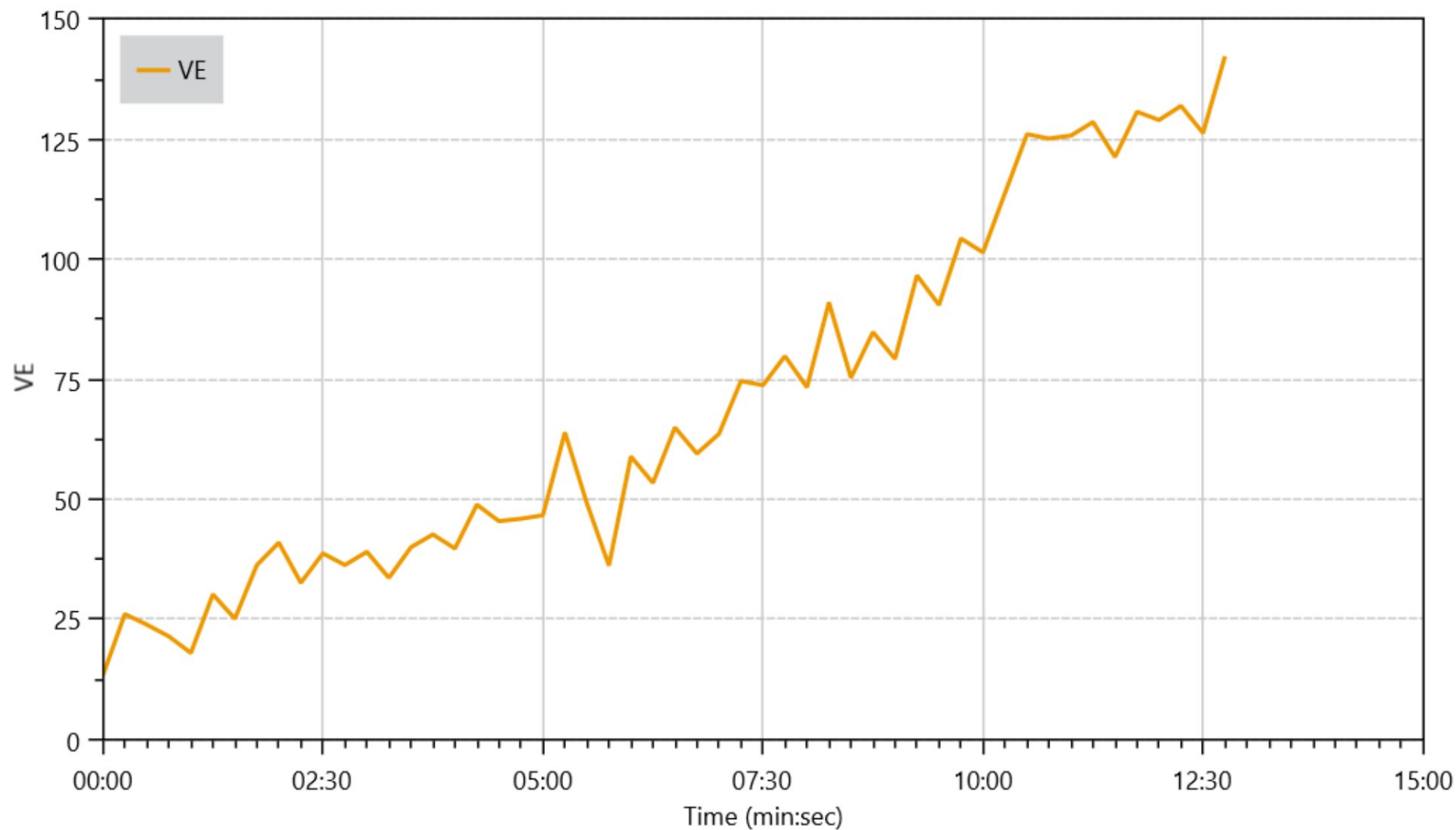
HR vs. VO₂



VE VS. TIME

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

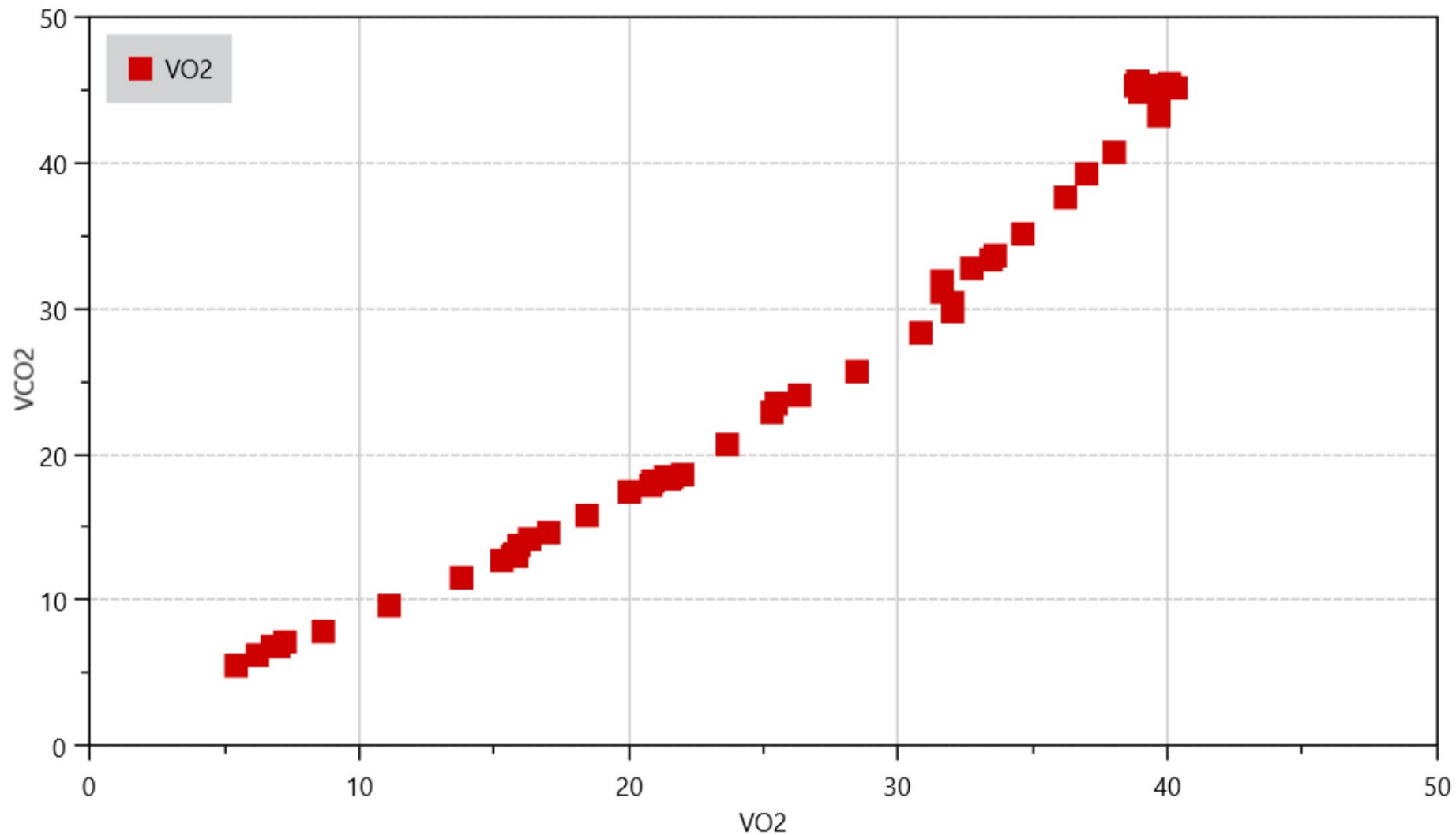
VE vs. Time



VCO₂ VS. VO₂

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

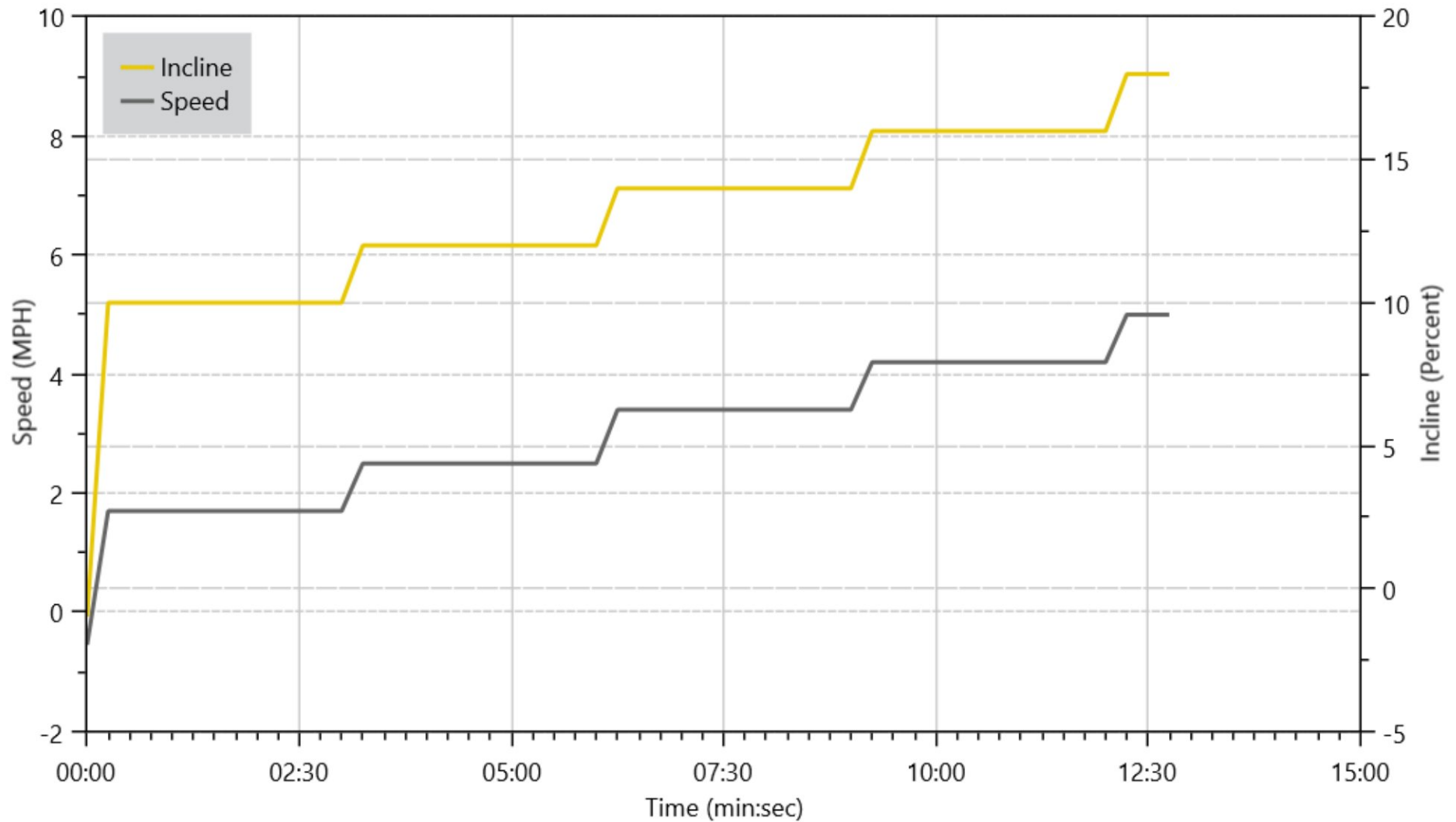
VCO₂ vs. VO₂



WORKLOAD VS. TIME

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]

Workload vs. Time



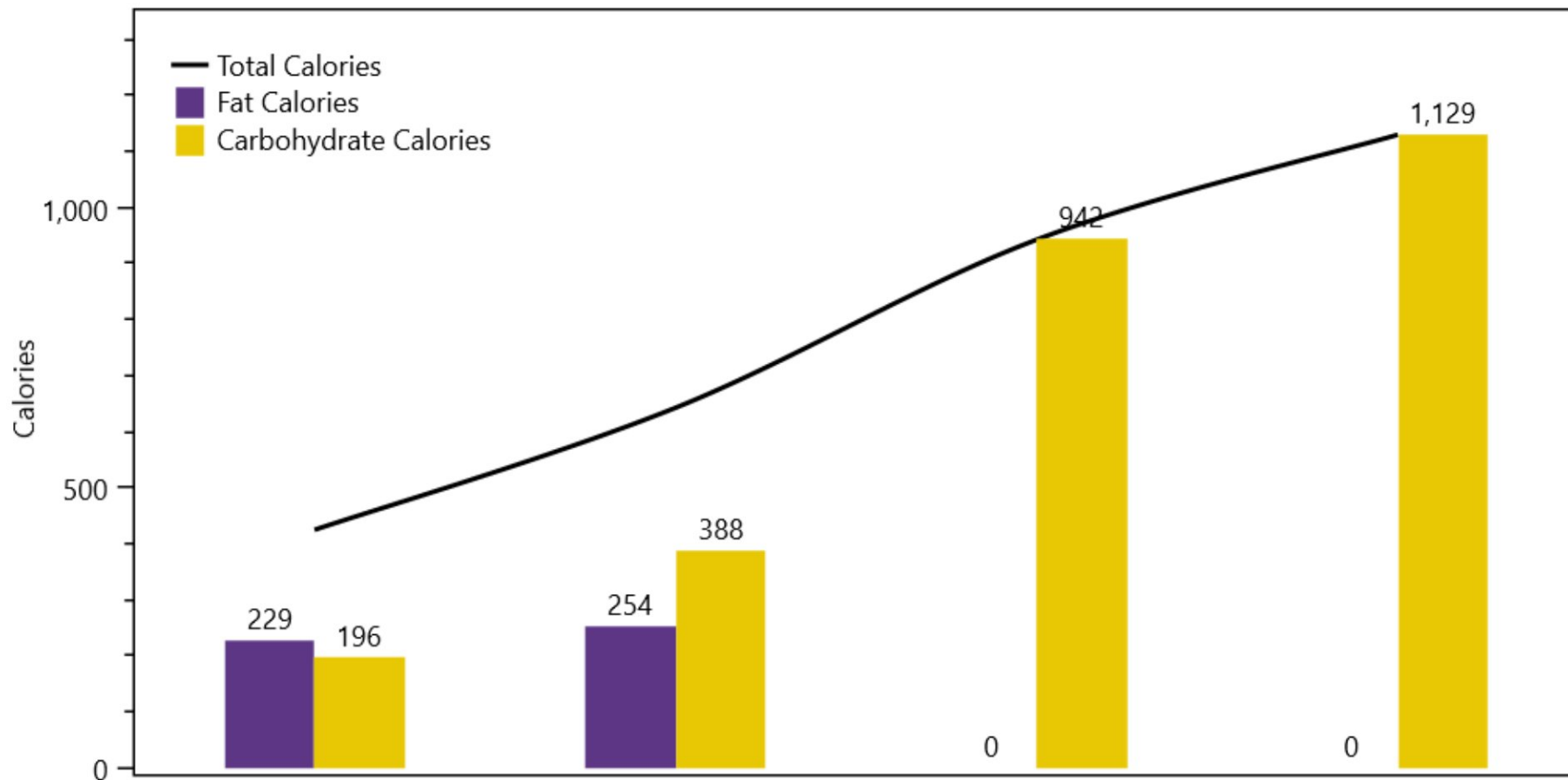
STAGE AVERAGES

Name: [REDACTED] Age: [REDACTED] Height: 5 ' 11 " Weight: 204.0 lbs Gender: Male [REDACTED]

Stage	Time min:sec	HR BPM	Incline Percent	Speed MPH	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VE/VCO2	RER	CHO %	Fat %	CHO g/min	Fat g/min	CHO Cals/min	Fat Cals/min	Calories Cals/min	Calories Cals/hr
1	2:59	103	10.0	1.7	1,461	15.8	25.44	30.95	0.83	46.1%	53.9%	0.8	0.4	3.3	3.8	7.1	424
2	5:59	121	12.0	2.5	2,188	23.6	24.74	28.04	0.87	60.4%	39.6%	1.6	0.5	6.5	4.2	10.7	642
3	8:59	152	14.0	3.4	3,111	33.6	26.37	26.99	1.00	100.0%	0.0%	3.9	0.0	15.7	0.0	15.7	942
4	10:29	168	16.0	4.2	3,729	40.3	32.25	28.80	1.12	100.0%	0.0%	6.5	0.0	18.8	0.0	18.8	1,129

EFFECTIVE FAT BURN

Name: [REDACTED] Age: [REDACTED] Height: 5' 11" Weight: 204.0 lbs Gender: Male [REDACTED]



Heart Rate	103	121	152	168
Stage	1	2	3	4
Incline	10.0	12.0	14.0	16.0
Speed	1.7	2.5	3.4	4.2
Time	3:00	6:00	9:00	10:30

INTERVAL DATA

Name: [REDACTED] Age: [REDACTED] Height: 5 ' 11 " Weight: 204.0 lbs Gender: Male [REDACTED]

Time min:sec	HR BPM	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VCO2 mL/kg/min	VE/VCO2	RER	Calories Cals/min	Fat %	CHO %
0:00	86	347	3.8	38.50	3.9	36.60	1.05	1.8	0.0%	100.0%
0:14	82	682	7.4	38.29	7.7	36.72	1.04	3.4	0.0%	100.0%
0:29	82	653	7.1	36.59	6.9	37.48	0.98	3.3	6.1%	93.9%
0:44	89	620	6.7	34.62	6.7	34.62	1.00	3.1	0.0%	100.0%
0:59	94	547	5.9	32.93	5.5	35.61	0.93	2.7	22.7%	77.3%
1:14	94	950	10.3	31.81	8.9	36.68	0.87	4.6	41.7%	58.3%
1:29	94	819	8.9	30.70	8.0	34.07	0.90	4.0	30.5%	69.5%
1:44	97	1,383	14.9	26.25	12.4	31.72	0.83	6.7	55.2%	44.8%
1:59	102	1,717	18.6	23.88	14.7	30.23	0.79	8.2	68.6%	31.4%
2:14	102	1,336	14.4	24.42	11.1	31.91	0.77	6.4	77.1%	22.9%
2:29	100	1,498	16.2	25.87	13.4	31.27	0.83	7.2	55.5%	44.5%
2:44	100	1,429	15.4	25.42	12.6	31.11	0.82	6.9	59.1%	40.9%
2:59	103	1,537	16.6	25.42	13.9	30.34	0.84	7.5	51.7%	48.3%
3:14	105	1,320	14.3	25.50	11.6	31.49	0.81	6.4	61.5%	38.5%
3:29	107	1,489	16.1	26.87	14.2	30.46	0.88	7.3	36.7%	63.3%
3:44	111	1,672	18.1	25.53	15.5	29.70	0.86	8.2	44.2%	55.8%
3:59	113	1,576	17.0	25.22	14.3	29.97	0.84	7.6	50.6%	49.4%
4:14	115	1,929	20.8	25.34	18.2	28.99	0.87	9.4	39.3%	60.7%
4:29	117	1,899	20.5	23.94	17.8	27.54	0.87	9.3	41.2%	58.8%
4:44	118	2,082	22.5	22.07	18.7	26.54	0.83	10.1	53.8%	46.2%

INTERVAL DATA

Name: [REDACTED] Age: [REDACTED] Height: 5 ' 11 " Weight: 204.0 lbs Gender: Male [REDACTED]

Time min:sec	HR BPM	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VCO2 mL/kg/min	VE/VCO2	RER	Calories Cals/min	Fat %	CHO %
4:59	118	1,985	21.5	23.52	18.4	27.51	0.86	9.7	45.8%	54.2%
5:14	118	2,705	29.2	23.64	25.3	27.32	0.87	13.2	42.4%	57.6%
5:29	120	1,910	20.6	25.74	17.8	29.88	0.86	9.3	43.8%	56.2%
5:44	121	1,334	14.4	27.14	14.0	27.91	0.97	6.7	7.6%	92.4%
5:59	121	2,508	27.1	23.49	24.2	26.29	0.89	12.3	33.0%	67.0%
6:14	120	2,190	23.7	24.41	20.3	28.42	0.86	10.7	44.6%	55.4%
6:29	125	2,462	26.6	26.39	24.5	28.70	0.92	12.2	24.4%	75.6%
6:44	129	2,245	24.3	26.51	22.7	28.35	0.93	11.2	19.5%	80.5%
6:59	134	2,580	27.9	24.66	24.7	27.90	0.88	12.7	36.1%	63.9%
7:14	139	3,001	32.4	24.87	30.4	26.53	0.94	14.9	18.6%	81.4%
7:29	141	2,919	31.5	25.27	29.1	27.38	0.92	14.5	23.3%	76.7%
7:44	142	3,020	32.6	26.44	32.3	26.71	0.99	15.2	2.0%	98.0%
7:59	146	2,731	29.5	26.85	29.5	26.84	1.00	13.8	0.0%	100.0%
8:14	148	3,623	39.2	25.12	37.9	25.92	0.97	18.1	8.6%	91.4%
8:29	150	2,756	29.8	27.33	30.6	26.57	1.03	13.9	0.0%	100.0%
8:44	152	3,170	34.3	26.77	33.8	27.13	0.99	15.9	3.1%	96.9%
8:59	151	3,020	32.6	26.24	33.1	25.90	1.01	15.2	0.0%	100.0%
9:14	152	3,784	40.9	25.54	38.5	27.13	0.94	18.8	17.4%	82.6%
9:29	157	3,084	33.3	29.35	34.1	28.72	1.02	15.6	0.0%	100.0%
9:44	160	3,475	37.6	30.02	39.6	28.44	1.06	17.5	0.0%	100.0%

INTERVAL DATA

Name: [REDACTED] Age: [REDACTED] Height: 5 ' 11 " Weight: 204.0 lbs Gender: Male [REDACTED]

Time min:sec	HR BPM	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VCO2 mL/kg/min	VE/VCO2	RER	Calories Cals/min	Fat %	CHO %
9:59	163	3,369	36.4	30.11	39.4	27.79	1.08	17.0	0.0%	100.0%
10:14	167	3,741	40.4	30.42	44.1	27.90	1.09	18.9	0.0%	100.0%
10:29	168	3,897	42.1	32.34	47.3	28.79	1.12	19.7	0.0%	100.0%
10:44	170	3,694	39.9	33.88	45.5	29.72	1.14	18.6	0.0%	100.0%
10:59	171	3,522	38.1	35.71	44.9	30.29	1.18	17.8	0.0%	100.0%
11:14	172	3,700	40.0	34.75	47.0	29.56	1.18	18.7	0.0%	100.0%
11:29	174	3,474	37.5	34.92	43.4	30.20	1.16	17.5	0.0%	100.0%
11:44	174	3,634	39.3	35.98	46.2	30.56	1.18	18.3	0.0%	100.0%
11:59	175	3,602	38.9	35.82	45.0	30.97	1.16	18.2	0.0%	100.0%
12:14	176	3,605	39.0	36.60	44.9	31.77	1.15	18.2	0.0%	100.0%
12:29	177	3,544	38.3	35.64	44.7	30.52	1.17	17.9	0.0%	100.0%
12:44	177	4,007	43.3	35.51	48.9	31.43	1.13	20.2	0.0%	100.0%
12:59	178	3,697	40.0	36.50	44.8	32.58	1.12	18.7	0.0%	100.0%
13:14	176	2,901	31.4	40.23	37.9	33.30	1.21	14.6	0.0%	100.0%
13:29	168	2,866	31.0	37.53	37.5	31.03	1.21	14.5	0.0%	100.0%
13:44	162	3,030	32.7	37.86	39.9	31.10	1.22	15.3	0.0%	100.0%
13:59	156	2,420	26.2	39.65	33.1	31.34	1.27	12.2	0.0%	100.0%
14:14	153	2,108	22.8	40.24	29.4	31.14	1.29	10.6	0.0%	100.0%
14:29	146	2,358	25.5	38.67	32.2	30.55	1.27	11.9	0.0%	100.0%
14:44	141	2,288	24.7	40.18	30.0	33.10	1.21	11.5	0.0%	100.0%

INTERVAL DATA

Name: [REDACTED] Age: [REDACTED] Height: 5 ' 11 " Weight: 204.0 lbs Gender: Male [REDACTED]

Time min:sec	HR BPM	VO2 mL/min	VO2 mL/kg/min	VE/VO2	VCO2 mL/kg/min	VE/VCO2	RER	Calories Cals/min	Fat %	CHO %
14:59	138	1,800	19.5	42.93	25.9	32.32	1.33	9.1	0.0%	100.0%
15:14	134	1,700	18.4	39.77	21.7	33.70	1.18	8.6	0.0%	100.0%
15:29	130	1,886	20.4	39.24	26.6	30.11	1.30	9.5	0.0%	100.0%
15:44	130	1,962	21.2	37.61	23.1	34.50	1.09	9.9	0.0%	100.0%