



The **CardioCoach** system measures your heart rate and your oxygen consumption (VO<sub>2</sub>). The more oxygen you can use the greater your fitness level!

It works by analyzing your VO<sub>2</sub> and finding at what heart rate your body crosses its threshold of aerobic and anaerobic intensity. Once your aerobic threshold and anaerobic threshold are measured, your true Target Workout Zones can be found.

## CALORIES BURNED

There is a direct relationship between oxygen consumption and calories burned. Your VO<sub>2</sub> Test measures how many calories you burn when you exercise.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
150	Anaerobic Threshold	637
140		552
130		498
120	Aerobic Threshold	444
110		374
100		305
90		236
80	Fat-Burning (Aerobic)	167
70		97

\*This table shows how many calories per hour your body burns when exercising at various intensity levels. The heart rate at which your anaerobic and aerobic thresholds were detected is also shown.

## Target Workout Zones

The CardioCoach has analyzed your VO<sub>2</sub> 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: 69-121  
C/Hr: 91-451

Low

### Moderate Zone

HR: 121-142  
C/Hr: 451-621

Moderate

### High Zone

HR: 142-152  
C/Hr: 621-665

High

### Peak Zone

HR: 152-155  
C/Hr: 665-680

Peak

\*HR = Heart Rate; C/Hr = kcals per hour

### Recovery Heart Rate

Heart Rate	Peak	1 Minute	2 Minute
155	124 (37%)	108 (55%)	

### Coach's Interpretation

Your target heart rate ➤

Recommend testing again by:

### Cardio Strength

	Start	AeT	AT	Peak
VO <sub>2</sub> (ml O <sub>2</sub> /kg/min)	5.5	27.5	36.6	41.5
Heart Rate (bpm)	69	121	142	155
Calories Per Hour	91	451	621	680
Fitness Level	Superior			

AeT = Aerobic Threshold, AT = Anaerobic Threshold

### Stats

Age: 37  
Gender: Female  
Weight: 56.7 kg (125 lbs)  
Height: 170 cm (5 ft 7 in)  
BMI: 19.6  
Test Type: Treadmill  
Test ID: 56  
SN: 12149

Name:  
Date:  
Coach:

### Fitness Level

Note fitness level is based on a VO<sub>2</sub> Max. Refer to fitness level tables on back side of page.

Age	VERY LOW	LOW	FAIR	GOOD	EXCELLENT	SUPERIOR
30-39	<22.8	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	>40.0*