



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
160	Anaerobic Threshold	967
150		904
140	Aerobic Threshold	784
130		664
120		544
110	Fat-Burning (Aerobic)	424
100		304
90		209

\*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: 92-146  
C/Hr: 209-856

Low

### Moderate Zone

HR: 146-158  
C/Hr: 856-1024

Moderate

### High Zone

HR: 158-164  
C/Hr: 1024-1011

High

### Peak Zone

HR: 164-166  
C/Hr: 1011-1007

Peak

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

## Recovery Heart Rate

Heart Rate	Peak	1 Minute	2 Minute
	166	134 (44%)	128 (52%)

## Cardio Strength

	Start	AeT	AT	Peak
VO <sub>2</sub> (ml O <sub>2</sub> /kg/min)	7.2	29.7	34.2	34.9
Heart Rate (bpm)	92	146	158	166
Calories Per Hour	209	856	1024	1006
Fitness Level	Low			

AeT = Aerobic Threshold, AT = Anaerobic Threshold

## 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	<31.5	31.5-35.4*	35.5-40.9	41.0-44.9	45.0-49.4	>49.4

## Coach's Interpretation

Your target heart rate ➤

Recommend testing again by:

### Stats

Age: 36  
Gender: Male  
Weight: 99.8 kg (220 lbs)  
Height: 188 cm (6 ft 2 in)  
BMI: 28.2  
Test Type: Treadmill  
Test ID: 34  
SN: 12149

Name:  
Date:  
Coach: