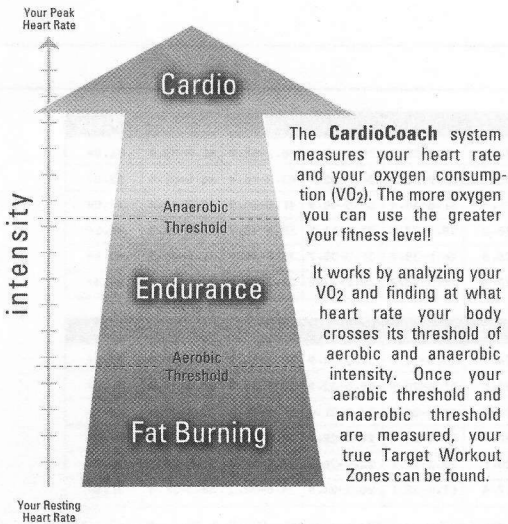


CardioCoach™

FITNESS ASSESSMENT

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.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
160	Anaerobic Threshold	1189
150		1093
140	Aerobic Threshold	997
130		902
120		789
110	Fat-Burning (Aerobic)	651
100		512
90		373
80		235
70		180

*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 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: 76-124
C/Hr: 180-845

Low

Moderate Zone

HR: 124-156
C/Hr: 845-1505

Moderate

High Zone

HR: 156-162
C/Hr: 1505-1467

High

Peak Zone

HR: 162-164
C/Hr: 1467-1454

Peak

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

Recovery Heart Rate

Recovery Heart Rate	Peak	1 Minute	2 Minute
	164	157 (8%)	115 (56%)

Cardio Strength

	Start	AeT	AT	Peak
VO ₂ (ml O ₂ /kg/min)	7.7	36.1	61.6	61.9
Heart Rate (bpm)	76	124	156	164
Calories Per Hour	180	845	1505	1453
Fitness Level	Superior			

AeT = Aerobic Threshold, AT = Anaerobic Threshold

Fitness Level

Note fitness level is based on a VO₂ 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: 35
Gender: Male
Weight: 81.5 kg (180 lbs)
Height: 191 cm (6 ft 3 in)
BMI: 22.2
Test Type: Other
Test ID: 17
SN: 15015

Coach: Name: Mike Diebler
Date: February 19, 2016 02:29 pm



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Reorder part number 9FG0131
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"Target Intensity Zones" are trademarks
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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.

CARDIO COACH FITNESS PROFILE

Name: Mike Diebler Date: Feb 19, 2016 02:29 pm Trainer: _____
 Height: 191 cm (6 ft 3 in) Age: 35 Gender: Male
 Weight: 81.5 kg (180 lbs) Test Type: Other Test ID: 17

MEASURED TRAINING ZONES

Use this chart to determine which exercise training zone is best for you.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
160	Anaerobic Threshold	1189
150		1093
140	Aerobic Threshold	997
130		902
120		789
110	Fat-Burning (Aerobic)	651
100		512
90		373
80		235
70		180

- * You should be able to exercise in the Fat-Burning Zone for long periods without soreness or fatigue.
- * Exercise in the Cardio Training Zone will improve cardiovascular fitness, but may result in soreness and fatigue.

CARDIO STRENGTH RESULTS (VO2 DATA)

	Starting	Aerobic Threshold	Anaerobic Threshold	Maximum Measured
VO2 (ml O2/kg/min)	7.7	36.1	61.6	61.9
Heart Rate (bpm)	76	124	156	164
Calories Per Hour	180	845	1505	1453
Fitness Level				Superior

Maximum Measured oxygen consumption is the highest VO2 observed during your test.

Fitness Level Standard Male (Values in ml/kg/min)

Age	VERY LOW	LOW	FAIR	GOOD	EXCELLENT	SUPERIOR
<20	<35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	>55.9
20-29	<33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	>52.4
30-39	<31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	>49.4*
40-49	<30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	>48.0
50-59	<26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	>45.3
>60	<20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	>44.2

Recovery Heart Rate Peak: 164 1 Minute: 157 (8%) 2 Minute: 115 (56%)