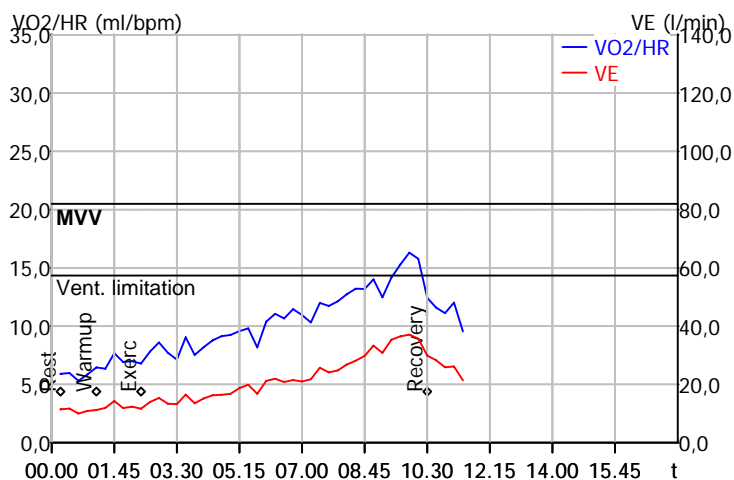
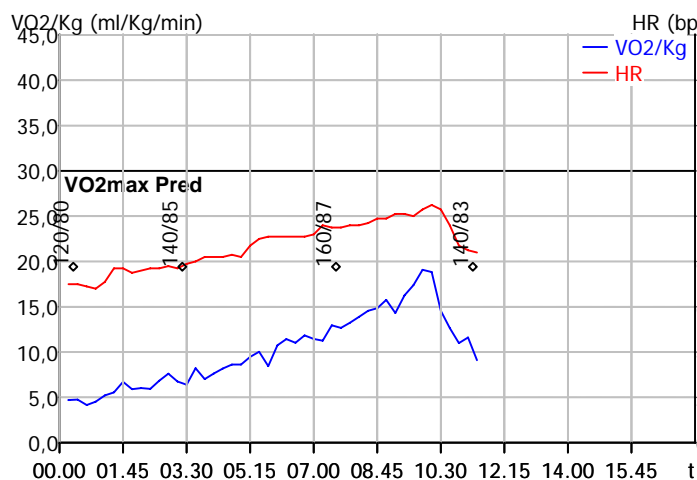


Last Name: **DEMO**
 First Name: **PATIENT**
 Gender: **Male**

Age: **47**
 Height (cm): **175,00**
 Weight (Kg): **88,0**

Membership #: **1**
 Report Date: **05/02/2008**
 Test Conducted by:

Cardio-respiratory Fitness



		Measured	Normal
Gas Exchange			
Functional Capacity	METS	5,5	> 6,9
Peak VO2	ml/min	1680	> 2112
Measured Anaerobic Threshold	ml/Kg/min	11,5	> 12,0
Cardiovascular			
Resting Heart Rate	bpm	68	
Maximal Heart rate	bpm	103	> 156
Maximal VO2/HR	ml/bpm	16,3	> 13,6
Estimated peak Cardiac Output	l/min	10,4	
Estimated peak Stroke Volume	ml	101	
Pulmonary			
Forced Exp Volume in 1 s	l(btps)	2,05	> 2,94
Maximum Voluntary Ventilation	l/min	82,0	> 117,5
VE	l/min	37,1	
Breathing Reserve	%	55	> 30
Rf	b/min	33	< 50
Other			
Load	watt	119	
Speed	kmh	0,0	
Grade	%	0,0	

Cardio-respiratory Fitness (ml/Kg/min)

Impairment: None to mild			
19,1			
D	C	B	A
< 8,9	9,0 - 14,3	14,4 - 17,9	> 18,0

Anaerobic Threshold (ml/Kg/min)

Impairment: Mild to moderate			
11,5			
D	C	B	A
< 7,9	8,0 - 10,9	11,0 - 13,9	> 14,0

Exercise Intensity for Cardiac Rehabilitation (HR)

	Very light	Light	Moderate	Heavy
HR (bpm)	75-80	81-88	88-94	94-103
Load (watt)	0-0	5-25	30-45	45-75
Speed (kmh)	0-1	1-2	2-3	3-4
%VO2R (---)	10-24	25-44	45-59	60-84
EE (Kcal/hour)	160	230	---	---