

Last Name: **PACCAGNINI**
 First Name: **ANNA**
 Gender: **Female**

Age: **44**
 Height (cm): **170,00**
 Weight (Kg): **55,0**

Membership #: **00003**
 Report Date: **05/01/2009**
 Personal Trainer:

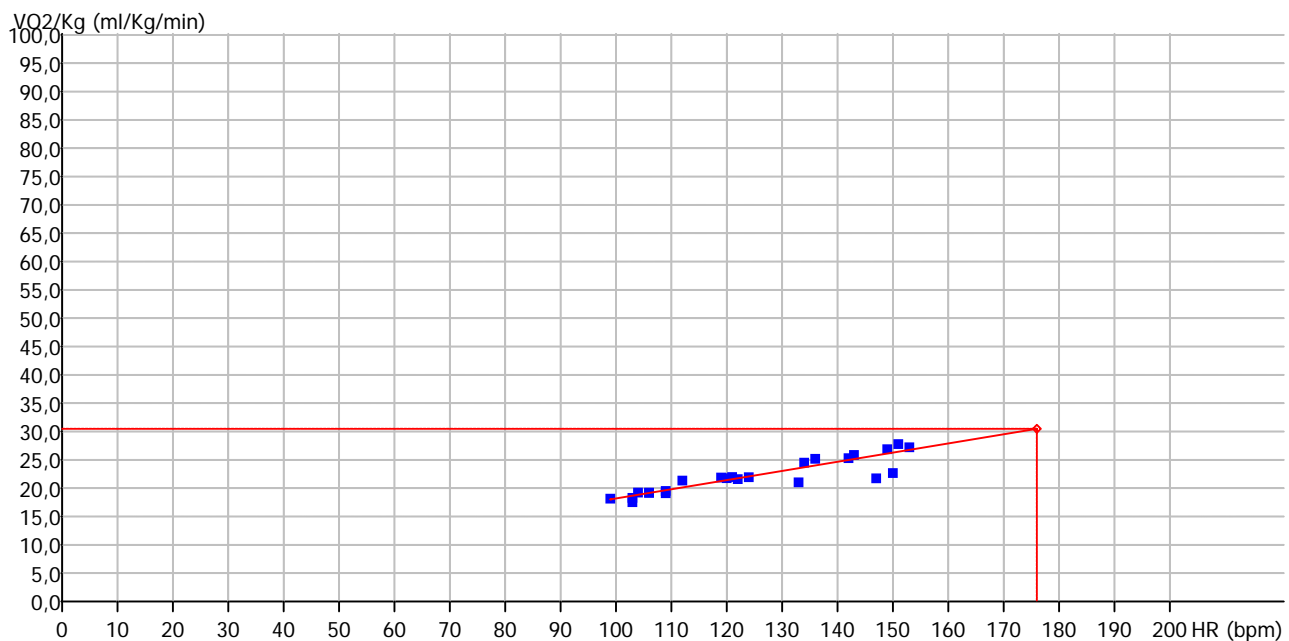
Cardio-respiratory Fitness

Cardio-respiratory Fitness (ml/Kg/min)	30,5
Calculation method	Measured
Functional Capacity (METS)	8,7
HRmax (bpm)	176
Test type	Sub-maximal
Ergometer type	
Exercise protocol	

Cardio-respiratory Fitness (ml/Kg/min)

Rank: 45%	Measured				
30,5					
Very Poor	Poor	Fair	Good	Excellent	Superior
< 26,5	26,5 - 29,5	29,5 - 32,3	32,3 - 36,3	36,3 - 41,0	> 41,0

The highest value of oxygen consumption of which a person is capable. Also called maximal aerobic power, provides information concerning the level of endurance training. High VO2 max values minimize CVD risks.



Training Zones

Fat Burning (35-50% VO2max)

HR (bpm) **68-93**
 Load (watt) **30-50**
 Speed (kmh) **3-4**
 EE (Kcal/hour) **250**

Endurance (51-75% VO2max)

HR (bpm) **94-134**
 Load (watt) **50-85**
 Speed (kmh) **4-6**
 EE (Kcal/hour) **340**

Threshold (76-90% VO2max)

HR (bpm) **136-159**
 Load (watt) **85-105**
 Speed (kmh) **6-7**

VO2max (91-100% VO2max)

HR (bpm) **161-176**
 Load (watt) **105-115**
 Speed (kmh) **7-8**