



# FITNESS INSTITUTE of TEXAS™

THE UNIVERSITY OF TEXAS AT AUSTIN

Jane Doe

Height: 61.5 in

Weight: 130.0 lb

Age: 19 yr

Gender: Female

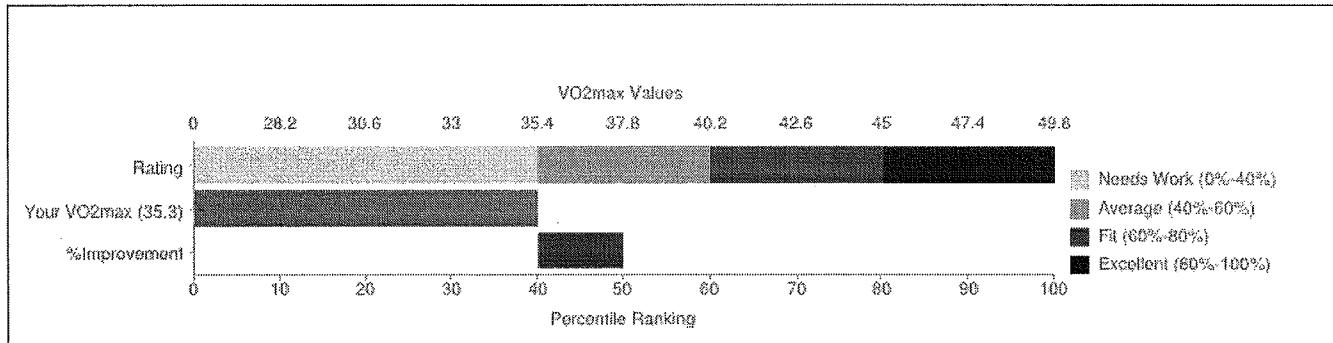
Date: 10/31/2013

## Aerobic Fitness Summary

VO <sub>2max</sub> (ml/kg/min)	Your Percentile Ranking	Your Rating	Test Duration	HRrest	HRmax	HR Training Zone	Training Zone (kcal/min)
35.3	40	Average	10:38	68	183	137 - 165	5.9 - 8.2

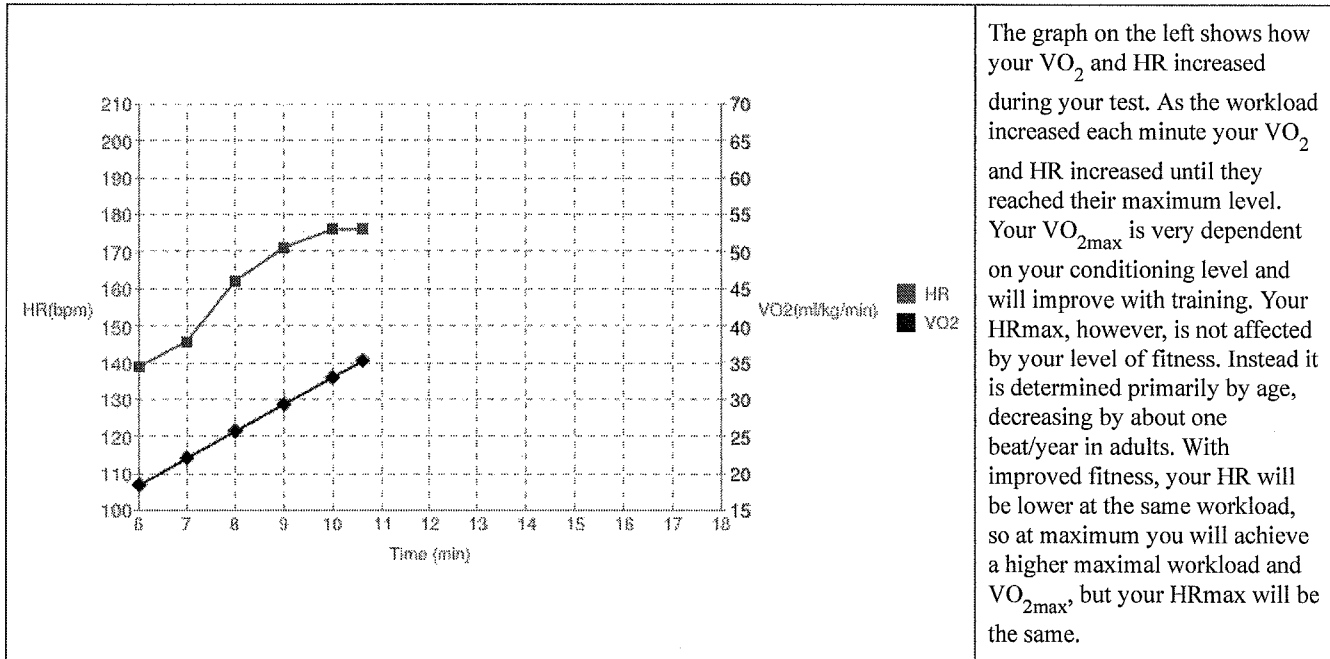
Aerobic means 'with oxygen'. Aerobic fitness, best defined as maximal oxygen uptake (VO<sub>2max</sub>), is the ability to take in, transport, and use oxygen to produce energy. VO<sub>2max</sub> is the maximal amount of oxygen you can use and is best expressed in milliliters of oxygen used per kilogram of body weight per minute (ml/kg/min). The higher the VO<sub>2max</sub> the better. Jane, your VO<sub>2max</sub> of 35.3 ml/kg/min places you in the 40<sup>th</sup> percentile and the *Average* aerobic fitness category.

## VO<sub>2max</sub> Summary



The above graph shows your VO<sub>2max</sub> Percentile Ranking, and Rating. The percentile ranking is based on gender and in 10 year increments. Your VO<sub>2max</sub> of 35.3 ml/kg/min puts you in the 40<sup>th</sup> percentile for females your age. In otherwords, your VO<sub>2max</sub> is higher than 40% of the 18-29 year old females in the U.S. The above graph also shows projected % improvement. For example, increasing your VO<sub>2max</sub> to 37.8 ml/kg/min and the 50<sup>th</sup> percentile is a 7.1 % improvement. The average improvement over 6-12 months of consistent aerobic training is ~15%, although someone starting with a low VO<sub>2max</sub> and higher % body fat has greater potential for improvement than a lean person with a high VO<sub>2max</sub>.

### Your HR & VO<sub>2</sub> Reponse During Your Aerobic Test



The graph on the left shows how your VO<sub>2</sub> and HR increased during your test. As the workload increased each minute your VO<sub>2</sub> and HR increased until they reached their maximum level. Your VO<sub>2max</sub> is very dependent on your conditioning level and will improve with training. Your HRmax, however, is not affected by your level of fitness. Instead it is determined primarily by age, decreasing by about one beat/year in adults. With improved fitness, your HR will be lower at the same workload, so at maximum you will achieve a higher maximal workload and VO<sub>2max</sub> but your HRmax will be the same.

### Your Training Zones

	Beginner			Intermediate		Advanced		Elite	
Training Zone	Low			Optimal				Intense	
Perceived Exertion	Somewhat Hard			Hard				Very Hard	
%HRmax	60	65	70	75	80	85	90	95	100
Your HR	110	119	128	137	146	156	165	174	183
Your VO <sub>2</sub>	12.2	14.8	17.4	20.1	22.7	25.3	27.9	30.6	35.3
Calories/min	3.6	4.4	5.1	5.9	6.7	7.4	8.2	9.0	10.4

To be fit follow the FIT acronym: Frequency, Intensity, Time = F (3-5 times/week) I (70%-95% HRmax) T (20-60 min). To be aerobically fit, individuals should perform aerobic activities at 70-95% of their HRmax or at a Perceived Exertion of 'Somewhat Hard' to 'Hard.' Beginning exercisers should start below this level and slowly increase their intensity as they get in better condition. Jane, as the graph above shows, your optimal HR training zone is 137 - 165 bpm.