

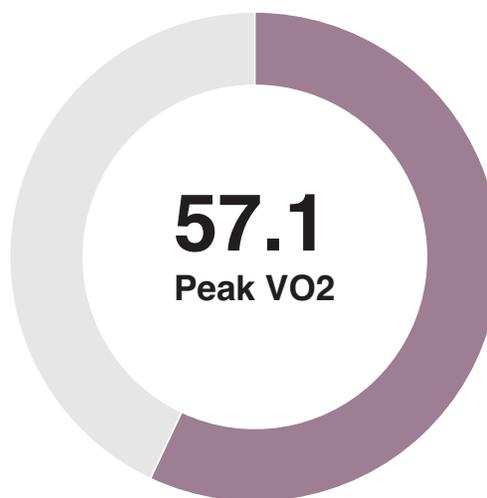
FITnescITY

Test Date: July 11th, 2022

Print

Divyendra, here are your VO2 Max results

Your maximal oxygen consumption (VO2) is 57.1 ml O2/kg/min.

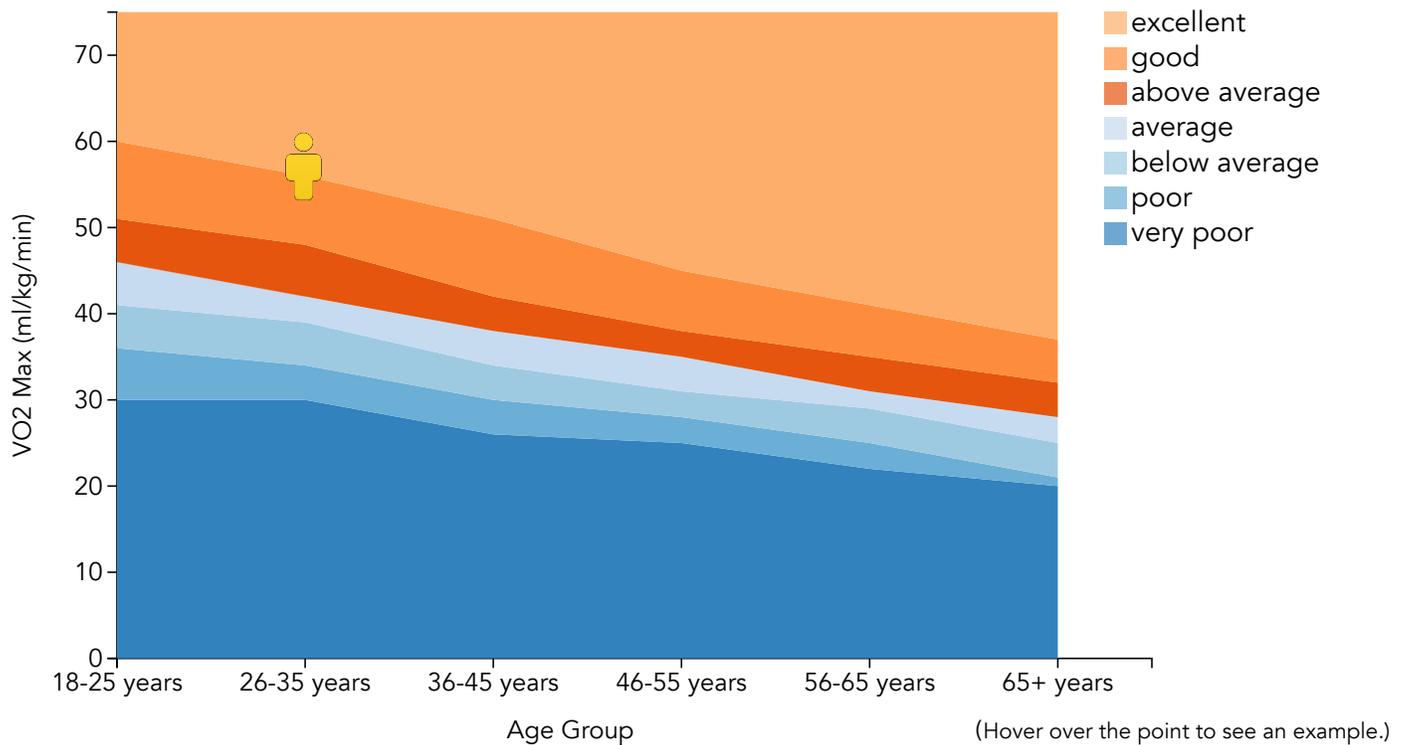


The science behind your number

VO2 Max: Your aerobic capacity (VO2 max) is measured in milliliters of oxygen per kilogram of your body weight utilized per minute. Increased cardiovascular ability has many significant health benefits. Aerobic capacity is determined by cardiac strength and efficiency, lung function, oxygen carrying capacity, and muscular enzymatic activity. Aerobic capacity can improve with training, though there is a genetic ceiling to how much improvement one can make. Once you have achieved your genetic ceiling, improvements in performance can be made by improving your lactate threshold.

Divyendra, your VO2 max is **excellent** compared to other people similar to you

HERE'S YOUR VO2 MAX CLASSIFICATION



When compared to age matched norms, your VO2 max is **excellent**. This indicates the rate at which you transport and utilize oxygen during exercise. VO2 max is considered by many to be the most valid measurement of cardiorespiratory fitness.

Divyendra, here is your breakdown of oxygen consumption

(ml O2/kg/min) and corresponding heart rate

Starting	Aerobic Threshold	Anaerobic Threshold	Peak VO2
12.1	41.1	50.6	57.1
(121 bpm)	(167 bpm)	(181 bpm)	(192 bpm)

The science behind your number

Aerobic Threshold (AeT): Your AeT is where the level of lactate in the blood first starts to rise above the normal resting level of 2mmol/L (millimole per litre), and the level of effort at which anaerobic energy pathways start helping out with energy production. The aerobic threshold is the uppermost limit of exercise when the production of energy starts to become dominated by anaerobic glycolysis (sugars) rather than the oxidation (aerobic in nature) of fats.

This is an important marker of intensity for endurance athletes. It corresponds to the most important training zone to use in developing aerobic capacity, the key to all endurance activities that last over 2–4 minutes.

About your VO2 Max: Here are a few things your VO2 max indicates about your overall fitness.



Lung capacity & heart volume.

The greater your lung capacity, the more oxygenated blood your heart can pump, and the higher your VO2 max score.



Capillary delivery.

The more oxygenated blood that can reach your muscles, the higher your aerobic fitness score.



Muscle efficiency.

The better your muscles are at utilizing oxygen from your blood, the better your VO2 max reading.

For Comparison:

Lance Armstrong's VO2 max is 85 milliliters per kilogram.

The highest ever recorded VO2 max is 96 ml/kg/min for men, attributed to Bjorn Daehlie, and 77 ml/kg/min for women. Both were cross-country skiers.

Divyendra, here is your breakdown of your heart rate recovery (HRR)

Peak HR	1 Minute Post	2 Minutes Post
192 bpm	131 bpm (77%)	121 bpm (90%)
	Difference: 61 bpm	Difference: 10 bpm

The science behind your number

Heart rate recovery (HRR) is a measure of how quickly your heart rate goes down after intense exercise, usually measured at one-, two-, or three- minutes. A heart rate recovery of **15-20 beats per minute after one minute of rest was considered about average** for heart health and anything faster than that was considered to be good heart health.

Heart rate recovery time is a result of how fast your autonomic nervous system can “shift gears” from sympathetic activation to parasympathetic. When this happens quickly, it is an indication that your nervous system is balanced and “running on all cylinders.” It is also a sign that your body is well conditioned to adapt to its environment and perform at its best.

Additionally, studies have also found that heart rate recovery correlates with your overall cardiovascular health, and that poor HRR is associated with increased risk of cardiac events and mortality.

Divyendra, here is a breakdown of your METS during your test

Starting	Aerobic Threshold	PEAK VO2
3.5	11.7	16.3

METS: A MET is a ratio of your working metabolic rate relative to your resting metabolic rate. Metabolic rate is the rate of energy expended per unit of time. It's one way to describe the intensity of an exercise or activity.

One MET is the energy you spend sitting at rest — your resting or basal metabolic rate. So, an activity with a MET value of 4 means you're exerting four times the energy than you would if you were sitting still. The cells in your muscles use oxygen to help create the energy needed to move your muscles. One MET is approximately 3.5 milliliters of oxygen consumed per kilogram (kg) of body weight per minute.

Testing Method

Treadmill

Time of Day

12:18 PM

Resources

The Fitnescity Knowledge Space:

[Body Fat, Not BMI, Can Accurately Assess Lifestyle and Overall Fitness](#)

[11 Reasons You're Not Losing Body Fat](#)

[Importance of Measuring Body Composition Over Time](#)

[The Importance of Monitoring Your Body Composition \(Instead of Weight or BMI \) Over Time](#)

[Body Composition Blues: 11 Ways to Fight the Frustration in Your Weight Loss Journey](#)

[Understanding VO2 Max](#)

[Schedule](#) a follow-up test.

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FITNESSCITY

You are in the 26-35 age group and
have a VO2 Max of 57.1 ml/kg/min,
you are in the "excellent" category.