

HOUSTON VO2 MAX, LLC

VO₂ - Indirect

Subject Data

Name: Alan Charley ID: 713-344-3364
 Birth Date: 11/07/1968 Age: 39 years Gender: Male
 Subject: Active Weight: 200.0 lb Height: 5 ft 8 in B.M.I: 30.7 kg/m.m

Assessment Data

Assessment: 373 Date: 3/12/2008 Hour: 11:25:00 AM
 Trainer: ID:
 Test Type: Cycloergometer Protocol: 25 watt

Ventilometry - Records

Est.	Time (mm:ss)	Load (W)	HR (bpm)	VE (l/min)	VO2 (ml/kg/min)	Cal.Tot (kcal/min)	Cal. CH (kcal/min)	Cal. F (kcal/min)	% Fat (kcal/min)
1	00:29	50	103	17.4	8.6	3.7	0.4	3.3	88.0
2	00:59	50	99	21.6	8.6	3.7	0.4	3.3	88.0
3	01:29	75	105	21.7	11.5	4.9	0.8	4.2	84.4
4	01:59	75	98	24.2	11.5	4.9	0.6	4.3	88.0
5	02:29	100	105	22.9	14.4	6.2	1.0	5.2	84.4
6	02:59	100	104	23.2	14.4	6.2	1.0	5.2	84.4
7	03:29	125	110	24.7	17.2	7.5	2.0	5.5	73.7
8	03:59	125	111	27.9	17.2	7.5	2.0	5.5	73.7
9	04:29	150	118	29.1	20.1	8.8	3.2	5.5	63.1
10	04:59	175	119	33.2	23.0	10.1	4.1	6.0	59.7
11	05:29	200	128	34.0	25.8	11.5	6.2	5.3	45.9
12	05:59	225	135	44.3	28.7	12.8	8.2	4.6	35.8
13	06:29	250	145	50.4	31.6	14.3	11.5	2.8	19.3
14	06:59	275	151	58.0	34.5	15.7	13.7	2.0	12.8
15	07:29	300	160	71.2	37.3	17.1	17.1	0.0	0.0
16	07:59	325	165	81.3	40.2	18.4	18.4	0.0	0.0
17	08:29	350	171	88.7	43.1	19.8	19.8	0.0	0.0
18	08:59	375	177	91.5	45.9	21.1	21.1	0.0	0.0
19	02:00	50	129	0.0	3.2	1.4	0.8	0.7	45.9

 Exertion Peak Ventilatory Threshold 2 minutes HR Recovery

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Results

	Actual HR	Predicted HR	Actual VO ₂
Start	103	-	-
VT	160	-	37.3
Peak	177	181	45.9

Fitness
Score

Excellent

2 Min
Recovery

129

% Peak
VT

81

HOUSTON VO2 MAX, LLC

VO₂ - Indirect

Subject Data

Name: Jon Gilchrist ID: 214-514-0164
 Birth Date: 10/30/1975 Age: 32 years Gender: Male
 Subject: Active Weight: 212.0 lb Height: 6 ft 0 in B.M.I: 29.1 kg/m.m

Assessment Data

Assessment: 440 Date: 8/15/2008 Hour: 8:20:00 AM
 Trainer: ID:
 Test Type: Treadmill Protocol: 7 mph

Ventilometry - Records

Est.	Time (mm:ss)	Spd. mph	Incl. (%)	HR (bpm)	VE (l/min)	VO2 (ml/kg/min)	Cal.Tot (kcal/min)	Cal. CH (kcal/min)	Cal. F (kcal/min)	% Fat (kcal/min)
1	00:29	3	0	109	19.5	17.1	7.8	0.9	6.9	88.0
2	00:59	3	0	106	23.7	17.1	7.8	0.9	6.9	88.0
3	01:29	4	0	109	24.2	21.8	9.9	1.2	8.7	88.0
4	01:59	4	0	105	27.1	21.8	9.9	1.2	8.7	88.0
5	02:29	5	0	105	34.1	26.4	12.0	1.4	10.6	88.0
6	02:59	5	0	124	43.0	26.4	12.4	5.8	6.5	52.8
7	03:29	6	0	131	52.7	31.1	14.7	9.4	5.3	35.8
8	03:59	6	0	134	57.2	31.1	14.8	10.5	4.3	29.2
9	04:29	6.5	0	139	61.1	33.4	16.1	13.5	2.6	16.0
10	04:59	7	0	143	61.9	35.8	17.3	15.6	1.7	9.6
11	05:29	7	1	144	65.1	37.2	18.0	16.9	1.2	6.4
12	05:59	7	2	147	69.0	38.7	18.8	18.8	0.0	0.0
13	06:29	7	3	148	72.3	40.2	19.5	19.5	0.0	0.0
14	06:59	7	4	154	77.2	41.6	20.2	20.2	0.0	0.0
15	07:29	7	5	156	83.0	43.1	21.0	21.0	0.0	0.0
16	07:59	7	6	158	83.5	44.6	21.7	21.7	0.0	0.0
17	08:29	7	7	162	91.6	46.0	22.4	22.4	0.0	0.0
18	08:59	7	8	163	93.8	47.5	23.1	23.1	0.0	0.0
19	02:00	3	0	109	0.0	17.1	7.8	0.9	6.9	88.0

 Exertion Peak

 Ventilatory Threshold

 2 minutes HR Recovery

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Assessment: 440 Date: 8/15/2008 Hour: 8:20:00 AM
Trainer: ID:
Test Type: Treadmill Protocol: 7 mph

Results

	Actual HR	Predicted HR	Actual VO ₂
Start	109	-	-
VT	148	-	40.2
Peak	163	188	47.5

Fitness
Score

EXCELLENT

2 Min
Recovery

109

% Peak
VT

84