



VO₂MAX AND CARDIORESPIRATORY FITNESS REPORT



This metric describes how well conditioned the heart is and if it poses a limitation to the ability to workout. The value of this metric is based upon your VO_{2max} as well as the trendline of the amount of oxygen your heart pumps into your body per heart beat (VO₂/HR) as intensity increases.

A low VO_{2max} in combination with a flattening of VO₂/HR early on during the exercise will reduce the score of this metric. Sedentary lifestyle and lack of cardiovascular exercise or excessive weight training will lower the score of this metric. HIIT and Cardio training will improve it.



VO₂MAX

The maximum oxygen consumption in millilitres per minute per kilogram of body weight achieved during the test.



ANAEROBIC THRESHOLD

is the maximum amount of work you can sustain for a long duration. Your pace at anaerobic threshold is the greatest predictor of endurance performance because it is the rate at which the body can sustainably produce energy.

Units		
VO _{2max}	ml / kg / min	
Anaerobic Threshold	At bpm	
Maximum Heart Rate	bpm	



Low

Below Average

Above Average

High

Elite

Age (y)	Low VO _{2max}	Below Average VO _{2max}	Performance Group Above Average VO _{2max}	High VO _{2max}	Elite VO _{2max}
Women					
18-19	< 35	35-39	40-45	46-52	≥ 53
20-29	< 28	28-35	36-40	41-50	≥ 51
30-39	< 27	27-33	34-38	39-48	≥ 49
40-49	< 26	26-31	32-36	37-46	≥ 47
50-59	< 25	25-28	29-35	36-45	≥ 46
60-69	< 21	21-24	25-29	30-39	≥ 40
70-79	< 18	18-21	22-24	25-35	≥ 36
≥80	< 15	15-19	20-22	23-29	≥ 30
Men					
18-19	< 38	38-45	46-49	50-57	≥ 58
20-29	< 36	36-42	43-48	49-55	≥ 56
30-39	< 35	35-39	40-45	46-52	≥ 53
40-49	< 34	34-38	39-43	44-51	≥ 52
50-59	< 29	29-35	36-40	41-49	≥ 50
60-69	< 25	25-29	30-35	36-45	≥ 46
70-79	< 21	21-24	25-29	30-40	≥ 41
≥80	< 18	18-22	23-25	26-35	≥ 36

Classification of Cardiorespiratory Fitness by Age and Sex - reproduced from Mandsager et al., 2018

YOUR CARDIORESPIRATORY FITNESS GOAL IS:

mL / KG / MIN



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TRAINING ZONES

Building Anaerobic Capacity	Zone 5 VERY HARD		<p>Benefits: Develops muscular endurance to lactate acid and high intensity movements</p> <p>Feels like: Muscular fatigue and heavy breathing</p>
Building Anaerobic Capacity	Zone 4 HARD		<p>Benefits: Increases maximum performance</p> <p>Feels like: Muscular fatigue and heavy breathing</p>
Building Aerobic Stamina	Zone 3 MODERATE		<p>Benefits: Improves aerobic fitness</p> <p>Feels like: Muscular fatigue and heavy breathing</p>
Metabolic Conditioning	Zone 2 LIGHT		<p>Benefits: Improves basic endurance and fat burning</p> <p>Feels like: Comfortable, easy breathing, low muscle load, light sweating</p>
	Zone 1 VERY LIGHT		<p>Benefits: Improves overall health and helps recovery</p> <p>Feels like: Very easy for breathing and muscles</p>

There are two components of longevity—Lifespan and Healthspan

Lifespan = How long you live

Healthspan = How well you live

Lifespan: Living longer is effectively going to boil down to how long can you delay the onset of chronic disease.

Healthspan: Maximise your chances of avoiding disease, and reduce the portion of your life you spend being frail and infirm.



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