

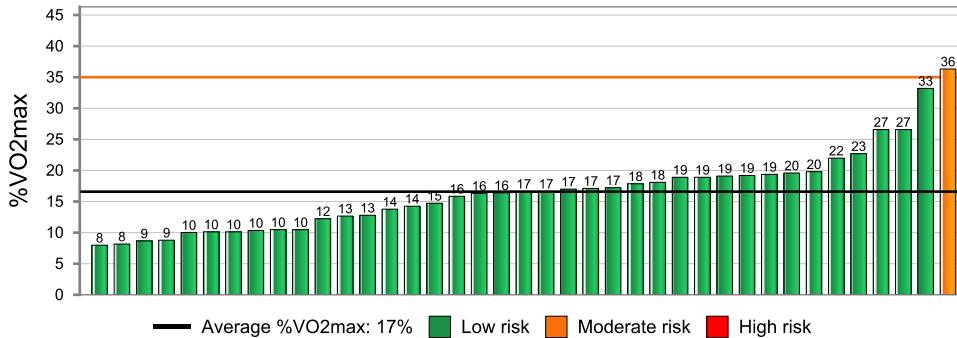
PHYSICAL WORKLOAD GROUP REPORT

Firstbeat case 2014 (19 assessments: m:12, f:7)

Group notes:

	Average	Range	Measurement information:	
Age (years)	44	21 - 59	Measurements	39
Body Mass Index	25.9	20 - 37	Average meas. length (h:min)	09:26
METmax	14.3	14.3 - 14.3	Measurement lengths (h:min)	03:45 - 31:59
Activity class	4.2	1 - 7		
Resting HR (bpm)	46	33 - 60		

Average Intensities and Risk of Overload



Intensity	Number of measurements
51 - 100%	0 / 39 (0%)
36 - 50 %	1 / 39 (3%)
0 - 35 %	38 / 39 (97%)

Physical Workload Risk Analysis

	Risk limit / %VO2max	Group average / %VO2max	Results above risk limit	Overview
Average oxygen consumption	> 35%	17 %	1 / 39	
Three 5-min periods with the highest workload	> 65%	36 %	1 / 39	
5-min period with the highest workload	> 75%	41 %	0 / 39	

• Single day ■ Group average | Risk limit

Physical Workload Indexes

Heart rate parameters	Group average	Range	Oxygen consumption	Group average	Range
Average heart rate (bpm)	83	59 - 120	%VO2max	17 %	8 % - 36 %
Lowest heart rate (bpm)	46	33 - 60	VO2 (ml/kg/min)	5.6	3.4 - 9.7
Highest heart rate (bpm)	130	98 - 160	MET	1.6	1.0 - 2.8
% of maximum heart rate	47 %	33 % - 71 %	Other	Group average	Range
%HRR	28 %	14 % - 57 %	Energy expenditure (kcal)	2	1 - 4
			EPOCpeak (ml/kg)	12	1 - 102
			RMSSD (ms)	30	5 - 74

Provided by:

Firstbeat Lifestyle Assessment (v 6.0.2.6)
25.04.2014 14:03
More information: www.firstbeat.fi/work-well-being

Analyzed by:

