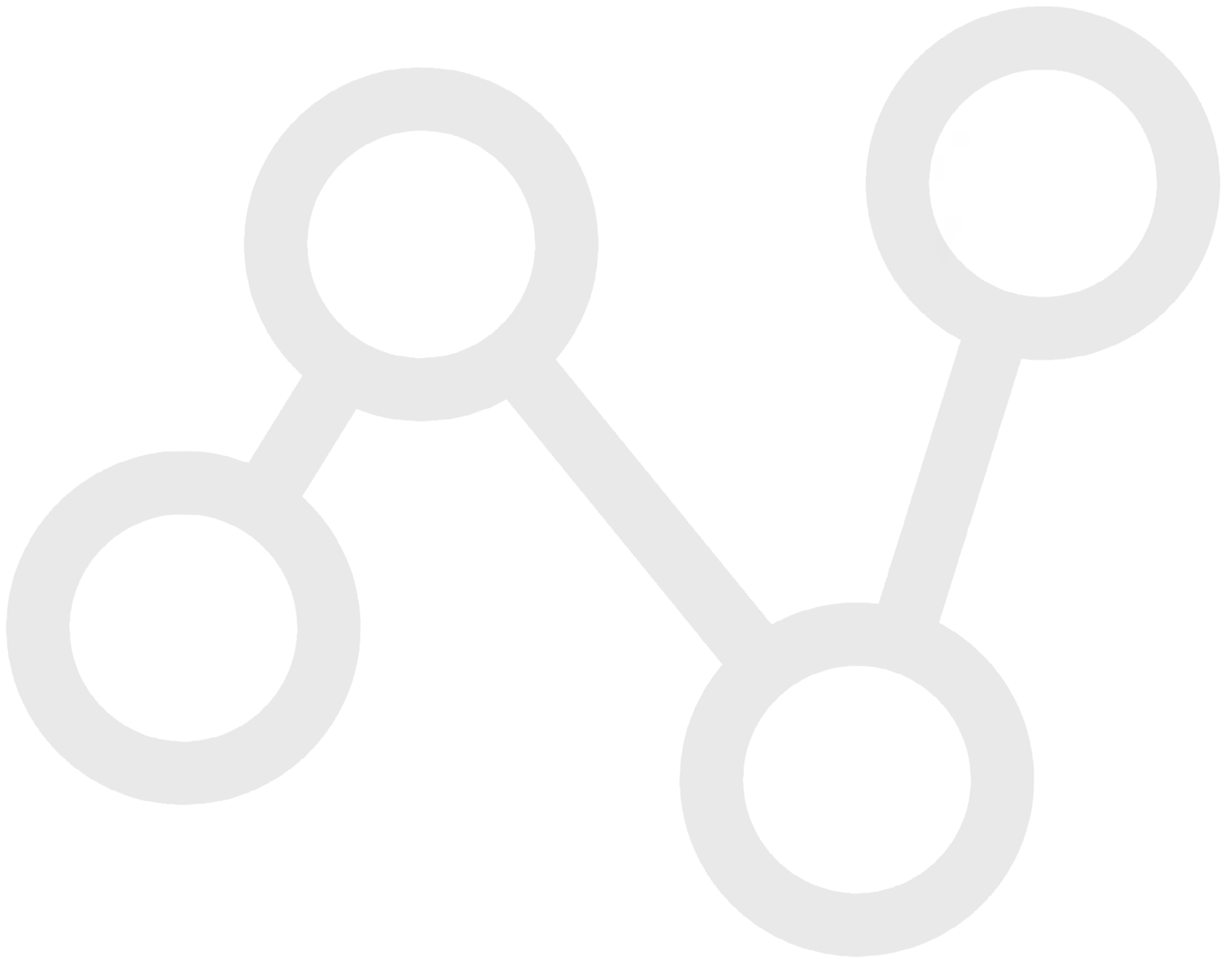


FIRSTBEAT SPORTS

EXAMPLE FITNESS TEST REPORTS

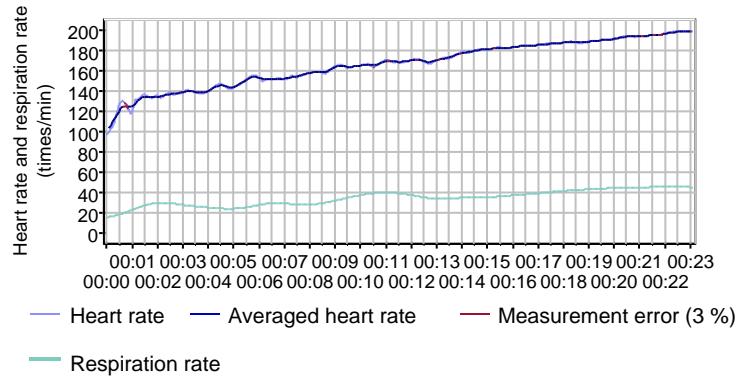


Fitness Test Report (Conconi)

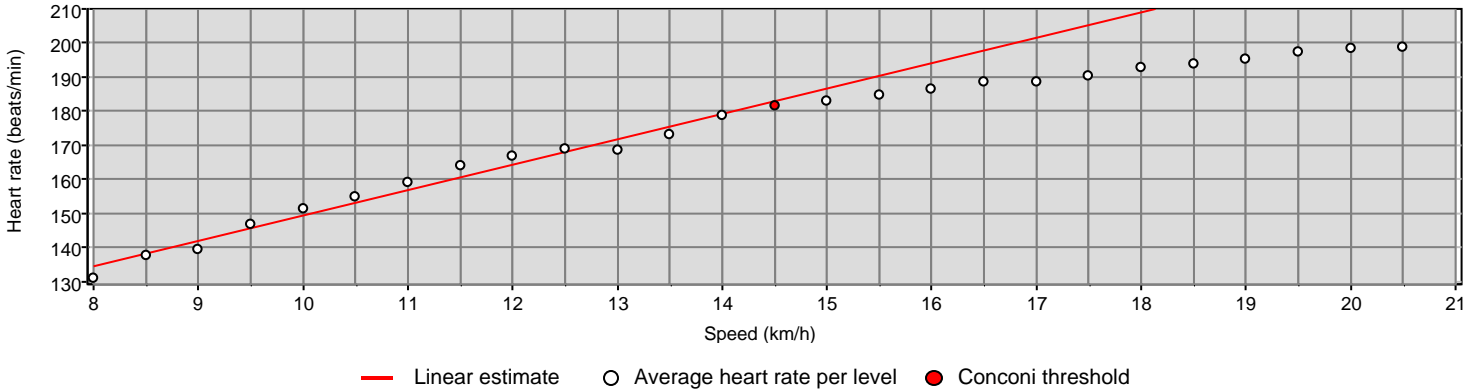
Name: John Athlete (Example)

Date: 7.12.2012

Background information	Test protocol
Age 24	Discipline Running
Height (cm) 184	Initial stage 8 km/h
Weight (kg) 79	Increment 0,5 km/h
Gender Male	Duration of level 200 m
	Recovery duration 00:00



Test chart



Test results

Conconi threshold: 14,5 km/h (182 beats/min)	Estimated VO2max: 71,8 ml/kg/min	EPOCpeak: 127 ml/kg (TE 3)
Equation for regression line: HR = 7,5 * Workload + 74,9	Estimated METmax: 20,5 MET	Recommended activity class (0-10): 8,5
Correlation coefficient: 0,98	Maximal workload: 20,5 km/h	
Peak respiration rate: 46 breaths/min	Peak heart rate: 199 beats/min	

Conconi threshold: Heart rate 182 beats/min, Speed 14.5 km/h

Test information

Level	Speed (km/h)	Time (s)	Heart rate (beats/min)
1	8	90	131
2	8.5	84.7	138
3	9	80	139
4	9.5	75.8	147
5	10	72	151
6	10.5	68.6	155
7	11	65.5	159
8	11.5	62.6	164
9	12	60	167
10	12.5	57.6	169
11	13	55.4	168
12	13.5	53.3	173
13	14	51.4	179
14	14.5	49.7	182
15	15	48	183
16	15.5	46.5	185
17	16	45	187
18	16.5	43.6	189
19	17	42.4	189
20	17.5	41.1	190
21	18	40	193
22	18.5	38.9	194
23	19	37.9	195
24	19.5	36.9	198
25	20	36	198
26	20.5	4.1	199
Max	20.5	4.1	199

Training intensity zones

	Intensity (%VO2max)	Heart rate (beats/min)	Speed (km/h)
Slow distance training	30 - 57	121 - 162	6,2 - 11,7
Fast distance training	57 - 71	162 - 182	11,7 - 14,5
VO2max training	71 - 100	182 - 198	14,5 - 20,5

Training effect zones

Aerobic training effect	TE	EPOC
Minor training effect	1.0 - 1.9	< 23
Maintaining training effect	2.0 - 2.9	24 - 71
Improving training effect	3.0 - 3.9	72 - 163
Highly improving training effect	4.0 - 4.9	164 - 258
Overreaching	5	> 259

Fitness Test Report (Cooper 12min run)

Name: John Athlete (Example)

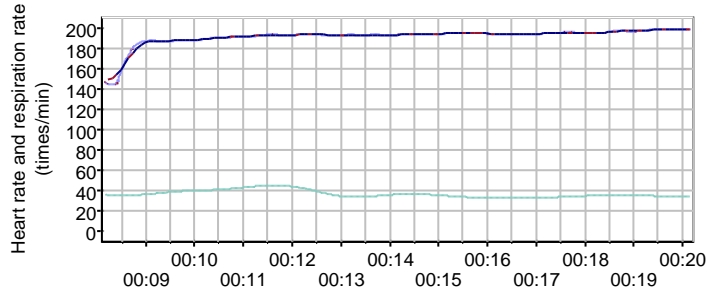
Date: 1.12.2012

Background information

Age 24
 Height (cm) 181
 Weight (kg) 75
 Gender Male
 Maximum heart rate 205

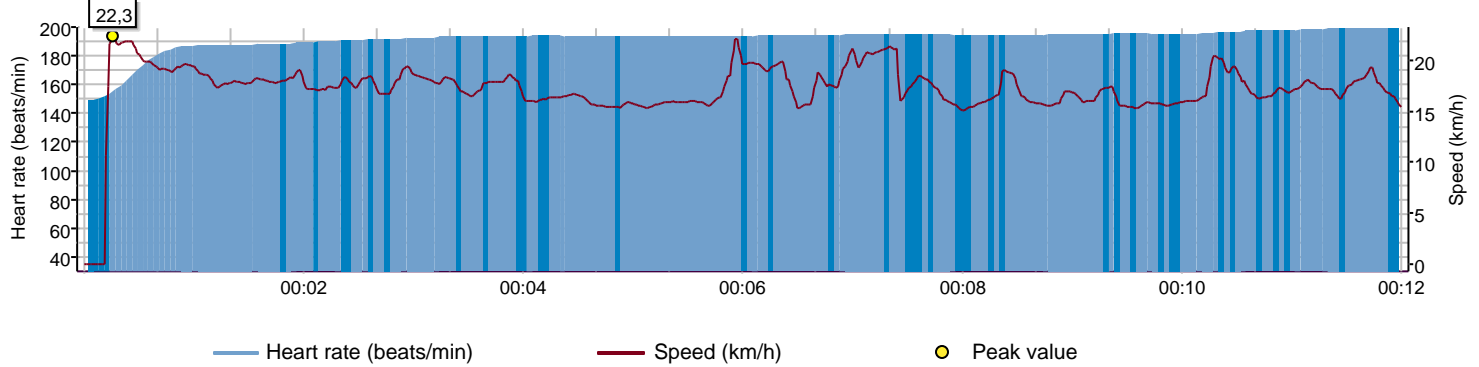
Test protocol

Discipline Running
 Duration 12 min
 Distance 3263 m



— Heart rate — Averaged heart rate — Measurement error (11 %)
 — Respiration rate

Test chart



VO2max: 61,7 ml/kg/min, Distance: 3263 m



Test results

Maximal oxygen uptake (VO2max) reflects the condition of the cardiorespiratory system, and more generally the level of physical fitness. VO2max is reported as relative to a person's weight (ml/kg/min). Distance ran in 12 min Cooper test has been shown to reflect very well aerobic fitness. VO2max is calculated based on that distance (Cooper K.H. 1968).

Test information

Average heart rate 191 beats/min
Maximum heart rate 199 beats/min
Average %VO2max 86 %
EPOC peak 118 ml/kg
Respiration rate 36 breaths/min

Fitness class



General training guidelines

Aerobic training effect	EPOC (ml/kg)	Intensity zone	Heart rate	Duration (min)
1.0 - 1.9 Minor training effect	< 20	Active recovery / Slow distance training	111 - 124	60
2.0 - 2.9 Maintaining training effect	21 - 63	Slow distance training	124 - 137	75
3.0 - 3.9 Improving training effect	64 - 145	Fast distance training	137 - 156	60
4.0 - 4.9 Highly improving training effect	146 - 229	Fast distance / VO2max training	156 - 175	45
5 Overreaching	> 230	VO2max training	175 - 199	25

The duration and intensity of a workout determine what kind of effect the workout has on your physical fitness. The table shows sample workouts that you can do to achieve a desired training effect. The heart rate levels and times are suggestive; exact values can be gained by measuring the training effect directly.

Fitness Test Report (Submaximal)

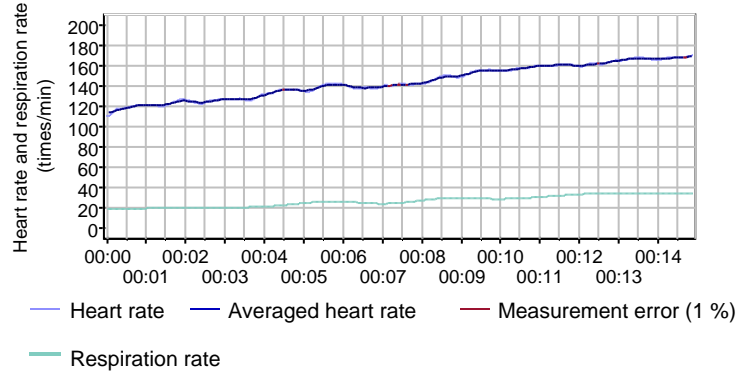
Name: John Athlete (Example)

Date: 3.12.2012

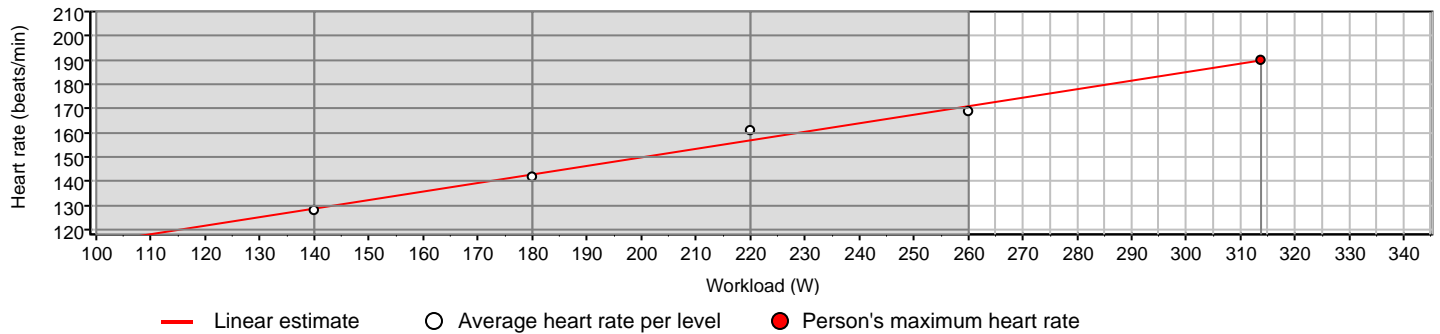
Background information

Age	24	Discipline	Cycling
Height (cm)	184	Starting level	140 W
Weight (kg)	79	Increment	40 W
Gender	Male	Duration of level	04:00
Maximum heart rate	190	Recovery duration	00:00

Test protocol



Test chart



Test results

Estimated VO2max:	52,9 ml/kg/min	Equation for regression line:	HR = 0,4 * Workload + 79,2
Estimated METmax:	15,1 MET	Correlation coefficient:	0,98
Estimated maximal workload:	313,8 W	EPOCpeak:	51 ml/kg (TE 2)
End point of test:	81 %VO2max (%)	Recommended activity class (0-10):	7

VO2max: 52,9 ml/kg/min

Test results
 Maximal oxygen uptake (VO2max) reflects the condition of the cardiorespiratory system, and more generally the level of physical fitness. VO2max is reported as relative to a person's weight (ml/kg/min) and as a MET value. MET reflects the increased energy expenditure caused by physical activity compared to the resting level.

Test information

Level	Workload (W)	Duration (s)	HR (beats/min)	RespR (breaths/min)	EPOC (ml/kg)
1	140	240	128	21	4
2	180	240	142	26	12
3	220	240	161	33	29
4	260	175	169	34	44

Fitness class



General training guidelines

Aerobic training effect	EPOC (ml/kg)	Intensity zone	Heart rate	Duration (min)
1.0 - 1.9 Minor training effect	< 19	Active recovery / Slow distance training	106 - 118	45
2.0 - 2.9 Maintaining training effect	20 - 59	Slow distance training	118 - 131	75
3.0 - 3.9 Improving training effect	60 - 136	Fast distance training	131 - 149	60
4.0 - 4.9 Highly improving training effect	137 - 215	Fast distance / VO2max training	149 - 167	45
5 Overreaching	> 216	VO2max training	167 - 190	25

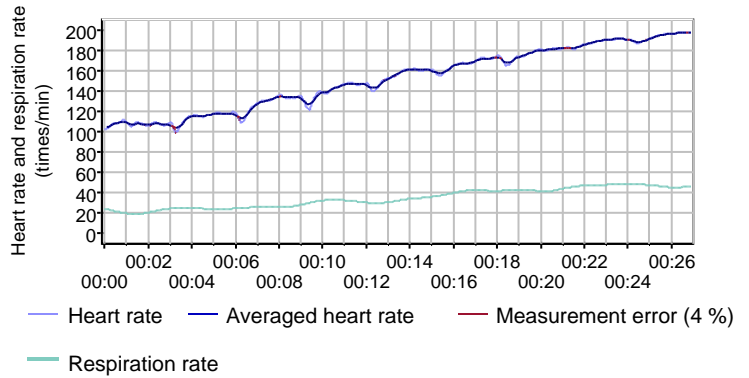
The duration and intensity of a workout determine what kind of effect the workout has on your physical fitness. The table shows sample workouts that you can do to achieve a desired training effect. The heart rate levels and times are suggestive; exact values can be gained by measuring the training effect directly.

Fitness Test Report (Maximal)

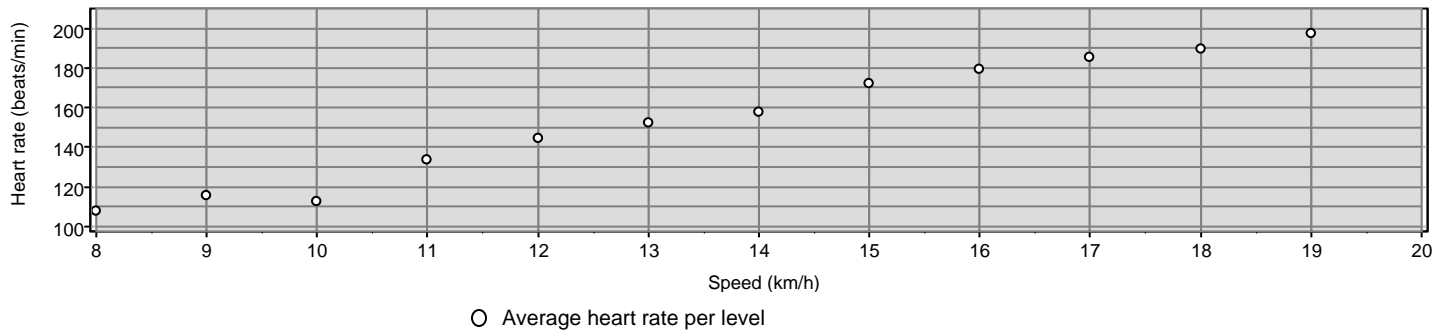
Name: John Athlete (Example)

Date: 5.12.2012

Background information	Test protocol
Age: 24	Discipline: Running
Height (cm): 184	Starting level: 8 km/h
Weight (kg): 79	Increment: 1 km/h
Gender: Male	Duration of level: 00:02:00
	Recovery duration: 00:15



Test chart



Test results

Estimated VO2max:	66,5 ml/kg/min	Peak heart rate:	198 beats/min
Estimated METmax:	19 MET	Peak respiration rate:	48 breaths/min
Maximal workload:	19 km/h	EPOCpeak:	114 ml/kg (TE 3)
		Recommended activity class (0-10):	8

VO2max: 66,5 ml/kg/min

Test information

Level	Speed (km/h)	Duration (s)	HR (beats/min)	RespR (breaths/min)	EPOC (ml/kg)
1	8	120	107	19	1
2	9	120	115	24	2
3	10	120	113	25	3
4	11	120	133	26	5
5	12	120	144	33	9
6	13	120	152	30	15
7	14	120	158	37	23
8	15	120	172	42	34
9	16	120	179	42	46
10	17	120	186	47	61
11	18	120	189	48	80
12	19	120	197	45	104

General training guidelines

Aerobic training effect	EPOC (ml/kg)	Intensity zone	Heart rate	Duration (min)
1.0 - 1.9 Minor training effect	< 22	Active recovery / Slow distance training	111 - 124	60
2.0 - 2.9 Maintaining training effect	23 - 67	Slow distance training	124 - 137	90
3.0 - 3.9 Improving training effect	68 - 154	Fast distance training	137 - 156	75
4.0 - 4.9 Highly improving training effect	155 - 244	Fast distance / VO2max training	156 - 175	60
5 Overreaching	> 245	VO2max training	175 - 199	30

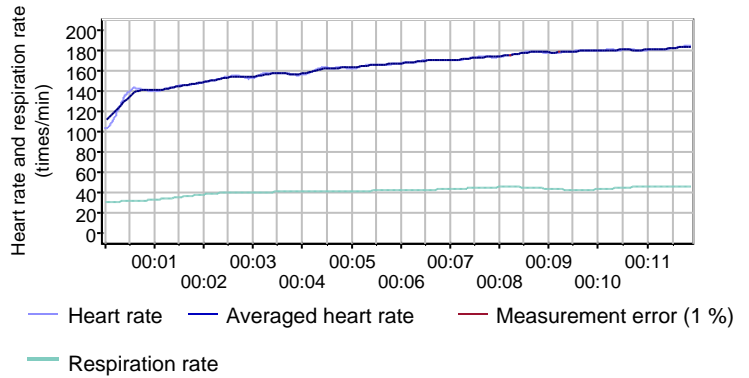
The duration and intensity of a workout determine what kind of effect the workout has on your physical fitness. The table shows sample workouts that you can do to achieve a desired training effect. The heart rate levels and times are suggestive; exact values can be gained by measuring the training effect directly.

Beep Fitness Test Report

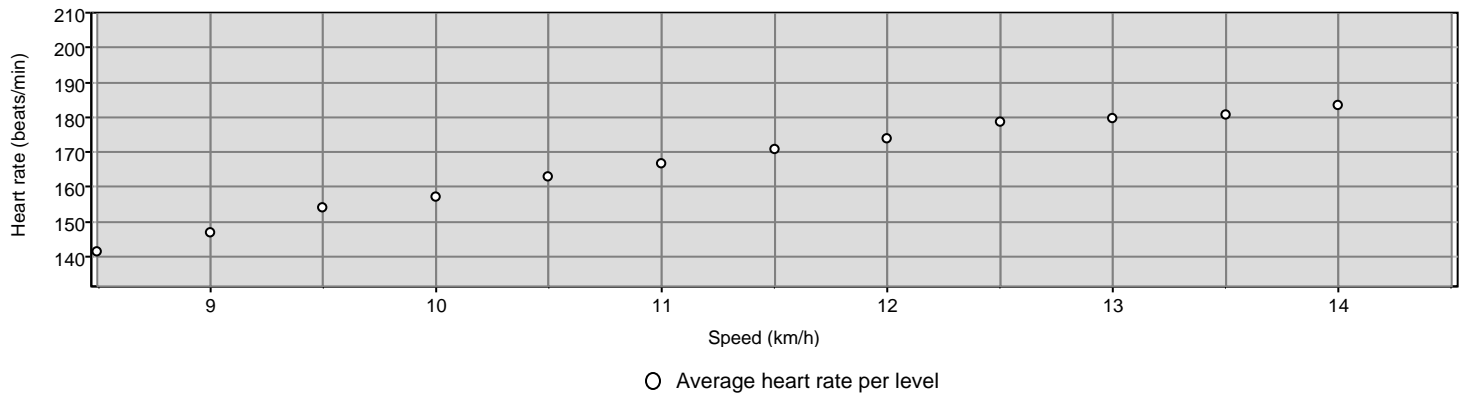
Name: John Athlete (Example)

Date: 6.12.2012

Background information		Test protocol	
Age	24	Discipline	Running
Height (cm)	184	Starting level	8,5 km/h
Weight (kg)	79	Increment	0,5 km/h
Gender	Male	Duration of level	1 min



Test chart



Test results

Time:	00:11:53	Estimated VO2max:	53,4 ml/kg/min	Peak heart rate:	185 beats/min
Number of levels:	11	Estimated METmax:	15,2 MET	Peak respiration rate:	47 breaths/min
Number of segments at last level:	10	Maximal level:	13,5 km/h	EPOCpeak:	67 ml/kg (TE 3)
				Recommended activity class (0-10):	7

VO2max: 53,4 ml/kg/min

Test information

Level	Speed (km/h)	Heart rate (beats/min)	Level	Speed (km/h)	Heart rate (beats/min)	Level	Speed (km/h)	Heart rate (beats/min)
1	8,5	141	5	10,5	163	9	12,5	179
2	9	147	6	11	166	10	13	180
3	9,5	154	7	11,5	171	11	13,5	181
4	10	157	8	12	174	12	14	183

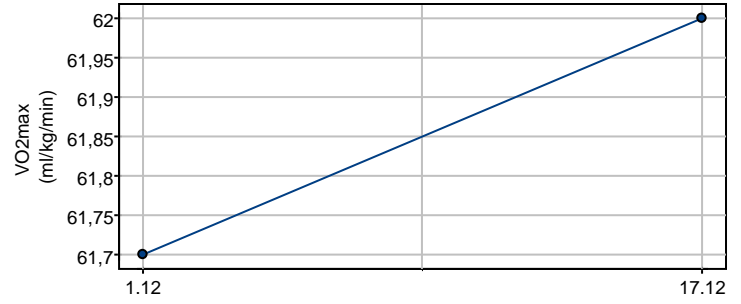
General training guidelines

Aerobic training effect	EPOC (ml/kg)	Intensity zone	Heart rate	Duration (min)
1.0 - 1.9 Minor training effect	< 19	Active recovery / Slow distance training	102 - 114	45
2.0 - 2.9 Maintaining training effect	20 - 59	Slow distance training	114 - 126	75
3.0 - 3.9 Improving training effect	60 - 136	Fast distance training	126 - 143	60
4.0 - 4.9 Highly improving training effect	137 - 215	Fast distance / VO2max training	143 - 161	45
5 Overreaching	> 216	VO2max training	161 - 183	25

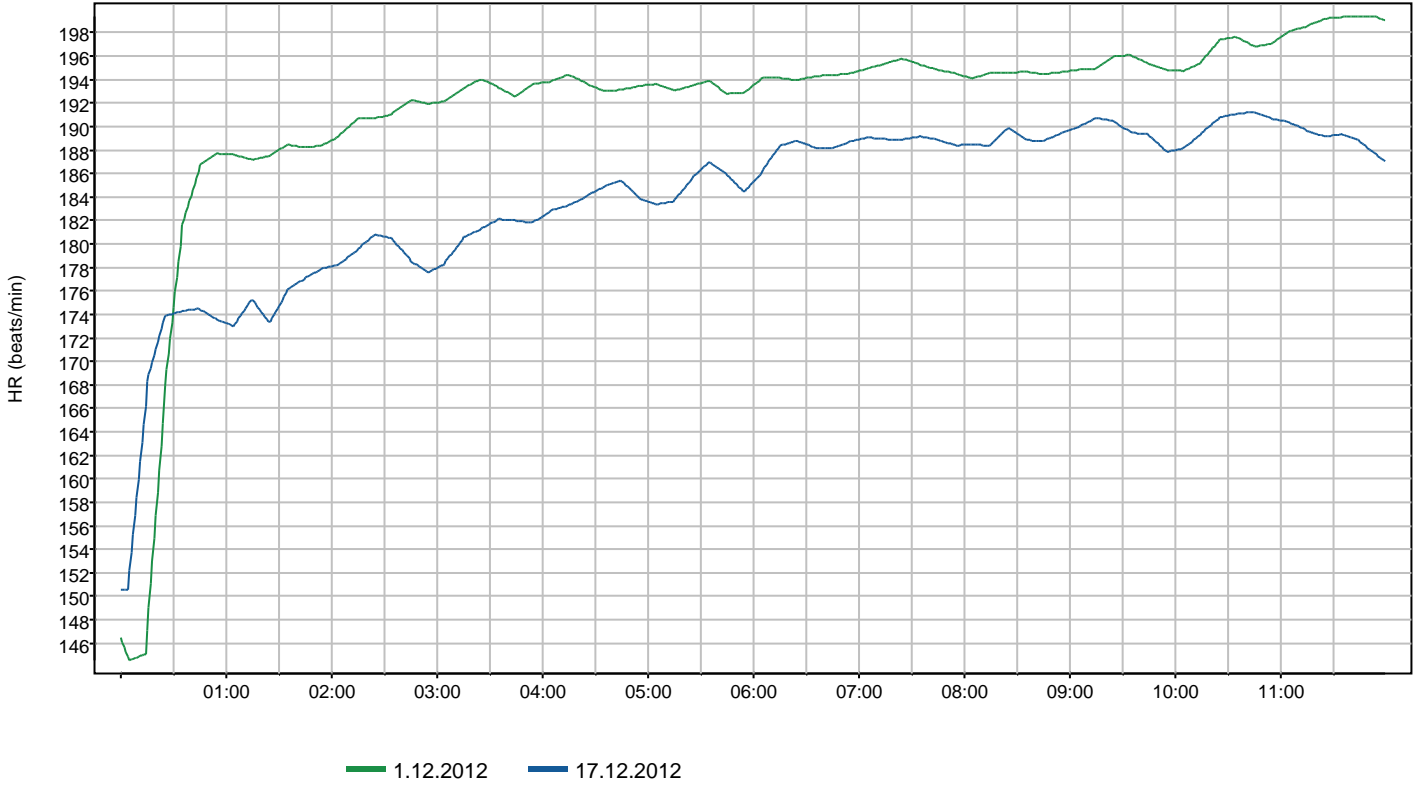
The duration and intensity of a workout determine what kind of effect the workout has on your physical fitness. The table shows sample workouts that you can do to achieve a desired training effect. The heart rate levels and times are suggestive; exact values can be gained by measuring the training effect directly.

Fitness test follow-up report

Name: John Athlete (Example)
Time period: 1.12.2012 - 17.12.2012
Test protocol
 Test type: Cooper
 Discipline: Running
 Duration: 12 min



Test graph



Fitness improvement during follow-up period was 0%

Peak values

Date	Test duration (min:sec)	HRmax (beats/min)	RespR max (times/min)	EPOCpeak (ml/kg)	VO2max (ml/kg)	METmax (mets)	Distance (m)
1.12.2012	12:00	199	36	118	61,7	17,6	3263
17.12.2012	12:00	191	37	82	62	17,7	3276

Fitness test parameter follow-up

