



CALORIES BURNED

There is a direct relationship between oxygen consumption and calories burned. Your VO₂ Test measures how many calories you burn when you exercise.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
190	Cardio Training Anaerobic	1335
180		1227
170		1119
160		1012
150	Anaerobic Threshold	904
140		795
130		688
120	Fat Burning (Aerobic)	580
110		473
100		365
90		257
80		235

*This table shows how many calories per hour your body burns when exercising at various intensity levels. The heart rate at which your anaerobic and aerobic thresholds were detected is also shown.

Target Workout Zones

The CardioCoach has analyzed your VO₂ Test and has created the following workout zones based on your results. Discuss with your trainer a workout strategy based on your goals and your Target Workout Intensity Zones.

Low Zone
HR: 88-137
C/Hr: 235-763

Low

Moderate Zone
HR: 137-142
C/Hr: 763-817

Moderate

High Zone
HR: 142-180
C/Hr: 817-1227

High

Peak Zone
HR: 180-192
C/Hr: 1227-1357

Peak

*HR = Heart Rate; C/Hr = kcals per hour

Recovery Heart Rate

Heart Rate	Peak	1 Minute	2 Minute
	192	161 (30%)	142 (49%)

Cardio Strength

	Start	AeT	AT	Peak
VO ₂ (ml O ₂ /kg/min)	6.5	21.9	28.7	38.1
Heart Rate (bpm)	88	137	142	192
Calories Per Hour	235	789	1037	1375
Fitness Level	Fair			

AeT = Aerobic Threshold. AT = Anaerobic Threshold

Coach's Interpretation

Your target heart rate

Recommend testing again by:

Fitness Level

Note fitness level is based on a VO₂ Max.
Refer to fitness level tables on back side of page.

Age	VERY LOW	LOW	FAIR	GOOD	EXCELLENT	SUPERIOR
20-29	<33.0	33.0-36.4	36.5-42.4*	42.5-46.4	46.5-52.4	>52.4



KORR™ | WWW.KORR.COM

Copyright (c) 2003 KORR Medical Technologies Inc.
Patents Pending / 9FG0131 Rev A 3/04

Reorder part number 9FG0131
Or download at WWW.KORR.COM/FORMS
"CardioCoach", "Target Zones", and
"Target Intensity Zones" are trademarks
of Kor Medical Technologies, Inc.

CAUTION: These statements have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight-loss or fitness program.