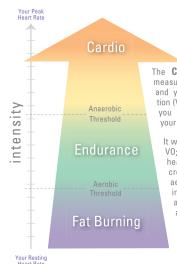


VO₂ Test Results



The CardioCoach system measures your heart rate and your oxygen consumption (VO₂). The more oxygen you can use the greater your fitness level!

> It works by analyzing your VO2 and finding at what heart rate your body crosses its threshold of aerobic and anaerobic intensity. Once your aerobic threshold and anaerobic threshold are measured, your true Target Workout Zones can be found.

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.

190 180 180 180 180 180 180 180 180 190 190 190 190 190 190 190 190 190 19	HEART RATE	EXERCISE ZONE	CALORIES PER HOUR	
140 130 Aerobic Threshold 580 110 110 100 Fat Burning (Aerobic) 365 90 257	180 170		1227 1119	
110 473 100 Fat Burning (Aerobic) 365 90 257	140		795 688	
80 235	110 100	Fat Burning (Aerobic)	473 365 257	

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

High Zone HR: 142-180 C/Hr: 817-1227 Peak Zone HR: 180-192 C/Hr: 1227-1357

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

Recovery Heart Rate

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

Your target heart rate

Recommend testing again by:

Cardio Strength

Start AT₀ Peak AeT**□** V02 (ml 02/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

Age:

SN:

Gender: Male Weight: 124.8 kg (257 lbs) 185 cm (6 ft 1 in) Height:

10393

27

MBI: 36.3

Test Type: Treadmill Test Test ID: 3

Note fitness level is based on a VO2 Max. Fitness Level

Refer to fitness level tables on back side of page

AeT = Aerobic Threshold. AT = Anaerobic Threshold

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



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 Korr 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.