VO_2 Max Test Report



Jordan Ellis

Baseline Test

UNIQUE ID

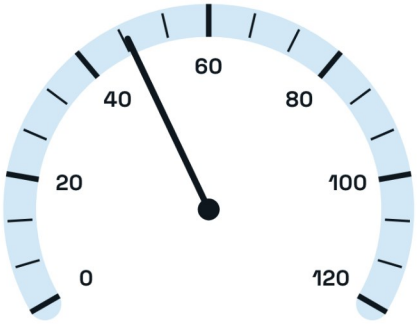
ELLIS_JO_14/08/2026_0915

AGE	SEX	WEIGHT	HEIGHT
38 yrs	Male	84.5 kg	177 cm

ACTIVITY	SPEED	PROTOCOL
Running	10.0km/h	Increasing incline by 1% every 60s

VO_2 MAX & CARDIORESPIRATORY AGE

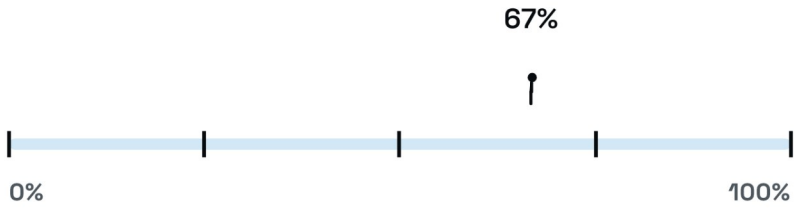
VO_2 MAX



47.3

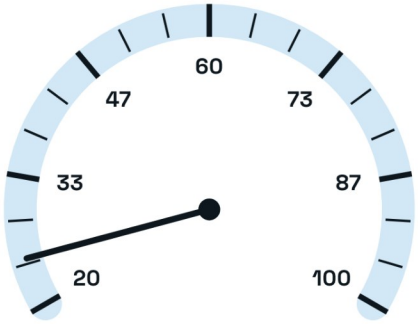
mL/kg/min

How your VO_2 Max compares to others



Good

CARDIORESPIRATORY AGE



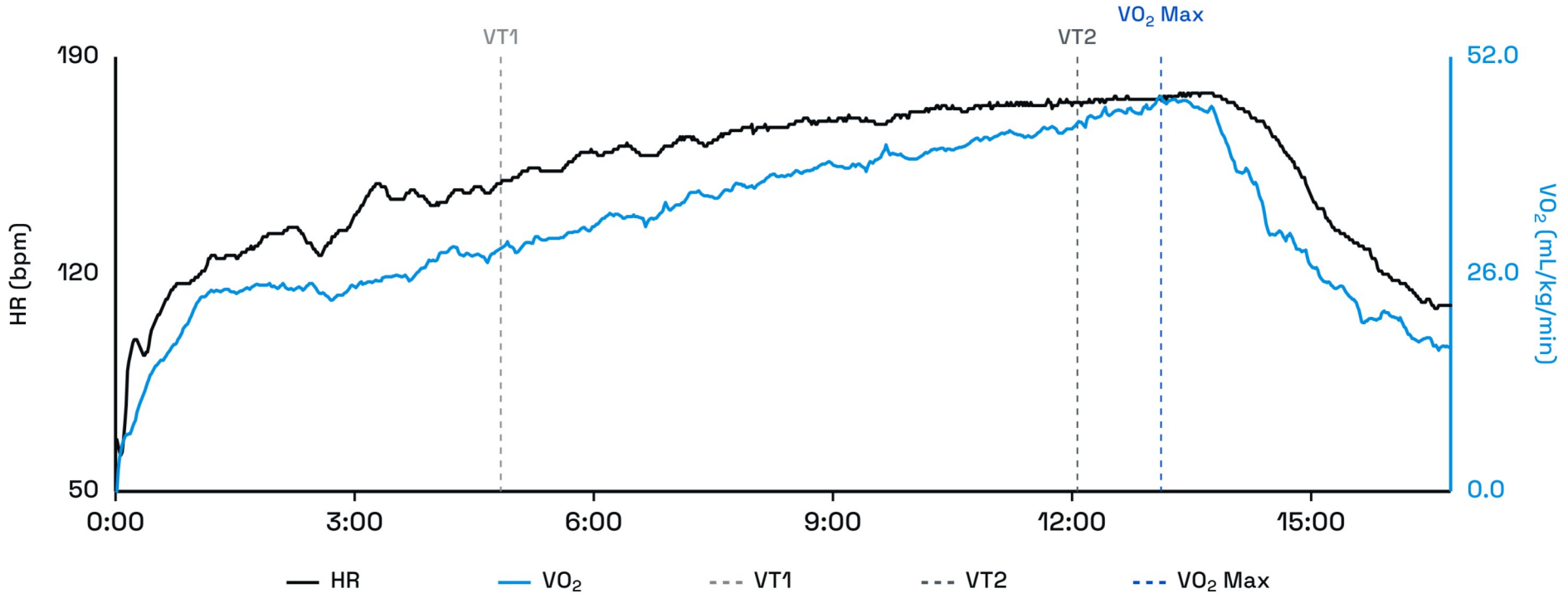
25

years

MAX METRICS

MAX HEART RATE	MAX VENTILATION	MAX RESP. FREQ	MAX TIDAL VOLUME	TOTAL CALORIES BURNT	MAX INCLINE	MAX SPEED
178 bpm	**139** L/min	**54** br/min	**2.80** L	**229** kCal	**10** %	**10** km/h

VO_2 & HEART RATE



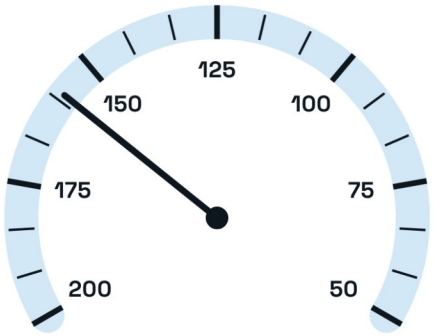
VENTILATORY THRESHOLDS

METRIC	VT1	VT2
TIME (min:sec)	4:50	12:04
VO_2 (mL/kg)	29.1	44.1
% VO_2 MAX	62	93
HR (bpm)	149	175
SPEED (km/h)	10.0	10.0
INCLINE (%)	1	9
CALORIES (kcal/hr)	744	1127

HEART RATE RECOVERY

HRR AT MIN 1

(178 to 157 bpm)

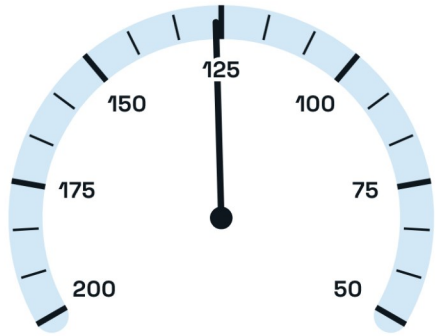


11.8%

Good

HRR AT MIN 2

(178 to 126 bpm)



29.2%

Good

TRAINING ZONES

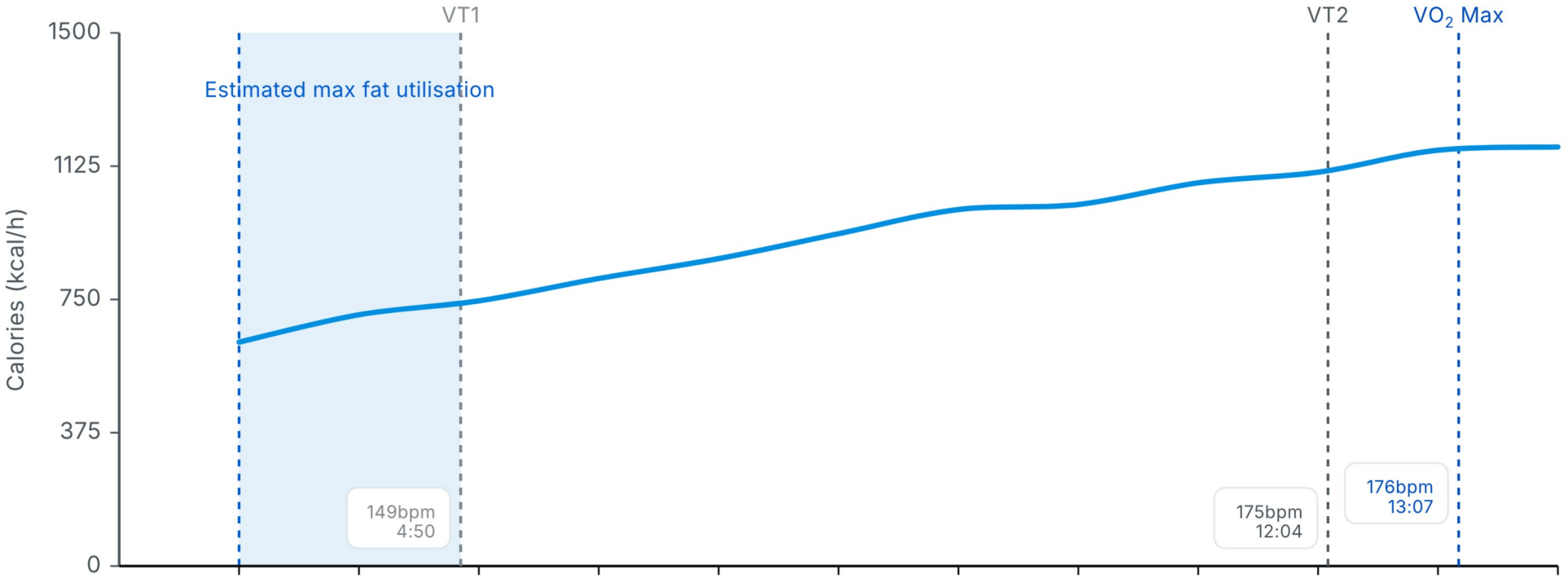
	ZONE 1 Very Light	ZONE 2 Light	ZONE 3 Moderate	ZONE 4 Vigorous	ZONE 5 Maximal
HEART RATE [bpm]	121	126	153	175	

VT1 — aerobic threshold, upper limit of low-intensity, steady-state exercise

VT2 — anaerobic threshold, highest sustained intensity of exercise

ESTIMATED FUEL SOURCE OVER TIME

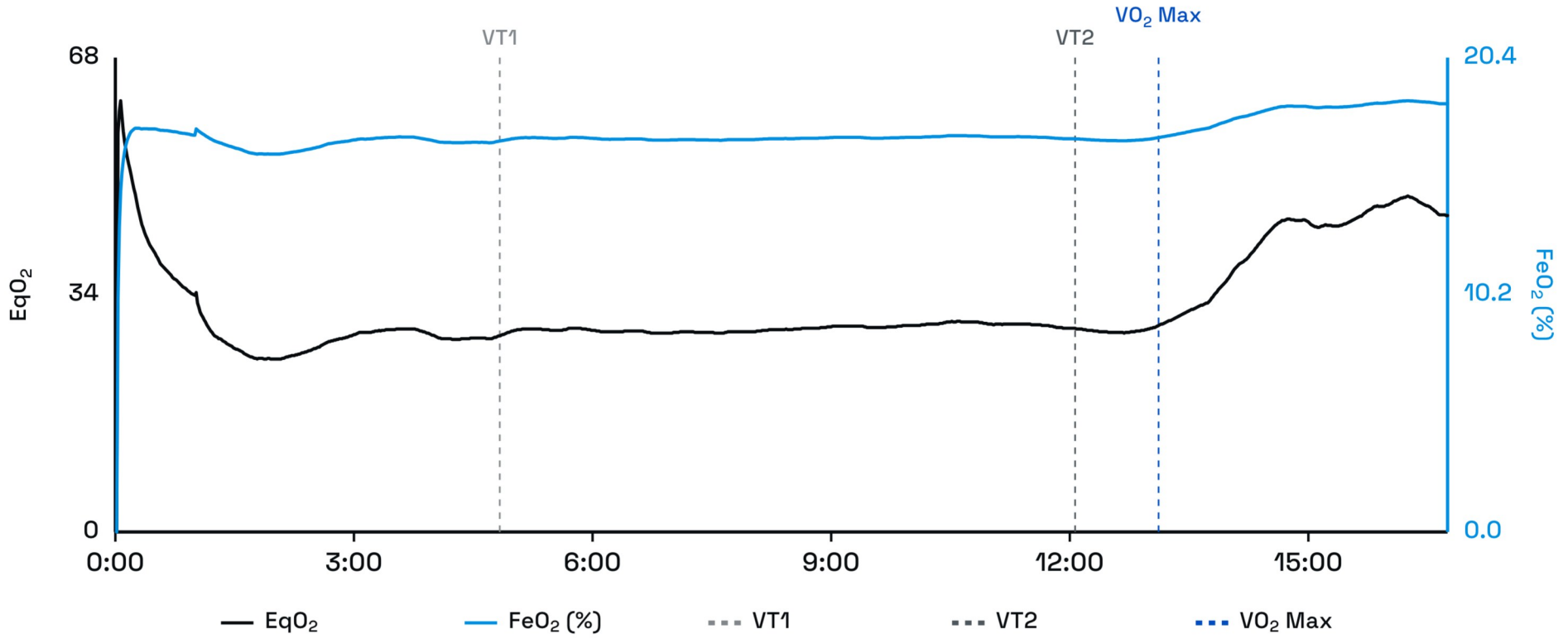
Estimated from ventilatory threshold (no CO_2 sensor on this analyzer, so fuel source isn't directly measured).



Time	2:59	3:59	4:59	5:59	6:59	7:59	8:59	9:59	10:59	11:59	12:59	13:45
Stage	Warm up	1	2	3	4	5	6	7	8	9	10	11*
Incline	0	0	1	2	3	4	5	6	7	8	9	10
HR	**138**	**142**	**151**	**159**	**161**	**168**	**169**	**172**	**173**	**175**	**176**	**178**
Cal/h	**630**	**707**	**746**	**809**	**865**	**935**	**1003**	**1017**	**1078**	**1108**	**1170**	**1179**
Speed	8.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0

*Stage 11 ended early (45s of a planned 60s) — this is the true test termination point.

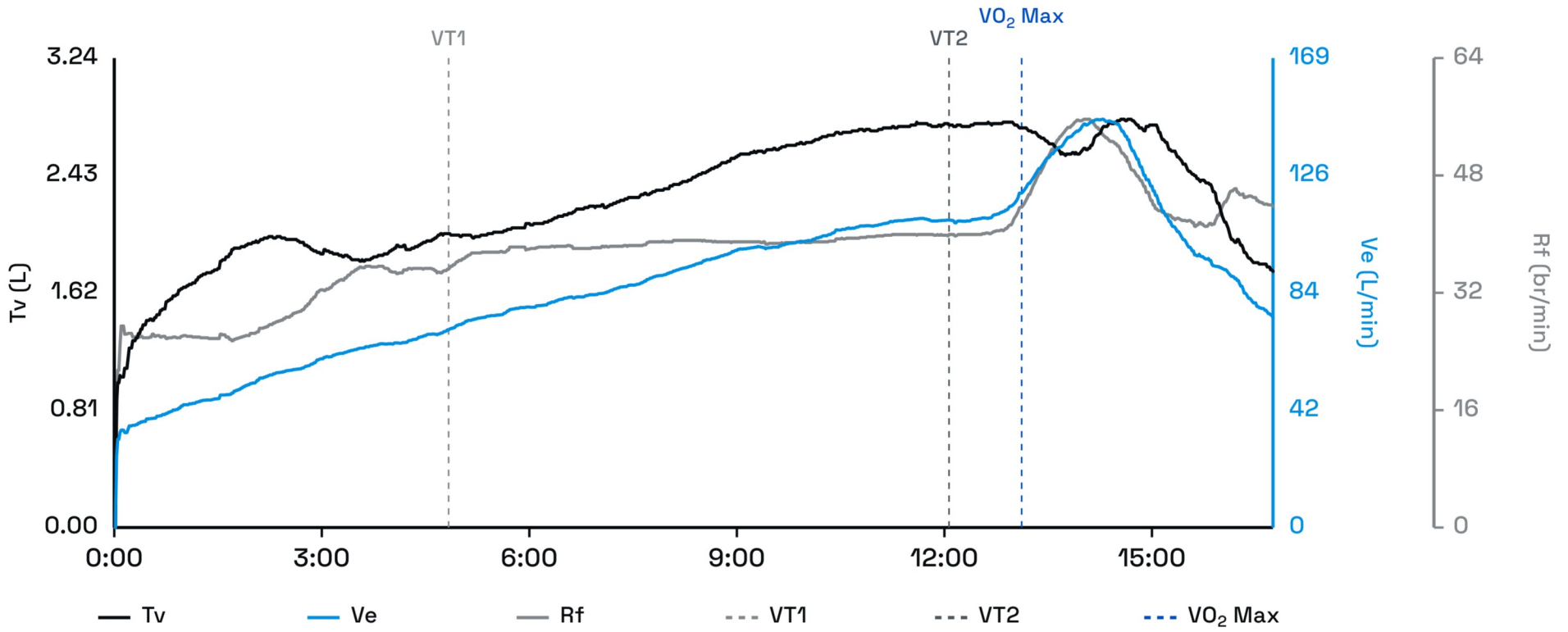
FRACTION OF EXPIRED OXYGEN (FEO_2) & VENTILATORY EQUIVALENT FOR OXYGEN (EQO_2)



FeO_2 — Fraction of expired oxygen: the percentage of oxygen in the air you breathe out (room air is about 20.9%). A lower value means your body extracted more oxygen from each breath; it starts to rise once breathing increases faster than your oxygen use.

EqO_2 — Ventilatory equivalent for oxygen (Ve/VO_2): how many litres of air you breathe for each litre of oxygen your body uses. Lower means more efficient breathing; it rises as you pass your ventilatory thresholds.

TIDAL VOLUME, VENTILATION & BREATH FREQUENCY



Tidal volume (Tv) — The volume of air you move in a single breath, in litres.

Ventilation (Ve) — The total volume of air you breathe per minute (L/min). It equals tidal volume × breathing frequency.

Respiratory frequency (Rf) — How many breaths you take per minute (br/min).