



Athlete Testing Results

Joe Bloggs (183CM)



Innerscan Results

Date:				
Height (CM)	183			
Weight (Kg)	89.3			
Body Fat (%)	24.3			
Body Water (%)	51.4			
Muscle Mass (Kg)	64.3			
Bone Mass (Kg)	3.3			
Physique Rating	2			
Visceral Fat	10			

ENDURAPREP

Body Fat Percentage and Body Fat Mass

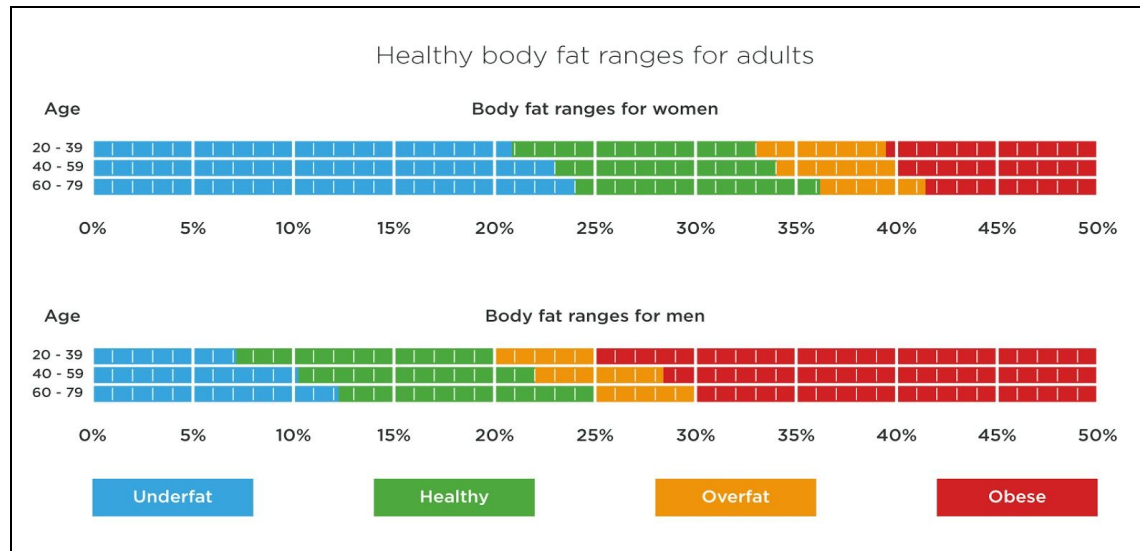
Body Fat Percentage is the proportion of fat to the total body weight. Body Fat Mass is the actual weight of fat in your body.

Body fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. Body fat scales can help you keep track of your body fat.

The energy, or calories, our body needs comes from what we eat and drink. Energy is burned through physical activity and general bodily functions. If you consume the same number of calories as you burn, all the calories are converted into energy. But if you consume more than you burn, excess calories are stored in fat cells. If this stored fat is not converted into energy later, it creates excess body fat.

Although you need healthy body fat, too much fat can damage your long-term health. Reducing excess levels of body fat has been shown to directly reduce the risk of certain conditions such as high blood pressure, heart disease, type 2 diabetes and certain cancers.

Too little body fat may lead to osteoporosis in later years, irregular periods in women and possible infertility.

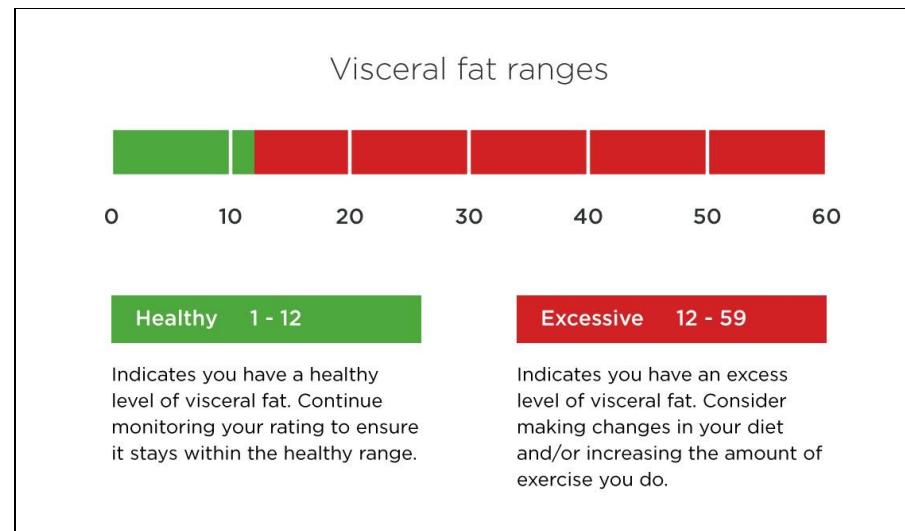


Visceral Fat

Visceral fat is located deep in the core abdominal area, surrounding and protecting the vital organs.

Even if your weight and body fat remains constant, as you get older the distribution of fat changes and is more likely to shift to the abdominal area. Ensuring you have a healthy level of visceral fat directly reduces the risk of certain diseases such as heart disease, high blood pressure and may delay the onset of type 2 diabetes.

Measuring your visceral fat with a body fat scale helps you keep track of potential problems and test the effectiveness of your diet or training.





Muscle Mass

The predicted weight of muscle in your body.

Muscle mass includes the skeletal muscles, smooth muscles such as cardiac and digestive muscles and the water contained in these muscles. Muscles act as an engine in consuming energy.

As your muscle mass increases, the rate at which you burn energy (calories) increases which accelerates your basal metabolic rate (BMR) and helps you reduce excess body fat levels and lose weight in a healthy way.

If you are exercising hard your muscle mass will increase and may increase your total body weight too. That's why it's important to monitor your measurements regularly to see the impact of your training programme on your muscle mass.

ENDURAPREP

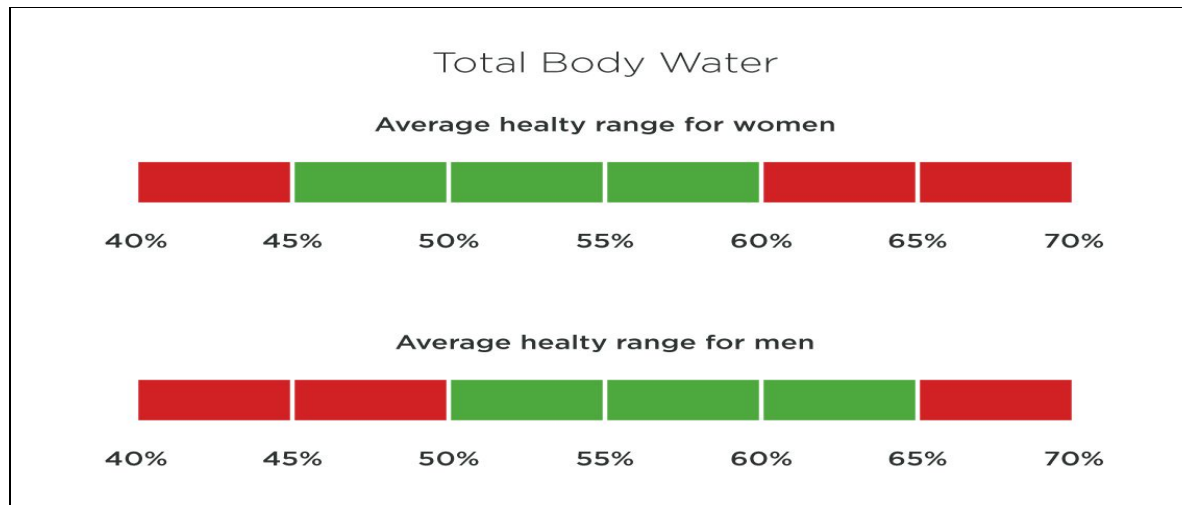
Total Body Water

Total Body Water is the total amount of fluid in the body expressed as a percentage of total weight.

Body water is an essential part of staying healthy. Over half the body consists of water. It regulates body temperature and helps eliminate waste. You lose water continuously through urine, sweat and breathing, so it's important to keep replacing it.

The amount of fluid needed every day varies from person to person and is affected by climatic conditions and how much physical activity you undertake. Being well hydrated helps concentration levels, sports performance and general wellbeing.

Experts recommend that you should drink at least two litres of fluid each day, preferably water or other low calorie drinks. If you are training, it's important to increase your fluid intake to ensure peak performance at all times.



Bone Mass

The predicted weight of bone mineral in your body.

While your bone mass is unlikely to undergo noticeable changes in the short term, it's important to maintain healthy bones by having a balanced diet rich in calcium and by doing plenty of weight-bearing exercise.

You should track your bone mass over time and look for any long term changes.

 Bone Mass	
Female Weight	
less than 50kg	Healthy BM weight 1.95kg
between 50kg - 75 kg	2.40kg
over 76 kg	2.95kg
Male Weight	
Less than 65kg	Healthy BM weight 2.65kg
between 65kg - 95kg	3.29kg
over 95kg	3.69kg

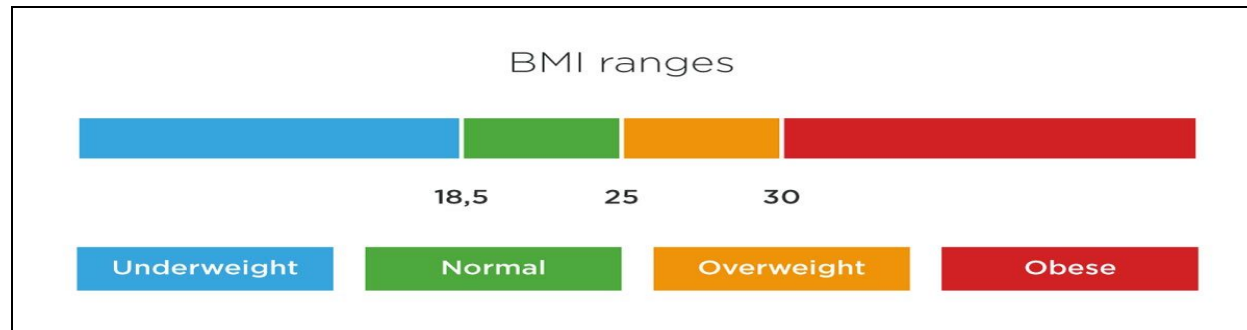
ENDURAPREP

Body Mass Index

A standardised ratio of weight to height, used as a general indicator of health.

Your BMI can be calculated by dividing your weight (in kilograms) by the square of your height (in meters).

BMI is a good general indicator for population studies but has serious limitation when assessing on an individual level.

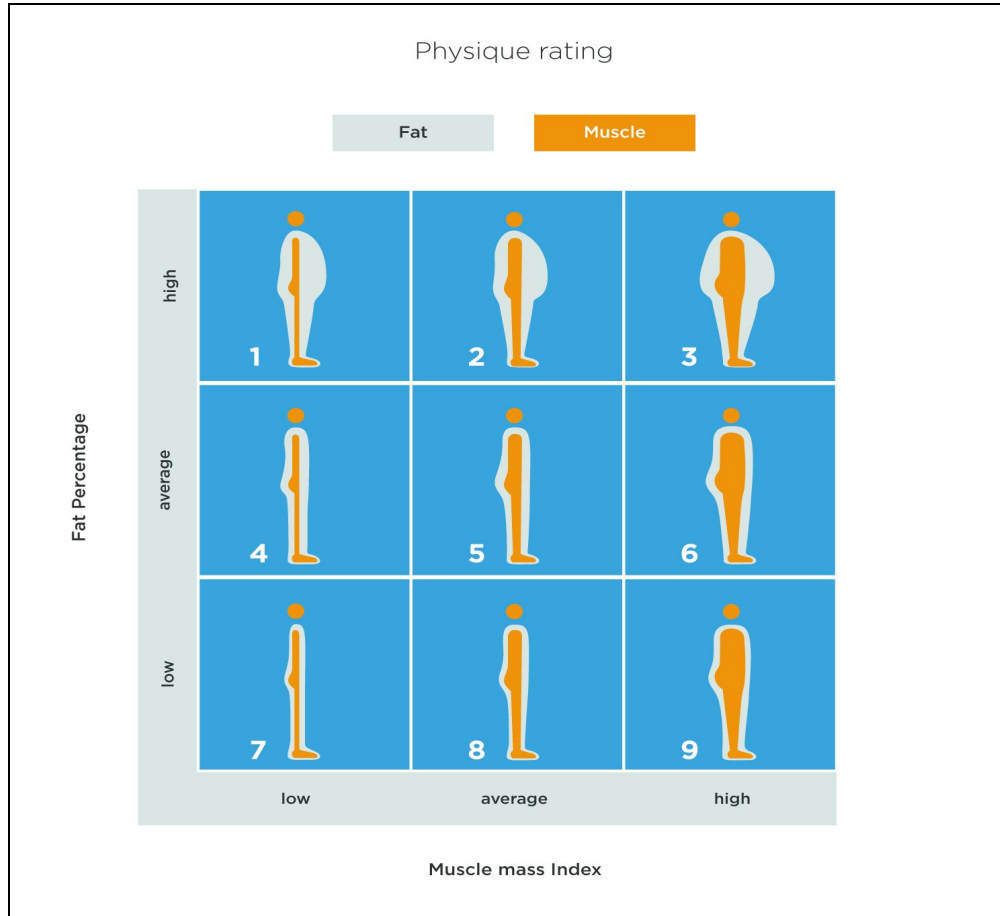


ENDURAPREP

Physique Rating

Assesses muscle and body fat levels and rates the result as one of nine body types.

As your activity level changes, the balance of body fat and muscle mass will gradually change, which in affects your overall physique. The physique rating which our Body Composition Monitors provide give you insight in what body type you currently have.



ENDURAPREP

Exercise Test Results

Date:	8/1/19			
Test Protocol:	6% Ramp Wattbike			
FTP Result:	271			
Weight (Kg):	89.3			
Power/Weight W/Kg:	3.03			
VO2 Max (ml/Kg/min):	45.7			
VO2 @ AT as % of VO2 Max	67.1			

ENDURAPREP

CardioCoach™
FITNESS ASSESSMENT

VO₂ Test Results



Cardio

Endurance

Fat Burning

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.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
190	Cardio Training Anaerobic	1335
180		1227
170		1119
160		1012
150	Anaerobic Threshold	904
140	Aerobic Threshold	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

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

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

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

Coach's Interpretation

Your target heart rate ➤

Recommend testing again by:

Stats

Age: 27
Gender: Male
Weight: 124.8 kg (257 lbs)
Height: 185 cm (6 ft 1 in)
MBI: 36.3
Test Type: Treadmill Test
Test ID: 3
SN: 10393

Name: _____
Date: _____
Coach: _____



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 Korrr 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.

ENDURAPREP

FREQUENTLY ASKED QUESTIONS

What is VO2 Anyway?

VO₂ simply stands for Volume of Oxygen. The CardioCoach measures the volume of oxygen your body consumed at the various intensity levels during your test. The higher the workload you perform, the more oxygen your body requires to metabolize the energy needed. Since there is a direct relationship between oxygen consumption (VO₂) and Calories burned, the CardioCoach can also determine how many Calories your body is burning at each intensity level.

Aerobic Threshold (AeT)?

At low intensity activities your heart and lungs can easily supply all of the oxygen your body demands. The intensity level beyond which your body cannot provide all the oxygen needed is your Aerobic Threshold. Above this level anaerobic energy pathways start to operate.

The greater your VO₂ at your Aerobic Threshold, the greater your quality of life. The more you can move - the more you can do!

Anaerobic Threshold (AT)?

At high levels of intensity your body does not have sufficient oxygen to meet energy demands. Your body then uses anaerobic (without oxygen) energy sources which produce lactic acid. When you exercise above your anaerobic threshold your breathing will increase rapidly. It will be difficult to maintain this intensity level for a long period of time.

FITNESS LEVEL RESULTS

The maximum rate of oxygen uptake (VO₂) is called "VO₂ Max". VO₂ Max is the Gold Standard method to measure fitness. Bottom line: a higher max = a higher ability to intensely exercise. For example, Lance Armstrong has a VO₂ Max of 83.8 ml/min/kg. To achieve a high VO₂ MAX, a person must have a fit heart and lungs and significant lean muscle mass that is well conditioned.

The CardioCoach test results show your "Peak" or Maximum Measured VO₂. If you performed to your maximum effort level then your Maximum Measured VO₂ is your VO₂ Max - the maximum amount of oxygen your body can consume per minute.

Fortunately, VO₂ Max has been well studied and we can compare your results to published values. If you pushed yourself near your maximum level, you can use the tables to rate your level of fitness.

MALE - VO₂ MAX Fitness Assessment Criteria: (mlO₂/kg/min)

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13-19	0-34.9	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	56.0+
20-29	0-32.9	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	52.5+
30-39	0-31.4	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	49.5+
40-49	0-30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.0-48.0	48.1+
50-59	0-26.0	26.1-30.9	31.0-35.7	35.0-40.9	41.0-45.3	45.4+
60+	0-20.4	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	44.3+

FEMALE - VO₂ MAX Fitness Assessment Criteria: (mlO₂/kg/min)

AGE	VERY POOR	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
13-19	0-24.9	25.0-30.9	31.0-34.9	35.0-38.9	39.0-41.9	42.0+
20-29	0-23.5	23.6-29.9	29.0-32.9	33.0-36.9	37.0-41.0	41.1+
30-39	0-22.7	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	40.1+
40-49	0-20.9	21.0-24.4	24.5-28.9	29.0-32.8	32.9-36.9	37.0+
50-59	0-20.1	20.2-22.7	22.8-26.9	27.0-31.4	31.5-35.7	35.8+
60+	0-17.4	17.5-20.1	20.2-24.4	24.5-28.2	28.3-32.4	31.9+

VO₂ MAX Tables - Data from Cooper, K. The Aerobics Way. New York, Bantam Books, Inc. 1982.

UNDERSTANDING YOUR WORKOUT ZONES

As you increased the intensity (workload) during your exercise test, your body responded differently at the various levels of exercise. Your body started out using aerobic energy sources and gradually converted over to anaerobic energy sources. These are different physiological "Zones" of your metabolism and are mostly driven by your heart and lung's ability to provide sufficient oxygen to your body.

The CardioCoach finds these physiological zones and uses your heart rate as a landmark as to where these critical metabolic changes occur. The CardioCoach simplifies the results as your Target Heart Rate Workout Zones.

Low Intensity Zone

In this zone your body is using completely aerobic energy sources. This is best for fat burning. Your heart and lungs easily provide the needed oxygen for your activity.

Fat Burning

Moderate Intensity Zone

As you increase intensity in this zone your body increases the amount of anaerobic energy needed. Your heart and lungs are more challenged to meet the oxygen demands, you can maintain this level for a long time before becoming fatigued.

Endurance

High Intensity Zone

In this zone your body is heavily relying on anaerobic energy sources. You will rapidly build an oxygen debt. You will not be able to maintain this level of exertion for long periods of time.

Cardio Training

Peak Intensity Zone

This is your highest intensity level - based on your peak heart rate measured during the test. Effort in this zone will be of a very short duration. For example, a sprint at the end of a run.

Cardio Training

Note: The upper end of the peak and high intensity zones are based off your peak results during the test. If a "sub-maximal" test was performed, the upper end of your High & Peak zones will be lower.

WHAT TO DO?

If you are working with a trainer or fitness coach, listen to them. Follow their advice without looking for shortcuts. This test provides them with valuable insight into your fitness requirements.

What Are Your Goals? Lose Weight / Burn Fat

Exercise plays an important role in reducing body fat. Research continues to show that long-duration, low-intensity exercise is best for burning fat. A minimum of 30 minutes 3 times per week is need to see results.

Even though higher intensity workouts burn more calories per minute, they can be counter productive for weight loss.

Increase Endurance

Your Anaerobic Threshold (AT) represents the maximum intensity level that you can maintain for an extended period of time. Exercising at your Anaerobic Threshold Heart Rate will increase your performance in endurance activities.

Cardio Training

Short 10 minute intervals of exercising in your High and Peak Intensity zones will aid in improving your cardiovascular fitness.

Coach's Interpretation: Your Target Zones

Workout	Target Heart Rate	Duration (Minutes)	Times/Week	Notes
Cardio				
Endurance				
Low Intensity Fat Burn				

Workout Plan

Workout	Zone/Workout	Duration (Minutes)	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Cardio Coach VO2 Test Results

Patient Information

Name:	[REDACTED]	Date Time:	January 08, 2019 06:11 pm
Gender:	Male	Trainer:	Lawrence Cronk
Age:	42	Test Type:	Cycle
Height:	72 in 183 cm	File Name:	
Weight:	196 lbs 88.9 kg		

Test Results

	Starting	AeT	AT	Peak
VO2 (ml O2/kg/min)	5.4	22.0	30.7	45.7
Heart Rate (bpm)	74	110	132	174
Calories Per Hour	139	565	817	1174
METS	1.5	6.3	8.8	13.1
Fitness Level	Excellent			

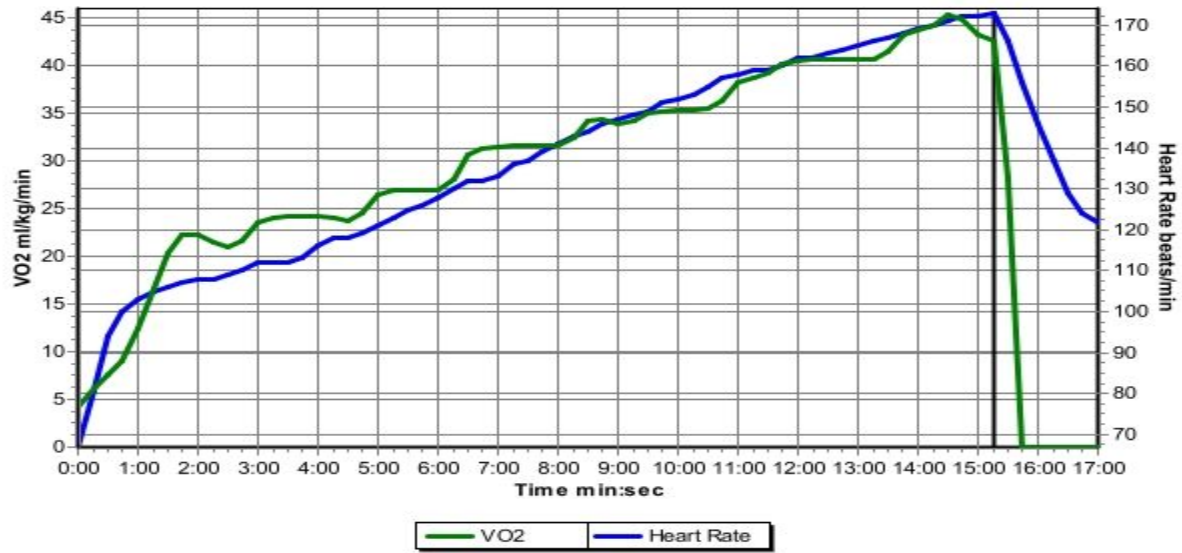
Recovery

	Peak	1 Minute	2 Minute
Heart Rate	174	149 (26%)	123 (52%)

ENDURAPREP

Plots

VO2 vs Time



Ve/VO2 vs Time

