

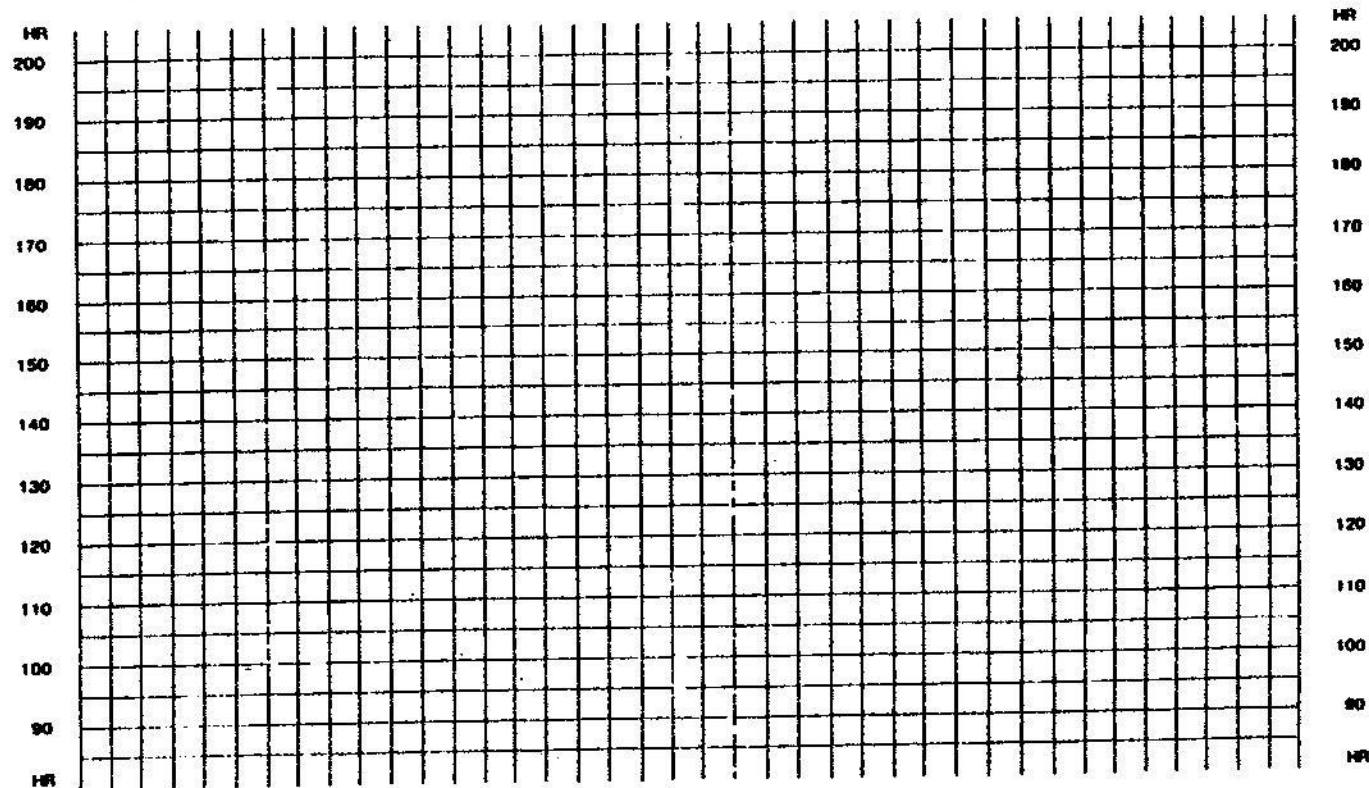
Y's WAY TO PHYSICAL FITNESS – TEST BATTERY
MAXIMUM PHYSICAL WORKING CAPACITY PREDICTION.

NAME _____ AGE _____ WEIGHT _____ LB. _____ KG SEAT HEIGHT _____

	DATE	1st WORKLOAD HR USED	2nd WORKLOAD HR USED	MAX. WORKLOAD	MAX O ₂ (L/min)	PREDICTED MAX. HR
TEST 1	_____	_____	_____	_____	_____	_____
TEST 2	_____	_____	_____	_____	_____	_____
TEST 3	_____	_____	_____	_____	_____	_____

DIRECTIONS *2nd, 3rd*

- Plot the HR of the 2 workloads versus the work (kgm/min).
- Determine the subject's max HR line by subtracting subject's age from 220 and draw a line across the graph at this value.
- Draw a line through both points and extend to the max HR line for age.
- Drop a line from this point to the baseline and read the predicted max. workload and O₂ uptake.



WORKLOAD (kgm/min)	150	300	450	600	750	900	1050	1200	1350	1500	1650	1800	1950	2100
MAX O ₂ UPTAKE (L/min)	0.8	0.9	1.2	1.5	1.8	2.1	2.4	2.8	3.2	3.5	3.8	4.2	4.8	5.0
KCAL USED (Kcal/ml)	3.0	4.5	6.0	7.5	9.0	10.5	12.0	14.0	16.0	17.5	19.0	21.0	23.0	25.0
APPROX. MET LEVEL (for 132 lbs.)	3.3	4.7	6.0	7.3	8.7	10.0	11.3	12.7	14.0	15.3	16.7	18.0	19.3	20.7
APPROX. MET LEVEL (for 176 lbs.)	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	13.0	14.0	15.0	16.0