



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 peak oxygen consumption, anaerobic threshold, and aerobic threshold are measured, your true Target Workout Zones can be found.

These Target Zones become powerful when you apply them to your own workout. KORR has developed an app to allow you to utilize and track your results. With it, you can apply your unique workout zones to workouts specifically designed to improve fitness and reduce fat. Or you and your trainer can create your own custom workout. Receive real-time feedback as you exercise, monitor your fuel sources, and track your energy balance throughout the day. The CardioCoach VO₂ Max app can turn your VO₂ test results into REAL results!

CALORIES BURNED

Your VO₂ test measured precisely how many calories you burn during exercise. The chart below shows your calories burned at each heart rate and how it correlates to your general training zones. To monitor caloric burn while you exercise, upload your VO₂ data to the KORR app to accurately track your personal results each time you exercise.

HEART RATE	EXERCISE ZONE	CALORIES PER HOUR
180	Cardio Training (Anaerobic)	1215
170	Anaerobic Threshold	1093
160		988
150		898
140		808
130		719
120		629
110	Aerobic Threshold	516
100		366
90	Fat-Burning (Aerobic)	217
80		143

*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	Moderate Zone	High Zone	Peak Zone
HR: 85-114	HR: 114-162	HR: 162-178	HR: 178-183
C/Hr: 143-576	C/Hr: 576-1002	C/Hr: 1002-1190	C/Hr: 1190-1252
LOW	MODERATE	HIGH	PEAK

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

RECOVERY HEART RATE

	Peak	1 Minute	2 Minutes
Heart Rate	183	172 (12%)	153 (31%)

CARDIO STRENGTH

	Start	AeT	AT	Peak
VO ₂ (ml O ₂ /kg/min)	6.8	26.5	45.8	56.7
Heart Rate (bpm)	85	114	162	183
Calories Per Hour	143	576	1002	1252
Fitness Level	Superior			

AeT = Aerobic Threshold, AT = Anaerobic Threshold

INTERPRETATION

Your target heart rate

Recommend testing again by:

Age:	54
Gender:	Male
Weight:	73.0 kg (161 lbs)
Height:	180 cm (5 ft 11 in)
BMI:	22.5
Test Type:	Other
Test ID:	13
SN:	15924

NAME:
DATE: August 21, 2019 12:27 pm
COACH:

FITNESS LEVEL

Age	VERY LOW	LOW	FAIR	GOOD	EXCELLENT	SUPERIOR
50-59	<26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	>45.3*

*Note that VO₂ Max Fitness levels are based on VO₂ Max. If client stopped the test before a true maximum effort, the "Fitness Level" may be lower than expected.