

METABOLIC EFFICIENCY TEST

Name Ann Aerobic

Date of Test 9/1/14

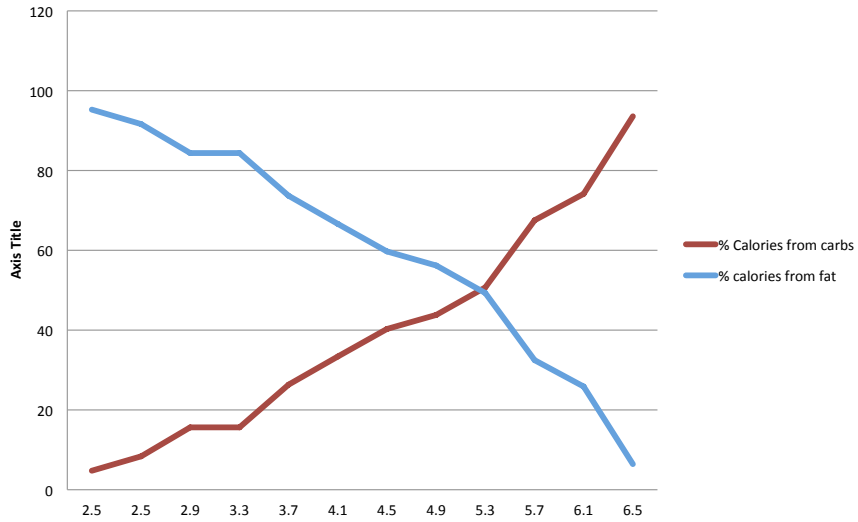


Silver Sage

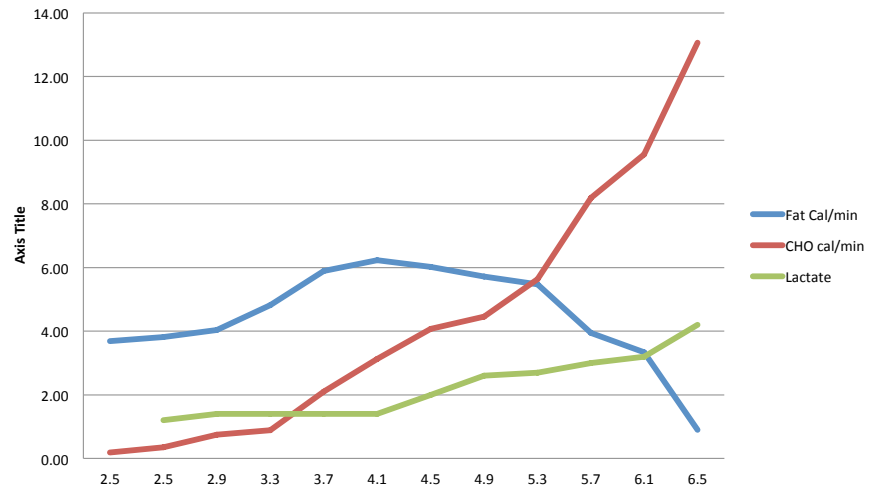
SPORTS AND FITNESS LAB

Stage	HR	Speed	RQ	Lactate	REE	conversion	% calories from fat	% Calories from CHO	Fat Cal/min	CHO cal/min
1	91	2.5	0.72		5575	4.76	95.24	4.76	3.69	0.18
2	90	2.5	0.73	1.2	5989	8.4	91.6	8.4	3.81	0.35
3	92	2.9	0.75	1.4	6877	15.6	84.4	15.6	4.03	0.75
4	98	3.3	0.75	1.4	8228	15.6	84.4	15.6	4.82	0.89
5	108	3.7	0.78	1.4	11506	26.3	73.7	26.3	5.89	2.10
6	119	4.1	0.8	1.4	13480	33.4	66.6	33.4	6.23	3.13
7	122	4.5	0.82	2	14531	40.3	59.7	40.3	6.02	4.07
8	123	4.9	0.83	2.6	14650	43.8	56.2	43.8	5.72	4.46
9	128	5.3	0.85	2.7	15991	50.7	49.3	50.7	5.47	5.63
10	134	5.7	0.9	3	17474	67.5	32.5	67.5	3.94	8.19
11	143	6.1	0.92	3.2	18560	74.1	25.9	74.1	3.34	9.55
12	148	6.5	0.98	4.2	20104	93.6	6.4	93.6	0.89	13.07

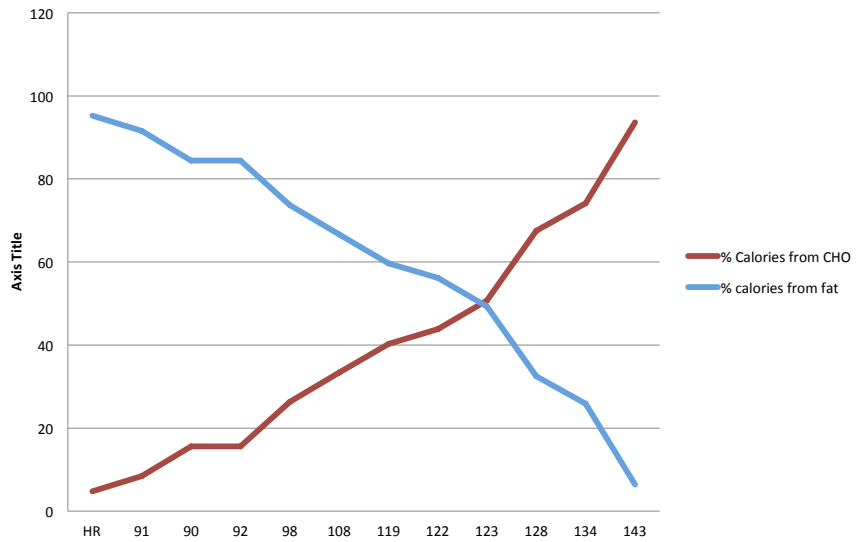
Fat/CHO percentage utilization by Speed



Fat/CHO utilization per min by Speed



Fat/CHO percentage utilizaton by HR



Fat/CHO utilization per min by HR

