



PAGE 2:

VO2 MAX CAPACITY & EXERCISE CALORIES

The second page of *Insider Training's Metabolic Profile* begins with an explanation of oxygen capacity. There are seven (7) VO2 categories. The categories include: ***Excellent, Good, Above Average, Average, Below Average, Poor, and Very Poor.*** The VO2 classification is aged-based and has six-age categories including: ***18-25 year olds, 26-35 year olds, 36-45 year olds, 46-55 year olds, 56-65 year olds, and 65+ years old.*** At the bottom of page two (2) are recommended *Heart Rate Training Zones* from ranges 50%-100% are reported. In addition to heart rate ranges, detailed caloric expenditure data is available at each heart rate zone, including caloric expenditure amounts for sample thirty (30) and sixty (60) minute training sessions.



"THE MOST CONVENIENT WAY TO GET INTO SHAPE"