

**COSMED**

37, Via dei Piani di Monte Savello  
I-00041 Rome ITALY (www.cosmed.com)

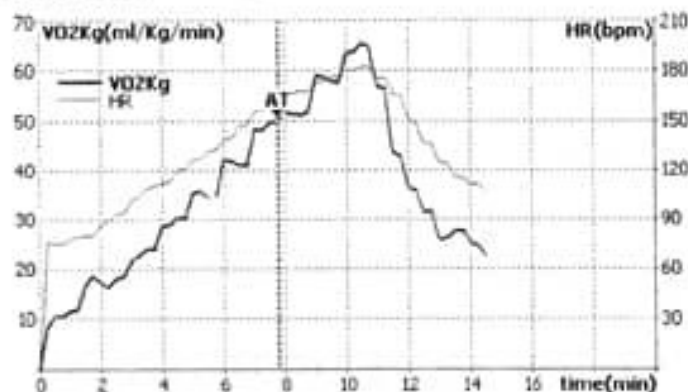
Last Name: DEMO  
First Name: FITMATE  
ID: 00001 Date(dd-mm-yyyy): 05/07/2008  
Test conducted by: Gender: Male  
Height(cm): 184 Weight(Kg): 69.3  
Age: 32 BMI(Kg/m<sup>2</sup>): 20.4

Header of the report can be customized with your Center information. Immediately after the header all the subject information is displayed (age, weight, height).

**Cardio Respiratory Fitness**

Test type: Maximal  
Ergometer: Other-not interfaced  
Exercise protocol: None

The graph shows relationship between VO<sub>2</sub>/kg and heart rate plotted against time.



t	VO2Kg	Ve	Rf	HR	FeO2	Load	EE
mm:ss	ml/Kg/min	l/min	l/min	bpm	%	Watt	kcal/h
Peak value							
10:30	65.5	152.5	57.0	182	16.96	0	1362
Measured Anaerobic Threshold							
07:45	50.1	109.0	37.0	162	16.78	0	1041

Gas Exchange Data (VO<sub>2</sub>, VE, HR, etc) can be shown at peak average, or each 30 secs interval

**VO2 (ml/Kg/min)**

Rank: 100%	65.5				
Very Poor	Poor	Fair	Good	Excellent	Superior
<35.3	35.3-39.9	39.9-42.4	42.4-46.8	46.8-52.5	>52.5

Classification of VO<sub>2</sub>max based on peak VO<sub>2</sub> and anaerobic threshold (ACSM, Weber et al.)

**Functional Capacity (METs): 19**

**TRAINING ZONES (HR)**

	Fat Burn.	Endurance	Thresh.*	Race Pace	VO2max	Supramax
HR (bpm)	106 - 130	131 - 153	154 - 163	165 - 178	179 - 182	
Load (W)	115-185	190-255	260-285	290-330	335-370	370-390
%VO2	35-53	54-71	72-79	80-90	91-100	101-105
EE(Kcal/h)	640	880				

\* Measured Anaerobic Threshold = 76% VO<sub>2</sub>Max, 89% HRMax

6 Individual HR Training Zones based on the relationship between VO<sub>2</sub> and heart rate. They represent the intensity of cardiovascular exercise to which the patient should train in order to achieve his goal (Fat Burning, Endurance, etc.)

These statements are not intended to be used to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight loss or fitness program.

**COSMED**  
37, Via dei Piani di Monte Savello  
I-00041 Rome ITALY (www.cosmed.com)

Last Name: DEMO  
First Name: FITMATE  
ID: 00001 Date(dd-mm-yyyy): 28/04/2009  
Test conducted by: Gender: Male  
Height(cm): 157 Weight(Kg): 66.5  
Age: 33 BMI(Kg/m<sup>2</sup>): 35.0

---

**Cardio Respiratory Fitness**

Test type: Submaximal  
Ergometer: Other-not interfaced  
Exercise protocol: Bike-Pump 25W/min  
HRmax (bpm): 187

t	VO2Kg	Ve	Rf	HR	FeO2	Load	EE
mm:ss	ml/Kg/min	l/min	l/min	bpm	%	Watt	kcal/h
06:30	34.2	80.8	33.0	140	16.14	111	887

**VO2 (ml/Kg/min)**  
Rank: 91%  
50.4

Very Poor	Poor	Fair	Good	Excellent	Superior
<35.3	35.3-38.9	38.9-42.4	42.4-46.8	46.8-52.5	>52.5

**Functional Capacity (METS): 14**

**TRAINING ZONES (HR)**

	Fat Burn.	Endurance	Thresh.	VO2max
HR (bpm)	108 - 125	128 - 156	158 - 174	176 - 187
Load (W)	100-155	160-250	250-305	310-340
%VO2	35-50	51-75	76-90	91-100
EE(Kcal/h)	610	860		

None of statements are not intended to be used to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight loss or fitness program.

Header of the report can be customized with your Health Club or Clinics information. Immediately after the header all the subject information is displayed (age, weight, height).

In this section the chosen ergometer and test protocol are shown.

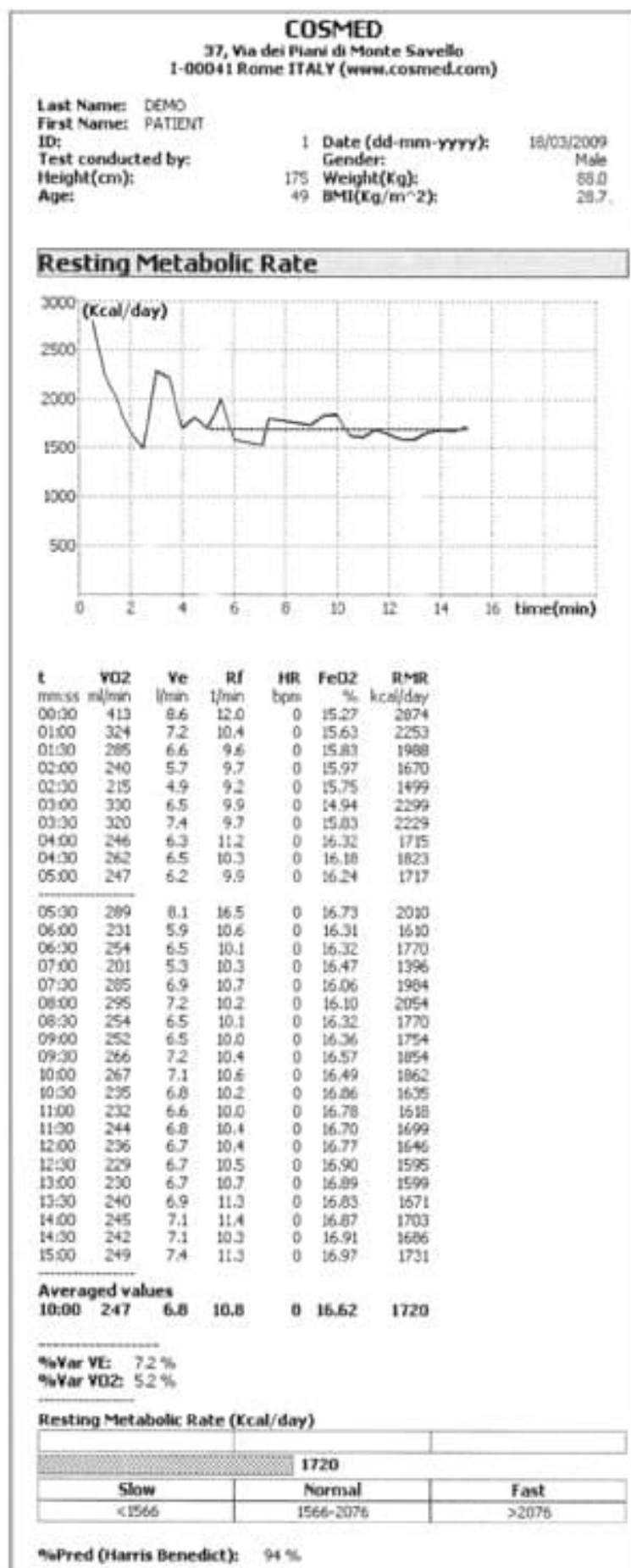
Cardio Respiratory Fitness (VO<sub>2</sub>max) with sub-maximal protocol is obtained extrapolating the relationship between VO<sub>2</sub>/Kg and Heart Rate.  
The graph shows values obtained during the sub-max exercise and linear regression until the predicted VO<sub>2</sub>max value.  
The data printout report shows the following parameters (according to the measured VO<sub>2</sub>/kg peak value):

- t = time
- VO<sub>2</sub>kg = oxygen consumption in ml/kg/min
- VE = ventilation (l/min)
- Rf = respiratory frequency (l/min)
- HR = heart rate (beats per minute)
- FeO<sub>2</sub> = O<sub>2</sub> concentration during expiration

Results are compared to theoretical values published by the American College of Sports Medicine (ACSM) that change according to subject's age, sex, weight and height.

Training zones are based on percentage of measured VO<sub>2</sub>max. These zones are shown either as heart rate range and exercise parameter values.  
They represent the intensity of cardiovascular exercise to which the patient should train in order to achieve his goal (Fat Burning, Endurance, etc.)

## Real size example of Resting Metabolic Rate report printed through thermal printer



Header of the report can be customized with your Practice/Studio/Health Center information. Immediately after the header all the subject information is displayed (age, weight, height).

Graphical representation of the RMR test

The initial part of the Test will be discarded for the final evaluation of the RMR

This area shows all the data measured during RMR test execution:

t = time  
VO2 = oxygen consumption in ml/min  
VE = ventilation (l/min)  
Rf = respiratory frequency (l/min)  
HR = heart rate (beats per minute)  
FeO2 = O2 concentration during expiration  
RMR = Resting Metabolic Rate

The final summary gives you information about averaged values, Resting Metabolic Rate and the comparison with predicted values.

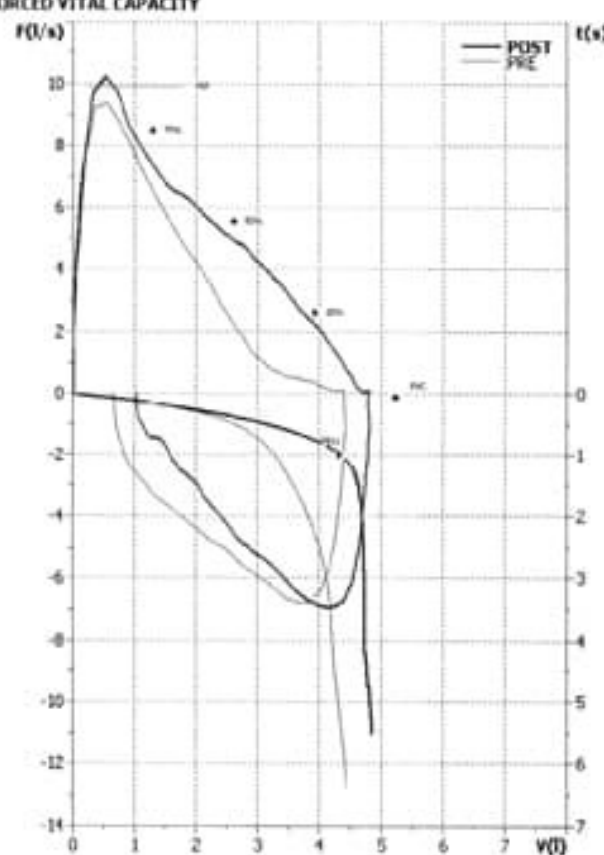
**COSMED**  
37, Via dei Piani di Monte Savello  
I-00040 Rome ITALY (www.cosmed.it)

Last Name: MAURIZIO  
First Name: BARENSON  
Company:

ID: 00000 Date (mm-dd-yyyy): 06/27/2007  
User: Gender: Male  
Height (cm): 180 Weight (Kg): 70  
Age: 30 BMI (Kg/m<sup>2</sup>): 21.6  
Ethnic: Caucasian

Flowmeter calibration: 01/01/04  
Gain Exp: 1000 Gain In: 1000 BTPS: 1.2067

**FORCED VITAL CAPACITY**



The graph displays flow (l/s) on the y-axis (ranging from -14 to 10) and volume (l) on the x-axis (ranging from 0 to 7). Two curves are shown: a solid line for 'POST' and a dashed line for 'PRE'. The 'POST' curve shows a higher peak flow and a larger volume loop compared to the 'PRE' curve, indicating improved lung function after the challenge.

Parameter	UM	PRE	Pred	%Pred	POST	%PRE
BestFVC	l	4.45	5.25	85	<b>4.84</b>	109
BestFEV1	l	3.27	4.38	75	<b>4.36</b>	130
BestPEF	l/s	9.45	9.91	95	<b>10.31</b>	109
FVC	l	4.45	5.25	85	<b>4.84</b>	109
FEV1	l	3.27	4.38	75	<b>4.36</b>	130
FEV6	l	4.40	5.55	79		
PEF	l/s	9.45	9.91	95	<b>10.31</b>	109
MEF75%	l/s	7.23	8.49	85	<b>7.55</b>	104
MEF50%	l/s	3.63	5.54	65	<b>5.29</b>	146
MEF25%	l/s	0.72	2.58	28	<b>2.88</b>	401
FEF25-75%	l/s	2.30	4.90	47	<b>4.93</b>	214
FET100%	s	6.39			<b>5.52</b>	86
VEVT	ml	46			<b>57</b>	124
FEV1/FVC%	%	73	81	90	<b>89</b>	122
FEV1/FEV6%	%	74	83	89		
LungAge	yrs	61			<b>27</b>	44

Predicted values: ERS93

Notes:

Signature: \_\_\_\_\_

Header of the report can be customized with your Center information. Immediately after the header all the subject information is displayed (age, weight, height).

Flow/volume loop and volume vs time are graphically presented allowing easy comparison of measured and predicted values (PEF; FEF 75%; FEF 50%; FEF 25%; FVC)

The pre and post responses to bronchial challenge test are shown in the same graph, making immediately visible the patient's reaction to the inhalation of specific stimulants.

The new option of printing 3 maneuvers of a single FVC test, overlapped in the same graph, in accordance with the latest 2005 ERS-ATS standards, helps physicians controlling the reproducibility criteria.

Numerical presentation of measured versus predicted values and percent of variation.

Numerical comparison of both pre and post response to bronchial challenge protocol.

The possibility of editing notes, having them printed together with the automatic or personalized diagnosis and applying the signature, makes the report complete and ready to be given to the patient.

Last Name: DEMO

Age: 32

Membership #: 00001

First Name: FITMATE

Height (cm): 193,00

Report Date: 05/07/2008

Gender: Male

Weight (Kg): 61,0

Personal Trainer:

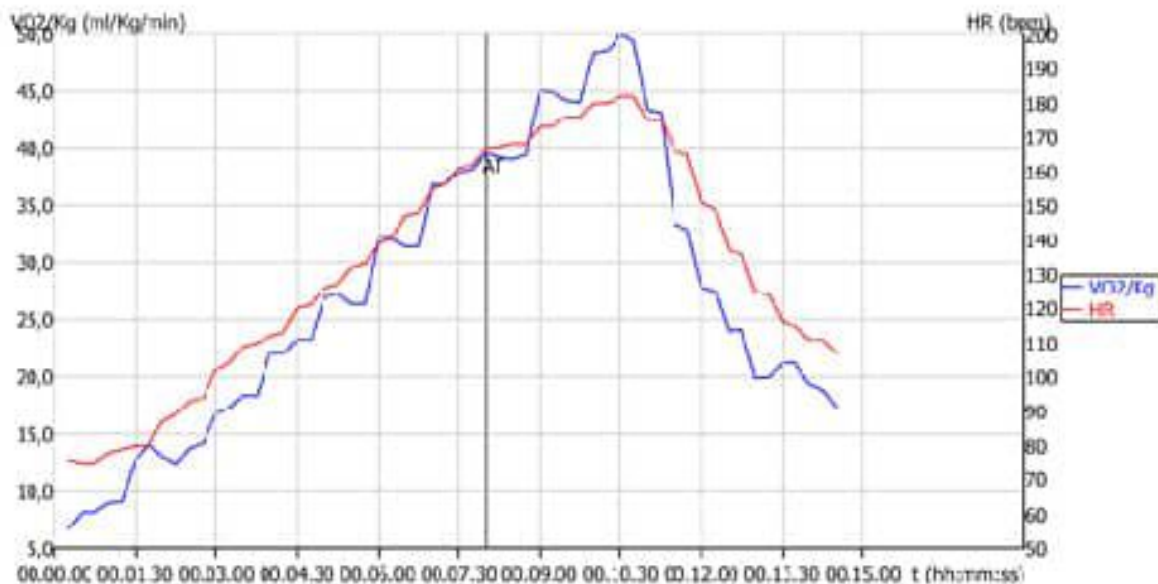
## Cardio-respiratory Fitness

<b>Cardio-respiratory Fitness (ml/Kg/min)</b>	49,9
<b>Calculation method</b>	Measured
<b>Functional Capacity (METS)</b>	14,3

## Cardio-respiratory Fitness (ml/Kg/min)

Rank: 89%	Measured				
<b>49,9</b>					
Very Poor	Poor	Fair	Good	Excellent	Superior
< 35,4	35,4 - 38,9	38,9 - 42,4	42,4 - 46,8	46,8 - 52,5	> 52,5

The highest value of oxygen consumption of which a person is capable. Also called maximal aerobic power, provides information concerning the level of endurance training. High VO2 max values minimize CVD risks.



## Summary

t	VO2/Kg	VE	Rf	HR	FeO2	Load	EE
hh:mm:ss	ml/Kg/min	l/min	b/min	bpm	%	watt	Kca/hour
<b>Peak Values</b>							
00:10:30	49,9	152,5	57	182	16,96	0	1363
<b>Anaerobic Threshold</b>							
00:08:00	39,6	118,6	40	167	16,93	0	1080

## Training Zones

### Fat Burning (35-49% VO2max)

HR (bpm)	108-126
Load (watt)	105-160
Speed (kmh)	5-7
EE (Kcal/hour)	630

### Endurance (50-74% VO2max)

HR (bpm)	127-158
Load (watt)	165-255
Speed (kmh)	7-10
EE (Kcal/hour)	880

### Threshold \* (75-83% VO2max)

HR (bpm)	159-170
Load (watt)	260-290
Speed (kmh)	10-12

### VO2max (84-100% VO2max)

HR (bpm)	171-182
Load (watt)	295-355
Speed (kmh)	12-14

\* Anaerobic Threshold = 79% VO2max, 91% HRmax

Last Name: **BOND**  
 First Name: **James**  
 Gender: **Male**

Age: **37**  
 Height (cm): **187,00**  
 Weight (Kg): **80,0**

Membership #: **29/07/2010**  
 Report Date: **29/07/2010**  
 Test Conducted by:

## Personal Weight Management

My Body

### Rest Metabolic Rate (Kcal/day)

<b>1806</b>		
Slow	Normal	Fast
< 1593	1593 - 2112	> 2112

RMR (Resting Metabolic Rate) is the daily amount of calories burned to maintain vital body functions.

### Body Composition (FAT%) (%)

Rank: 31%					
<b>22,0</b>					
Superior	Excellent	Good	Fair	Poor	Very Poor
< :0,0	10,0 - 13,9	13,9 - 17,5	17,5 - 20,5	20,5 - 24,2	> 24,2

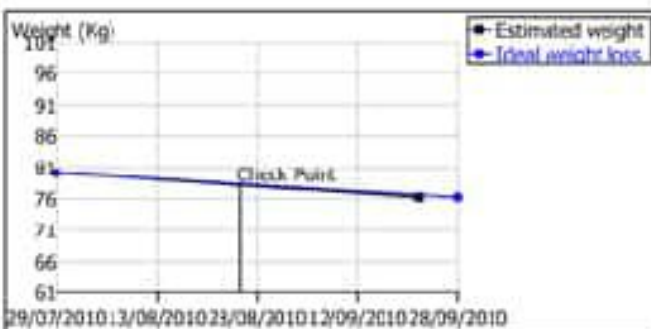
Fat% is the percentage of fat over the whole body mass.

### Body Mass Index (Kg/m<sup>2</sup>)

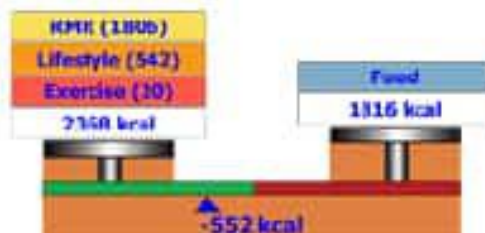
<b>22,9</b>					
Under w.	Normal	Over w.	Obesity I	Obesity II	Obesity III
< :10,5	10,5 - 25,0	25,0 - 30,0	30,0 - 35,0	35,0 - 40,0	> 40,0

Body Mass Index (BMI) is calculated by dividing the body weight in kilograms by height in squared meters. Obesity-related problems may occurs when BMI is over 25 Kg/m<sup>2</sup>.

Program



Next check: 4 weeks Target weight (Kg): **76,1**  
 Estimated time to target (weeks): **7**



Weekly Planner

### Lifestyle

Physical Activity Level: Sedentary

### Exercise

Sessions per week: 2  
 Duration (minutes): 15  
 Activity: Walking  
 Speed(kmh): 5  
 Incline (%): 0

### Recommended Daily Caloric Intake

Recommended Daily Caloric Intake (kcal/day): 1816  
 Daily Caloric Balance (kcal/day): -552

Remember

- Follow your exercise plan, as described in the "Weekly Planner"
- Eat 1816 kcal/day; no more, NO LESS!
- See you on 26/08/2010

Last Name: **DEMO**  
 First Name: **FITMATE**  
 Gender: **Male**

Age: **42**  
 Height (cm): **184,00**  
 Weight (Kg): **69,3**

Membership #: **00001**  
 Report Date: **06/07/2008**  
 Personal Trainer:

**Activity Monitor**

Days: **65**  
 Partial Days: **G (marked as \*)**  
 Recorded Period: **06/04/2009 - 09/06/2009**  
 Selected Period: **28/05/2009 - 03/06/2009**  
 Selected Days: **7**

	Daily Avg	Daily Target	Total
Total Energy Expenditure (Kcal)	2118		
Activity Time (min)	17	30	125
Activity Energy Expenditure (Kcal)	313	350	
Steps (#)	10195		71370
Distance (km)	7,8		54,5
Intensity Level Very Light (hh:mm)	12.43		89.04
Intensity Level Light (hh:mm)	00.24		02.54
Intensity Level Moderate (hh:mm)	00.03		00.21
Intensity Level Heavy (hh:mm)	00.02		00.17
Functional Capacity (METS)	1,9		

