COSMED
cardiometabolic company

COSMED
Via dei Piani di Monte Savello, 37 - 00041 Albano Laziale - Rome
http://www.cosmed.com

Test date: 19/02/2015
Report date: 04/08/2015

Name	ID	Gender	Age	Weight (kg)	Height (cm)
SUBJECT DEMO	--	Female	67	52.0	160

Company	D.O.B.	SSN	BMI (kg/m^2)	Smoke	Years	Cig/Day
COSMED	04/03/1947	--	20.3	No	--	--

Occupation	Technician	Physician
demo subject	Mr.Q	Dr. House

Ethnic	Room	Set
Caucasian	CPET	Wasserman (Exercise Testing (Clinical)(

Exercise (SP Panel) @ 15:01

Test Information

Test Duration:	15:03	Max Effort Confirmed:	No	PB (mmHg):	768
Exercise Duration:	09:24	Reason for test:	Exercise Capacity	RH_amb (%):	36
Subject Type:	Clinical	Reason for stopping test:	Leg fatigue	RH_Flow (%):	100
Test type:	Maximal	Test Purpose:	Educational	Flowm. Temp. (°C):	34.0
Test Position:	Sitting	ECG Response:	Normal	BTPS Eq: (—):	1.030
Ergometer:	Ergoline900	Flowmeter:	Turbine 28mm	BTPS Ins (—):	1.100
Protocol Name:	None	Amb. Temp. (°C):	24.0	S*PD (—):	0.8354

Interpretation

At peak of exercise respiratory exchange ratio is 1.13, heart rate is 110% of predicted. Subject did not achieve maximal effort.
Maximum oxygen uptake is 1723 mL/min (152% of the predicted value) indicating a normal Aerobic Exercise Capacity.
Anaerobic threshold has been identified at 1304mL/min and at 115% of the VO2max predicted (76% of measured VO2max), which is normal.
VE/VCO2 slope is 20.3 and VE/VCO2@AT is 23.7, which are both within normal range. This indicates a normal ventilatory efficiency.
Breathing Reserve at peak exercise is 38.8%, which is normal. This indicates an absence of exercise ventilatory limitation.
Heart rate reserve is 2 bpm, which is normal.
Heart rate recovery after 1 minute is 36 bpm, which is normal.
VO2/WR slope is 10.00 mL/min/Watt. This indicates a normal aerobic work efficiency.
Oxygen pulse at peak exercise is 10.3 mL/beat, corresponding to 138% of predicted which is normal.
SpO2 during exercise did not significantly decrease.
Exercise ECG response is normal.

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Protocol		Meas.	Rest	Warm Up	AT	FC	Max	Normal	Class
t	s				09:56	11:20	12:25		
Power	Watt			0	104	125	142	---	
Revolution	RPM			59	57	61	54		
Metabolic		**Meas.**	**Rest**	**Warm Up**	**AT**	**FC**	**Max**	**Normal**	**Class**
VO2	mL/min		456	439	1304	1468	1723	> 951	Normal
VO2/Kg	mL/min/Kg		8.8	8.4	25.1	28.2	33.1	> 18.3	Normal
METS	---		2.5	2.4	7.2	8.1	9.5	> 5.2	Normal
R	---		0.82	0.86	0.99	1.10	1.13	> 1.10	Maximal
Ventilatory		**Meas.**	**Rest**	**Warm Up**	**AT**	**FC**	**Max**	**Normal**	**Class**
VE/VCO2 slope	---	20.3						< 33.2	Normal
OUES	ml/min/l/min	2009						> 1400	
VE	L/min		11.7	12.0	30.5	43.1	53.7		
BR	%				65.2	54.3	38.8	> 15.0	Normal
Cardiovascular		**Meas.**	**Rest**	**Warm Up**	**AT**	**FC**	**Max**	**Normal**	**Class**
HR	bpm		85	83	152	161	168	> 138	Normal
HRR	bpm	2						< 15	Normal
HRR_1_minute	bpm	36						> 12	Normal
VO2/WR Slope	mL/min/Watt	10.08						> 8.40	Normal, Continual Rise
VO2/HR	mL/beat		5.3	5.3	8.6	9.1	10.3	> 5.5	Normal, Continual Rise Throughout Exercise
Gas Exchange		**Meas.**	**Rest**	**Warm Up**	**AT**	**FC**	**Max**	**Normal**	**Class**
VO2@AT	mL/min	1304						> 454	Normal
PetCO2	mmHg		38	37	46	44	40		
VE/VCO2	---				23.7	24.9	28.6	< 34.0	Normal

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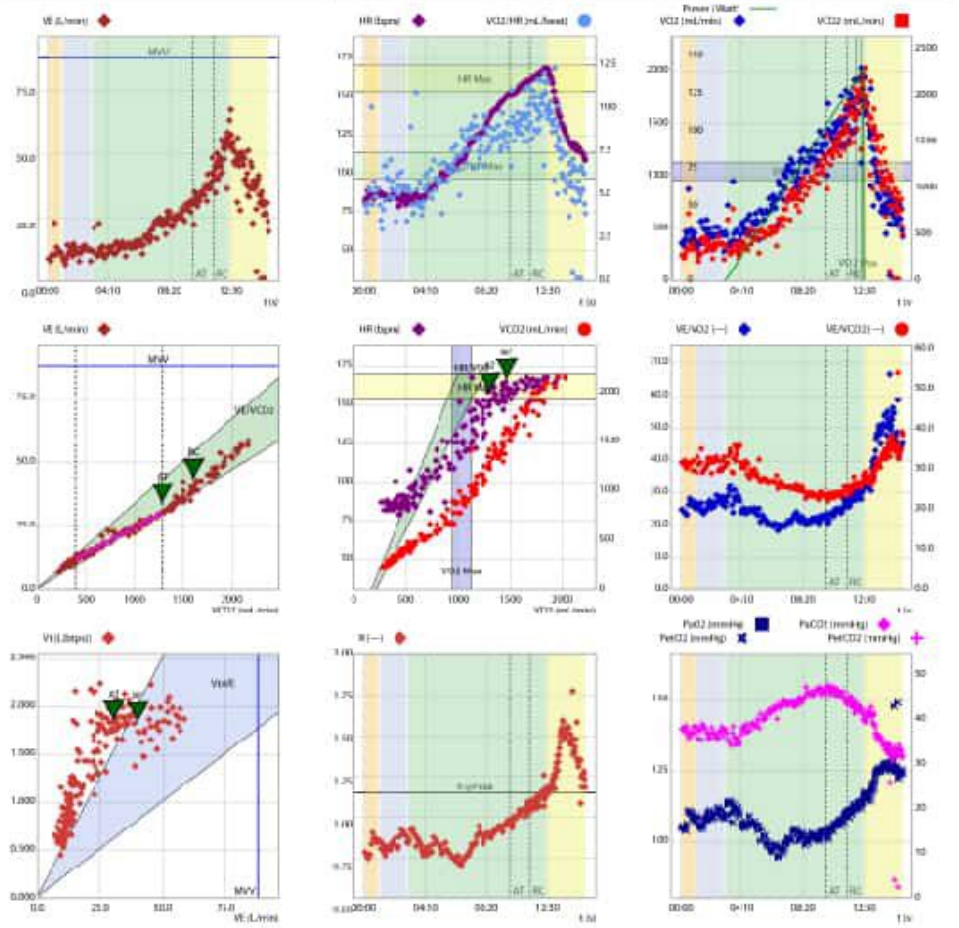
SUBJECT DEMO	--	Female	67	52.0	160

D.O.B.	Set
04/03/1947	Wasserman (Exercise Testing (Clinical))



t h:mm:ss	VO2/Kg mL/min/Kg	VO2 mL/min	VCO2 mL/min	R —	VE L/min	Rf 1/min	Vt L(btps)	VO2/HR mL/beat	VE/VO2 —	VE/VCO2 —	PetO2 mmHg	PetCO2 mmHg	SpO2 %	Power Watt	HR bpm	Phase —
00:03	7.1	359	289	0.78	9.2	13.1	0.698	4.2	24.9	31.7	105	38	97	0	82	Rest
00:08	7.1	359	287	0.78	9.1	11.2	0.812	4.4	24.5	31.5	106	38	97	0	84	Rest
00:13	6.3	319	258	0.76	8.2	13.7	0.600	4.0	24.3	31.9	105	38	97	0	84	Rest
00:16	7.7	432	300	0.75	9.7	16.1	0.602	4.5	24.1	32.2	105	38	97	0	92	Rest
00:20	9.2	476	363	0.76	11.1	14.6	0.764	5.4	23.4	30.6	104	39	97	0	88	Rest
00:24	8.7	434	348	0.77	10.6	16.2	0.652	5.1	23.3	30.3	106	37	97	0	85	Rest
00:30	16.8	830	724	0.82	22.1	10.7	2.168	10.1	26.3	31.5	111	36	98	0	87	Rest
00:35	7.3	380	343	0.90	10.7	11.3	0.948	4.3	28.2	31.3	110	37	98	0	85	Rest
00:39	9.4	491	425	0.87	13.5	15.5	0.870	5.8	27.5	31.8	111	37	98	0	89	Rest
00:43	7.9	412	355	0.86	11.3	13.9	0.810	4.9	27.5	31.9	110	37	98	0	84	Rest
00:48	9.0	468	407	0.87	12.1	12.0	1.013	5.4	25.9	29.8	108	39	98	0	85	Rest
00:52	8.1	422	356	0.84	11.5	14.5	0.789	4.5	27.2	32.2	109	37	98	0	85	Rest
00:57	8.9	463	393	0.85	11.7	13.3	0.883	5.4	25.3	29.8	108	39	98	0	85	Rest
01:04	7.4	382	327	0.86	9.5	8.3	1.159	4.4	25.1	29.4	107	39	98	0	85	Warmup
01:08	6.1	315	258	0.81	8.3	14.6	0.578	3.4	26.7	33.3	109	36	98	0	84	Warmup
01:14	5.1	264	221	0.84	6.3	10.5	0.659	3.0	26.2	31.3	106	38	98	0	87	Warmup
01:18	6.9	350	285	0.79	9.3	14.2	0.634	4.2	25.0	31.6	105	38	98	0	85	Warmup
01:22	11.1	577	453	0.79	14.4	17.3	0.823	6.3	25.0	31.8	105	38	98	0	90	Warmup

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Test date: 02/04/2015
Report date: 03/08/2015

Name	ID	Gender	Age	Weight (kg)	Height (cm)
SUBJECT DEMO	--	Male	68	97.0	195

Company	D.O.B.	ISN	BMI kg/m^2	Smoke	Years	Cig/Day
COSMED	04/03/1947	--	25.5	No	--	--

Occupation	Technician	Physician
demo subject	Mr.Q	Dr. House

Ethnic	Room	Set
Caucasian	--	Harris Benedict (Resting Metabolism)

Canopy (Results) @09:10

Test Information

Test Duration:	15:50	Amb. Temp. (°C):	20.0	BTPS Exp (---):	1.119
Rest Duration:	09:40	PB (mmHg):	705	BTPS Ins (---):	1.119
Test Position:	Supine	RH_amb (%):	50	STPD (---):	0.7524
Protocol Name:	None	RH_Flow (%):	50		
Flowmeter:	Turbine 18mm	Flowm. Temp. (°C):	20.0		

RMR kcal/day: 2227 (Slow / Low / Normal / High / Fast)

Interpretation

Confirm Report **Signature:** _____

Metabolic		Meas.	Pred	%CV	Class
RMR	kcal/day	2227	1917	4.1	Fast
R	---	0.82	0.85	1.7	
VO2	mL/min	322	340	4.2	
VCO2	mL/min	265	289	4	

Ventilatory		Meas.	%CV
VE	L/min	40.6	0.2
FeO2	%	19.33	0.2
FeCO2	%	0.89	3.8

Substrates		Meas.
FAT%	%	60.6
CHO%	%	39.4
PRO%	%	0.0