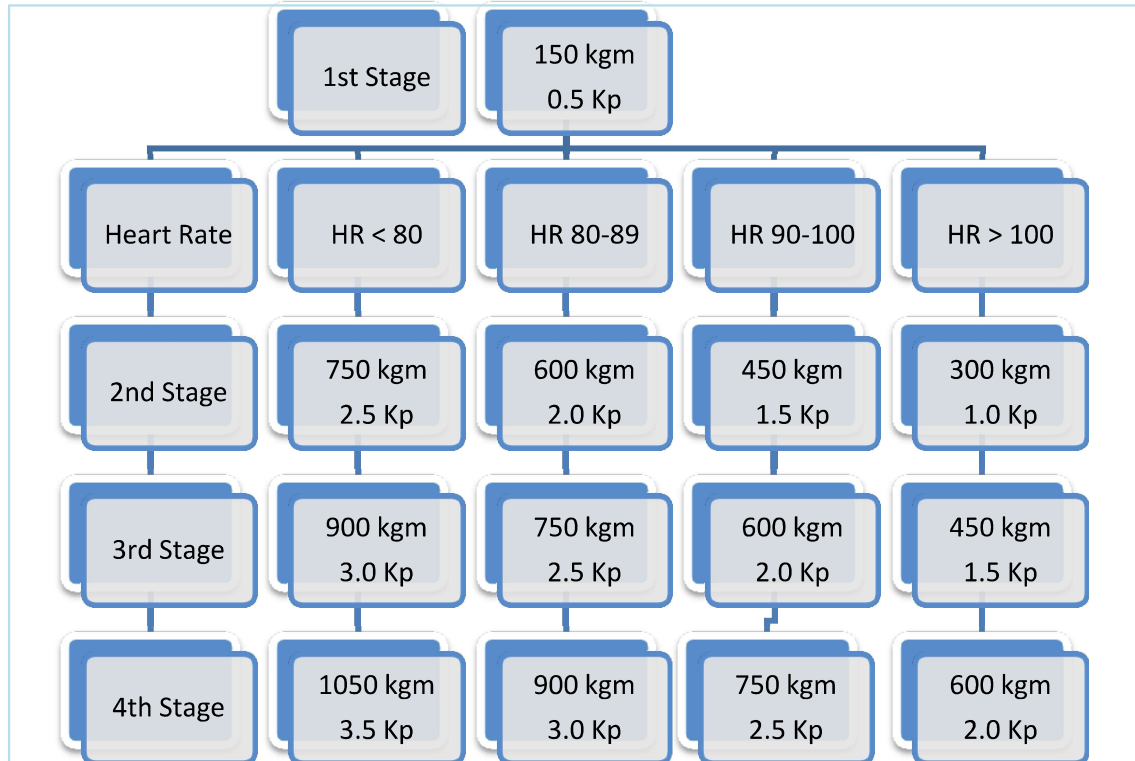


YMCA Bike Test Packet: Workload flow chart, graph, interpretation



Name _____ Age _____ Weight _____ lbs _____ kg Test date _____

Predicted HR max: $220 - \text{age} =$ _____ Resting: HR _____ BP _____ Ending: HR _____ BP _____

1st Workload/HR _____ 2nd Workload/HR _____ 3rd Workload/HR _____ 4th (if needed) _____

1st workload HR used _____ 2nd workload HR used _____ Max workload _____ Max O_2 (L/min) _____ Max O_2 (mL/kg) _____

Test 1 _____

Test 2 _____

Test 3 _____

Directions

1. Plot the HR of the 2 workloads versus the work (kg/m/min).
2. Determine the participant's HR max line by subtracting age from 220 and draw a line across the graph at this value.
3. Draw a line through both points and extend to the HR max line for age.
4. Drop a line from this point to the baseline and read the predicted max workload and O_2 uptake.

