

**VacuMed (TurboFit-P Version 5.03a / July 25, 2003)**4538 Westinghouse Street  
Ventura CA 93003

<b>ID</b>	: 123-45-1234	<b>Protocol</b>	: bike_step
<b>Sex</b>	: Male	<b>Date of Test</b>	: 04/01/02 13:54:09
<b>First Name</b>	: JOHN	<b>Baro</b>	: 760 mmHg (101 KPa)
<b>Last Name</b>	: HOPPE	<b>Temperature</b>	: 22°C (72°F)
<b>DOB</b>	: 15 March 1939(64)	<b>Humidity</b>	: 45 %
<b>Weight</b>	: 80.0 Kg (178 Lbs)	<b>Filter</b>	: Avg 20 Sec, Report every 20 sec (BBB)
<b>Height</b>	: 180 cm (70.9 inches)	<b>File</b>	: HoppeJohn1.stress
<b>BMI</b>	: 24.69	<b>Tested by</b>	:
<b>BSA</b>	: 2.00 m2	<b>Physician</b>	:
<b>Date Printed</b>	: 07/29/2003		

**Training Schedule for John Hoppe.**

Based on your exercise test and normal values published by Wasserman, your fitness level appears to be Above Average.

Many experts recommend that you exercise at least 5 times per week for 20 to 30 minutes at the heart rate range shown in the table below. It has been shown that walking at a pace that increases your heart rate to the recommended range is an effective and safe mode of exercise, however, you may choose other exercise modes, such as swimming or cycling.

<b>Training Schedule</b>		
<b>Week</b>	<b>Heart Rate (Beats per Minute)</b>	<b>Heart Rate (Beats per 10 seconds)</b>
<b>1</b>	<b>95 - 103</b>	<b>15 - 17</b>
<b>2</b>	<b>95 - 103</b>	<b>15 - 17</b>
<b>3</b>	<b>98 - 106</b>	<b>16 - 18</b>
<b>4</b>	<b>98 - 106</b>	<b>16 - 18</b>

After week 4 you should be re-tested.

The numbers in this report and a method for monitoring my heart (pulse) rate have been explained to me.

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Signature