

VO2 Max Chart

Patient Information					
Name:				Age:	
Gender:		Male	Female	Other:	
Height:	Weight:	Resting Heart Rate:		Resting Blood Pressure:	
Graded Exercise					
Test Modality:					
Test Protocol:					
Test Increment:					
Test Duration:					
VO2 Max Assessment Results					
Maximum Heart Rate:			Maximum Blood Pressure:		
Maximum Minute Ventilation:			VO2 Max (ml/kg/min):		
VO2 Max Chart					
Male			Female		
Age	VO2 Max Range (ml/kg/min)	Interpretation	Age	VO2 Max Range (ml/kg/min)	Interpretation
20-29	40-44 35-39 30-34 25-29 20-24 <20	Excellent Good Above Average Average Below Average Poor	20-29	35-39 30-34 25-29 20-24 15-19 <15	Excellent Good Above Average Average Below Average Poor
30-39	38-42 33-37 28-32 23-27 18-22 <18	Excellent Good Above Average Average Below Average Poor	30-39	33-37 28-32 23-27 18-22 13-17 <13	Excellent Good Above Average Average Below Average Poor
40-49	36-40 31-35 26-30 21-25 16-20 <16	Excellent Good Above Average Average Below Average Poor	40-49	31-35 26-30 21-25 16-20 11-15 <11	Excellent Good Above Average Average Below Average Poor
50-59	34-38 29-33 24-28 19-23 14-18 <14	Excellent Good Above Average Average Below Average Poor	50-59	29-33 24-28 19-23 14-18 9-13 <9	Excellent Good Above Average Average Below Average Poor
60+	32-36 27-31 22-26 17-21 12-16 <12	Excellent Good Above Average Average Below Average Poor	60+	27-31 22-26 17-21 12-16 7-11 <7	Excellent Good Above Average Average Below Average Poor