

### Evaluated Astrand-Ryhming Nomogram

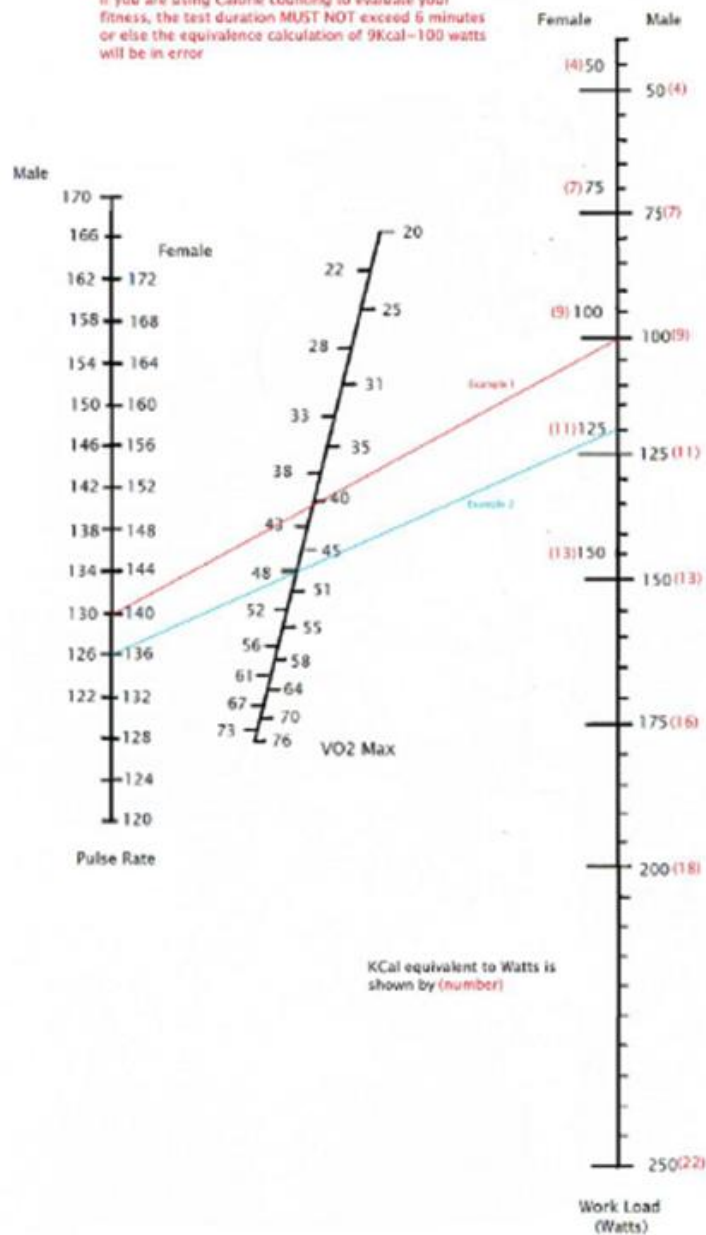
Modified for "Kilo Calorie" to Work Load (Watts) Equivalence

**Special Note:**

If you are using Calorie counting to evaluate your fitness, the test duration **MUST NOT** exceed 6 minutes or else the equivalence calculation of 9Kcal=100 watts will be in error

**Example 1**  
 Male Aged 35  
 Pulse Rate: 140  
 Work Rate: 100  
 VO<sub>2</sub> Max Intersect 40  
 Fitness Rating "Good"

**Example 2**  
 Female Aged 25  
 Pulse Rate: 146  
 Calorie Count: 11  
 VO<sub>2</sub> Max Intersect 40  
 Fitness Rating "Superior"



Female VO <sub>2</sub> Max Index Rating					
Age	Poor	Fair	Good	Excellent	Superior
20 - 29	<26	26 - 29	40 - 42	44 - 49	>49
30 - 39	<24	24 - 26	27 - 40	41 - 45	>45
40 - 49	<22	22 - 24	25 - 28	29 - 44	>44
50 - 59	<21	21 - 23	29 - 30	31 - 34	>34
60 - 69	<20	20 - 23	29 - 31	32 - 35	>35
70 - 79	<24	24 - 26	27 - 29	30 - 35	>35

Male VO <sub>2</sub> Max Index Rating					
Age	Poor	Fair	Good	Excellent	Superior
20 - 29	<42	42 - 43	46 - 50	51 - 55	>55
30 - 39	<41	41 - 42	44 - 47	48 - 52	>52
40 - 49	<39	39 - 41	42 - 45	46 - 50	>50
50 - 59	<37	37 - 37	39 - 42	42 - 46	>46
60 - 69	<35	35 - 34	35 - 38	39 - 43	>43
70 - 79	<33	33 - 36	31 - 35	36 - 41	>41

< means "less than" ; > means "more than"

**Yes Really! For a Calorie Counting fitness evaluation do not exceed 6 minutes test duration**