

CardioCoach Monitor™ PC Software



CardioCoach™

Product Description

The CardioCoach Monitor PC software provides an optional user interface for the CardioCoach products. This provides a superior advantage for facilities who want to view test data “live” and optionally interface with a cycle or treadmill. The PC software also allows the user to create customized workouts based on the VO_2 test results.

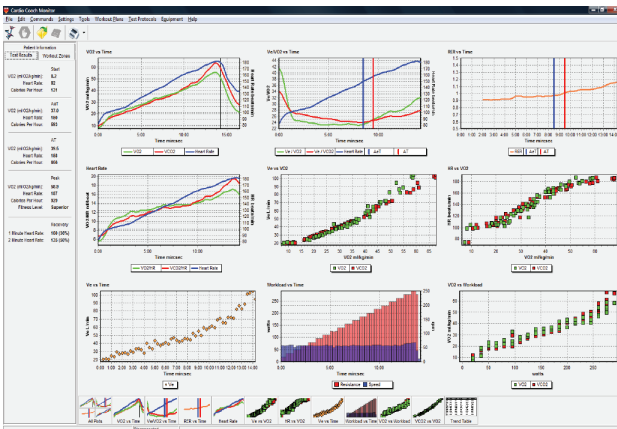
Most CardioCoach models are designed to work without the need for a personal computer. This is a key feature of the CardioCoach family of products: accurate fitness assessments with very simple user interface. The CardioCoach Monitor PC software is just as simple to use with little interface required.

Features

- View CardioCoach raw data with various graphs
- Exercise equipment interface for workload display
- Customize training zones for each client
- Substrate utilization of Carbohydrates and Fats (CO₂ model)
- Override automated Aerobic & Anaerobic thresholds
- Network the CardioCoach data and Print functions
- Use any Windows compatible printer to print reports
- Create customized workout plans

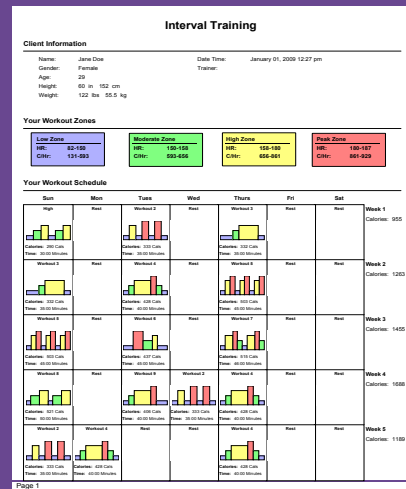
Create Customized Workouts

The CardioCoach Monitor software allows the user to create and print customized workout plans tailored to their clients' Target Workout Zones from their exercise assessment results. The workout plans are printed as simple colored charts that show your client which Target Workout Zone to exercise at and for how long. Your clients' information is automatically incorporated into the workout from their VO_2 test.

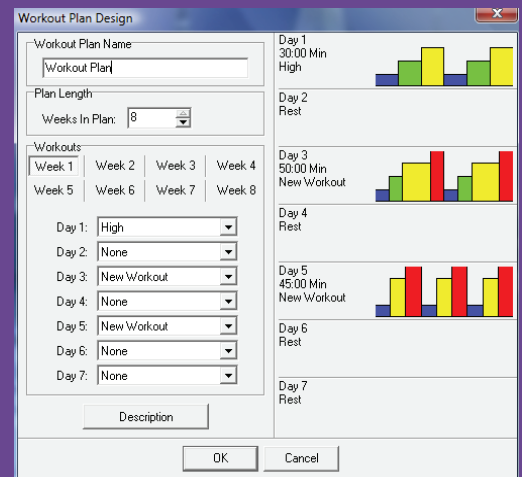


12 Weeks of Daily Workouts

Workout Plans are customizable to meet your needs. Each workout plan may contain up to 12 weeks of daily workouts. Its easy to create your own workout plans and distribute them.



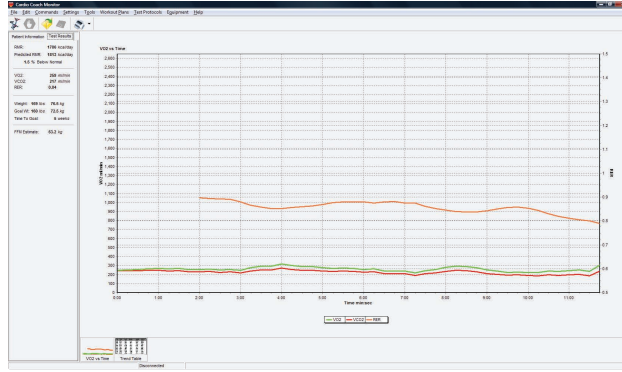
Daily workouts are easy to create. They simply consist of series of steps, each step of the workout gives your client a target heart rate and a length of time to maintain that heart rate.



Expert Use of CardioCoach data:

Metabolic Testing :

View Respiratory Exchange Ratio (RER) in real time for substrate utilization for proteins, fats, and carbohydrates (CardioCoach CO2 model only). Print the entire metabolic profile or standard printout



Managing the Graded Exercise Test:

During the exercise test you can view a plot of the VO₂, VCO₂, and Heart Rate versus time. Viewing the data makes it easier to perform a good quality graded exercise test by allowing you to see if there is a linear workload increase.



Anaerobic Threshold Detection:

All three (3) CardioCoach models are unique since they automatically determine Anaerobic Threshold (AT). In the past, users typically determined AT by analyzing graphs of data. This takes someone with expertise and specialized training. Using the CardioCoach software, users can adjust the AT detection if needed, but is not necessary. The CardioCoach CO2 utilizes Oxygen (O₂) and Carbon Dioxide (CO₂) capabilities and the PC software allows you to choose the Ventilatory Threshold method or RQ/RER method for AT depiction.

CO₂ Analysis:

For CardioCoach models with CO₂ the CardioCoach Monitor PC software provides key user interface functions. The software automatically detects that the CO₂ data is available and enables the CO₂ related features in real time.

Requirements

- Requires CardioCoach firmware version 3.02 or greater
- Windows 7, Vista, XP, 2000, 98, Me
- Minimum display resolution 1024 x 768
- Ram 128 MB with 98/Me, 256 with Windows 7/Vista/XP/2000
- Processor 500 mhz or better, 1 ghz with Windows 7/Vista/XP/2000.
- 64-Bit or 32-Bit Operating System



ORDERING INFO:

Have unit number available when placing order (Software included with the CardioCoach CO2)

PART NO.	PRODUCT NAME / (Qty)
9FG00166	CardioCoach Monitor Software Kit
Contents	<input type="checkbox"/> PC Software on CD <input type="checkbox"/> 9 Pin Serial Cable and USB-to-Serial Adapter <input type="checkbox"/> Manual

Sample Software Report - VO2/Exercise Assessment



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Cardio Coach VO2 Test Results

Patient Information

Name:	Jane Doe	Date Time:	January 01, 2009 12:27 pm
Gender:	Female	Trainer:	
Age:	29	Test Type:	Cycle
Height:	60 in 152 cm	File Name:	
Weight:	122 lbs 55.5 kg		

Test Results

	Starting	AeT	AT	Peak
VO2 (ml O2/kg/min)	8.2	37.0	39.5	58.9
Heart Rate (bpm)	82	150	158	187
Calories Per Hour	131	593	656	929
METS	2.3	10.6	11.3	16.8
Fitness Level	Superior			

Recovery

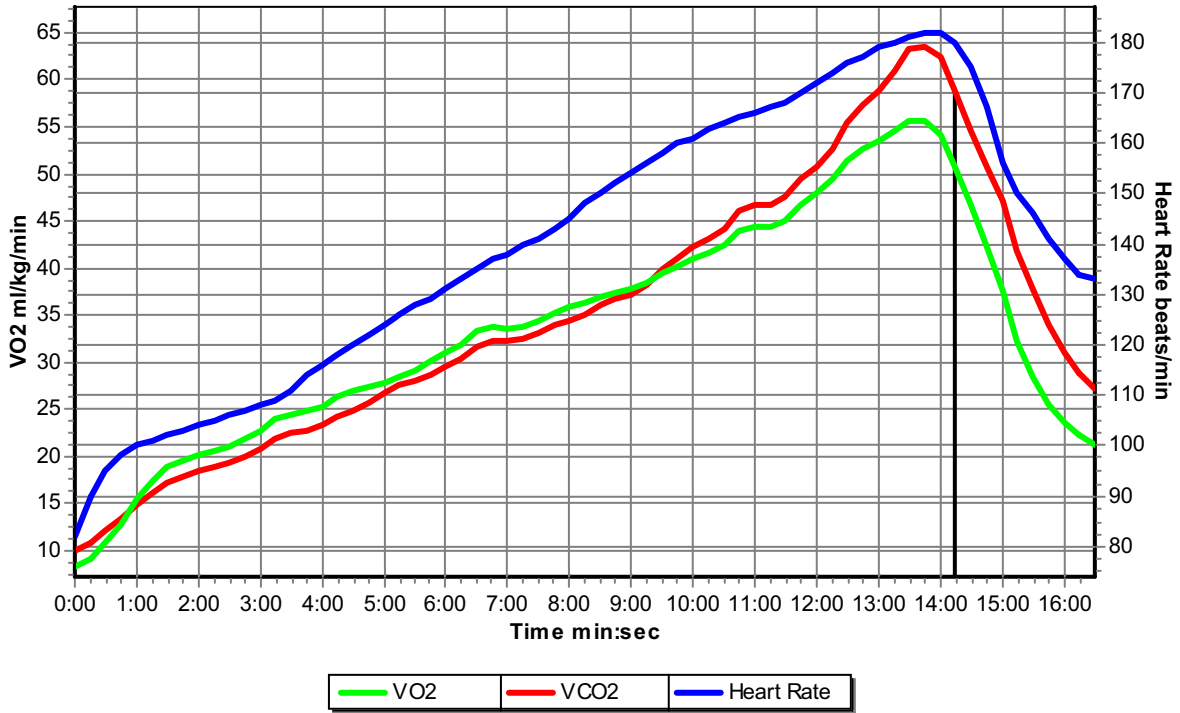
	Peak	1 Minute	2 Minute
Heart Rate	187	150 (36%)	135 (50%)

Test Data

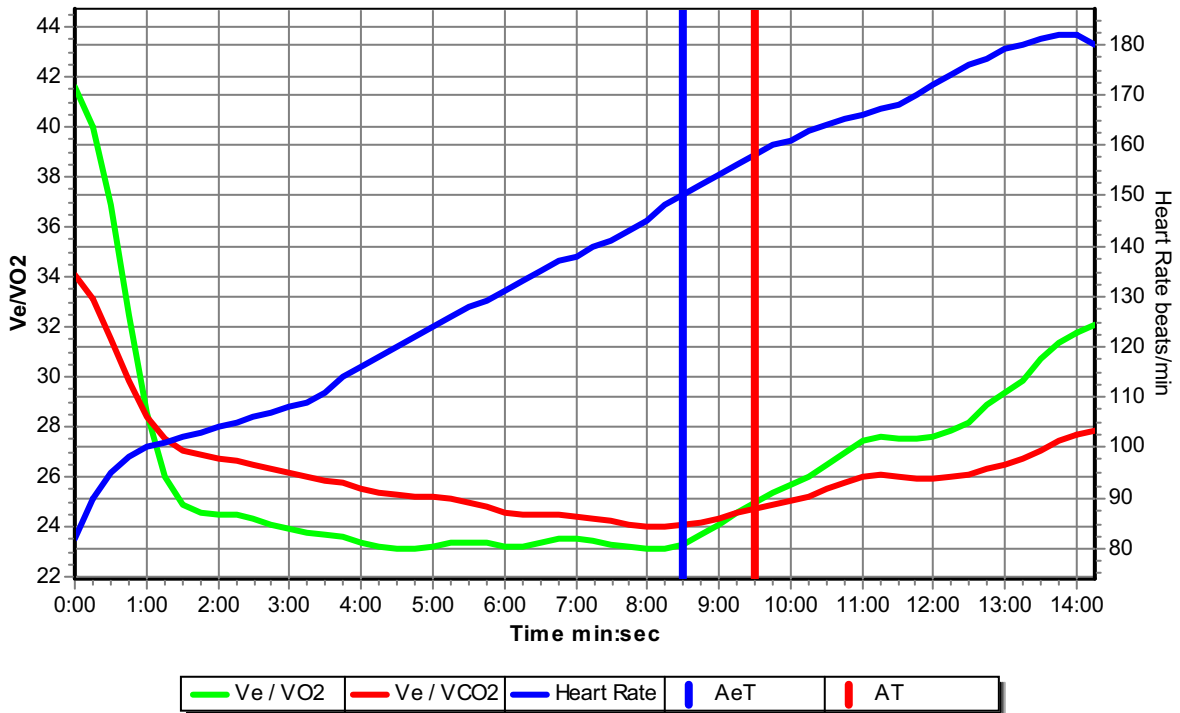
Time sec	HR bpm	VO2 ml/min	VO2 ml/kg/min	VCO2 ml/min	VCO2 ml/kg/min	Ve/VO2	Ve/VCO2	Ve LPM	FeO2 %	FeCO2 %	RER	Mode
0:15	74	402	7.2	495	8.9	43.18	35.07	17.36	17.77	3.18	1.23	Testing
0:30	98	455	8.2	590	10.6	44.74	34.50	20.36	17.87	3.23	1.30	Testing
0:45	104	535	9.6	663	11.9	39.32	31.73	21.04	17.53	3.51	1.24	Testing
1:00	100	641	11.5	695	12.5	31.76	29.29	20.36	16.87	3.81	1.08	Testing
1:15	102	966	17.4	907	16.3	25.63	27.29	24.76	16.05	4.08	0.94	Testing
1:30	107	1017	18.3	891	16.1	23.28	26.57	23.68	15.62	4.19	0.88	Testing
1:45	103	1300	23.4	1131	20.4	22.95	26.38	29.84	15.55	4.22	0.87	Testing
2:00	104	1115	20.1	1000	18.0	23.96	26.72	26.72	15.75	4.17	0.90	Testing
2:15	104	1137	20.5	1045	18.8	24.59	26.75	27.96	15.87	4.16	0.92	Testing
2:30	105	1157	20.8	1072	19.3	24.68	26.64	28.56	15.89	4.18	0.93	Testing
2:45	108	1099	19.8	1012	18.2	24.42	26.52	26.84	15.84	4.20	0.92	Testing
3:00	108	1278	23.0	1170	21.1	24.10	26.32	30.80	15.78	4.23	0.92	Testing
3:15	110	1225	22.1	1110	20.0	23.73	26.19	29.08	15.71	4.25	0.91	Testing
3:30	109	1392	25.1	1277	23.0	23.76	25.90	33.08	15.71	4.30	0.92	Testing
3:45	111	1414	25.5	1309	23.6	23.76	25.66	33.60	15.71	4.34	0.93	Testing
4:00	118	1353	24.4	1250	22.5	23.97	25.95	32.44	15.76	4.29	0.92	Testing
4:15	117	1205	21.7	1106	19.9	23.23	25.31	28.00	15.61	4.40	0.92	Testing
4:30	118	1836	33.1	1644	29.6	21.91	24.47	40.24	15.33	4.55	0.90	Testing
4:45	121	1509	27.2	1370	24.7	23.03	25.37	34.76	15.57	4.39	0.91	Testing
5:00	124	1442	26.0	1321	23.8	23.07	25.19	33.28	15.58	4.42	0.92	Testing
5:15	125	1543	27.8	1551	27.9	23.04	24.74	43.32	15.57	4.50	1.01	Testing
5:30	128	1651	29.7	1566	28.2	24.10	25.41	39.80	15.78	4.38	0.95	Testing
5:45	130	1586	28.6	1494	26.9	23.58	25.03	37.40	15.68	4.45	0.94	Testing
6:00	130	1679	30.3	1582	28.5	23.46	24.90	39.40	15.66	4.47	0.94	Testing
6:15	131	1813	32.7	1706	30.7	22.83	24.26	41.40	15.53	4.59	0.94	Testing
6:30	135	1720	31.0	1623	29.2	22.93	24.30	39.44	15.55	4.58	0.94	Testing

6:45	136	1947	35.1	1853	33.4	23.27	24.45	45.32	15.62	4.55	0.95	Testing
7:00	139	1971	35.5	1914	34.5	23.82	24.53	46.96	15.73	4.54	0.97	Testing
7:15	138	1825	32.9	1778	32.0	24.00	24.63	43.80	15.76	4.52	0.97	Testing
7:30	141	1776	32.0	1705	30.7	23.44	24.42	41.64	15.65	4.56	0.96	Testing
7:45	141	1901	34.3	1803	32.5	22.80	24.04	43.36	15.52	4.63	0.95	Testing
8:00	144	1990	35.9	1909	34.4	23.17	24.15	46.12	15.60	4.61	0.96	Testing
8:15	145	2039	36.7	1924	34.7	22.26	23.59	45.40	15.41	4.72	0.94	Testing
8:30	149	1949	35.1	1871	33.7	22.84	23.79	44.52	15.53	4.68	0.96	Testing
8:45	152	2321	41.8	2200	39.6	22.69	23.94	52.68	15.50	4.65	0.95	Testing
9:00	154	2086	37.6	2036	36.7	23.72	24.30	49.48	15.71	4.58	0.98	Testing
9:15	153	2306	41.5	2281	41.1	23.93	24.19	55.20	15.75	4.60	0.99	Testing
9:30	156	2029	36.6	2030	36.6	24.64	24.63	50.00	15.88	4.52	1.00	Testing
9:45	159	2388	43.0	2410	43.4	24.85	24.63	59.36	15.92	4.52	1.01	Testing
10:00	162	2221	40.0	2280	41.1	25.68	25.01	57.04	16.06	4.45	1.03	Testing
10:15	162	2296	41.4	2368	42.7	25.92	25.13	59.52	16.10	4.43	1.03	Testing
10:30	164	2395	43.2	2453	44.2	25.62	25.01	61.36	16.05	4.45	1.02	Testing
10:45	165	2262	40.8	2334	42.1	26.29	25.48	59.48	16.16	4.37	1.03	Testing
11:00	166	2553	46.0	2676	48.2	27.07	25.82	69.12	16.28	4.31	1.05	Testing
11:15	167	2530	45.6	2696	48.6	28.11	26.37	71.12	16.43	4.22	1.07	Testing
11:30	167	2279	41.1	2452	44.2	28.90	26.86	65.88	16.55	4.14	1.08	Testing
11:45	169	2388	43.0	2511	45.2	27.38	26.04	65.40	16.34	4.27	1.05	Testing
12:00	172	2671	48.1	2792	50.3	26.94	25.77	71.96	16.26	4.32	1.05	Testing
12:15	174	2657	47.9	2804	50.5	27.26	25.83	72.44	16.31	4.31	1.06	Testing
12:30	175	2561	46.1	2728	49.2	27.83	26.12	71.28	16.39	4.26	1.07	Testing
12:45	177	2980	53.7	3202	57.7	27.62	25.70	82.32	16.36	4.33	1.07	Testing
13:00	178	2957	53.3	3269	58.9	29.23	26.44	86.44	16.58	4.21	1.11	Testing
13:15	180	2753	49.6	3122	56.3	30.13	26.57	82.96	16.69	4.19	1.13	Testing
13:30	181	3041	54.8	3387	61.0	29.14	26.17	88.64	16.58	4.25	1.11	Testing
13:45	184	3244	58.5	3749	67.5	31.07	26.88	100.80	16.80	4.14	1.16	Testing
14:00	185	3222	58.1	3710	66.8	31.89	27.69	102.76	16.89	4.02	1.15	Testing
14:15	186	3272	59.0	3760	67.7	31.98	27.82	104.64	16.90	4.00	1.15	Testing
14:30	187	2897	52.2	3350	60.4	32.65	28.23	94.60	16.98	3.94	1.16	Testing
14:45	182	2651	47.8	2998	54.0	30.40	26.88	80.60	16.72	4.14	1.13	Recovery
15:00	175	2354	42.4	2741	49.4	30.21	25.94	71.12	16.70	4.29	1.16	Recovery
15:15	116	2172	39.1	2787	50.2	34.10	26.58	74.08	17.11	4.19	1.28	Recovery
15:30	147	1602	28.9	2195	39.5	38.82	28.33	62.20	17.50	3.93	1.37	Recovery
15:45	153	1500	27.0	2076	37.4	39.81	28.76	59.72	17.57	3.87	1.38	Recovery
16:00	141	1309	23.6	1776	32.0	41.16	30.33	53.88	17.66	3.67	1.36	Recovery
16:15	135	1235	22.3	1649	29.7	41.19	30.85	50.88	17.66	3.61	1.34	Recovery
16:30	123	1211	21.8	1547	27.9	39.96	31.28	48.40	17.58	3.56	1.28	Recovery
16:45	131	1065	19.2	1316	23.7	38.53	31.18	41.04	17.48	3.57	1.24	Recovery

VO2 vs Time

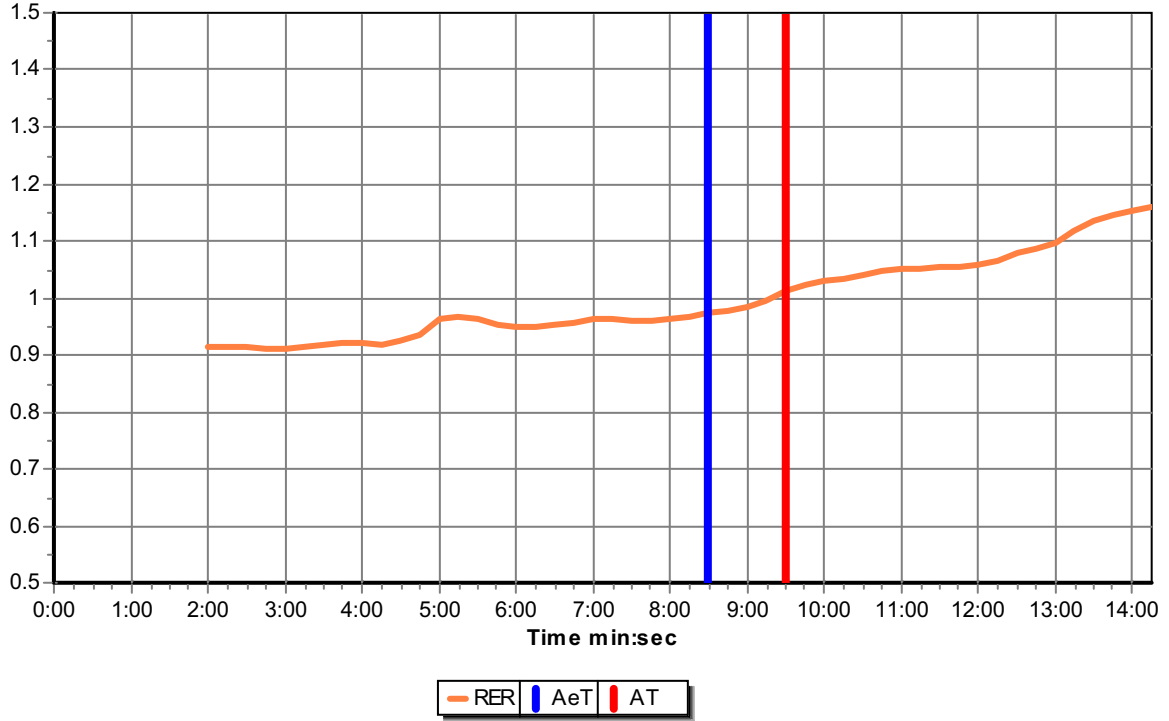


Ve/VO2 vs Time

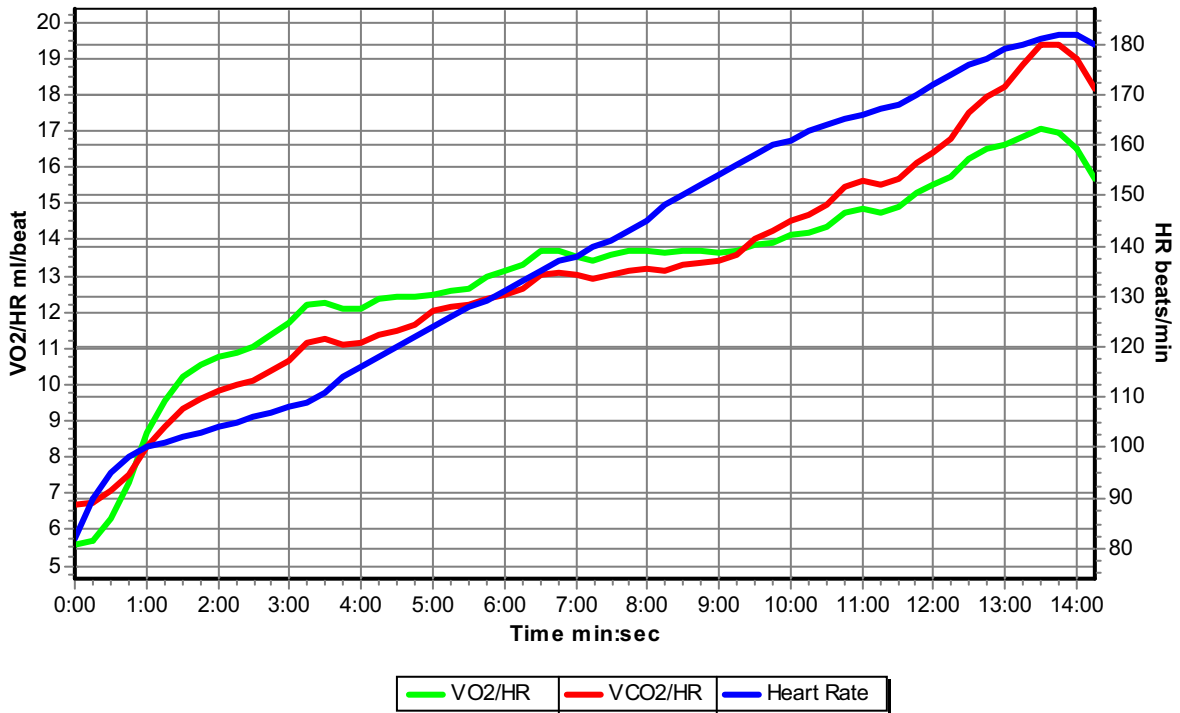


Plots

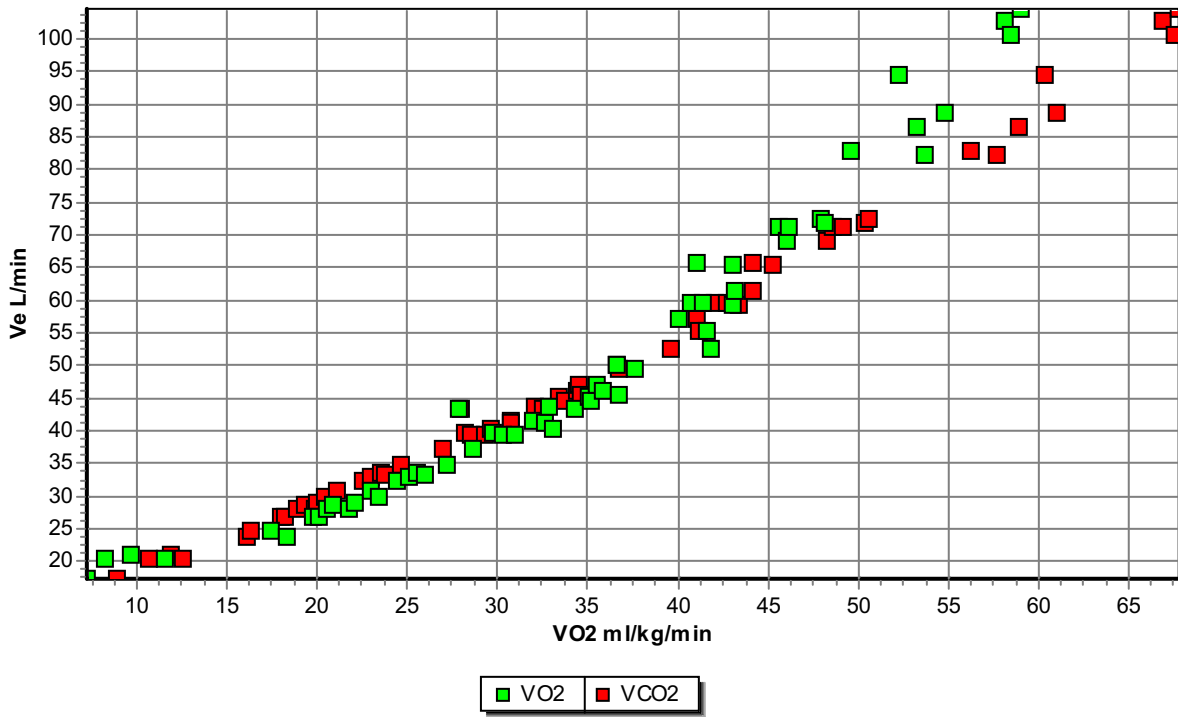
RER vs Time



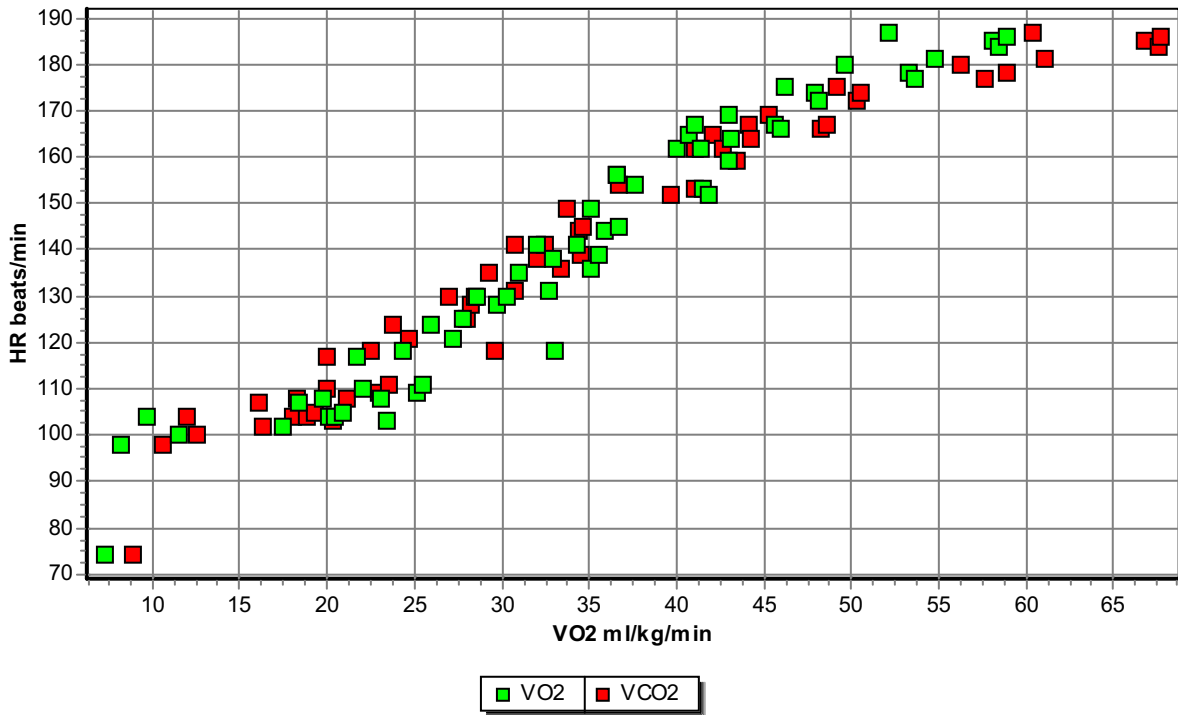
Heart Rate



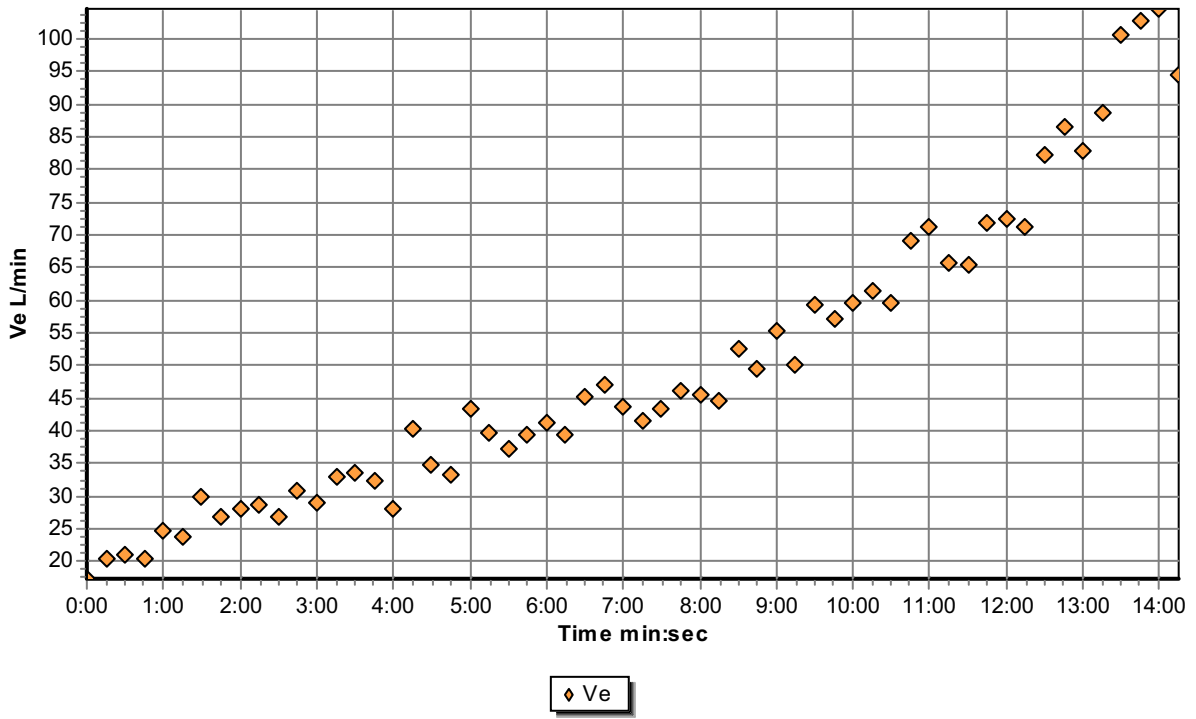
Ve vs VO2



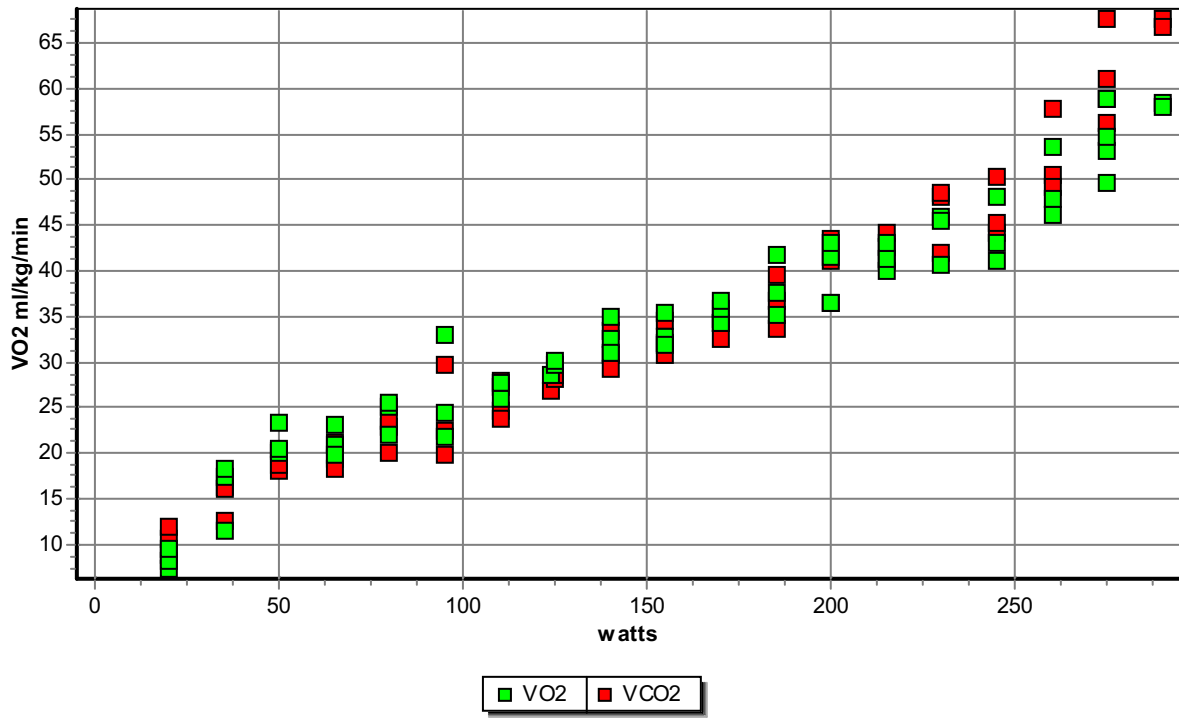
HR vs VO2



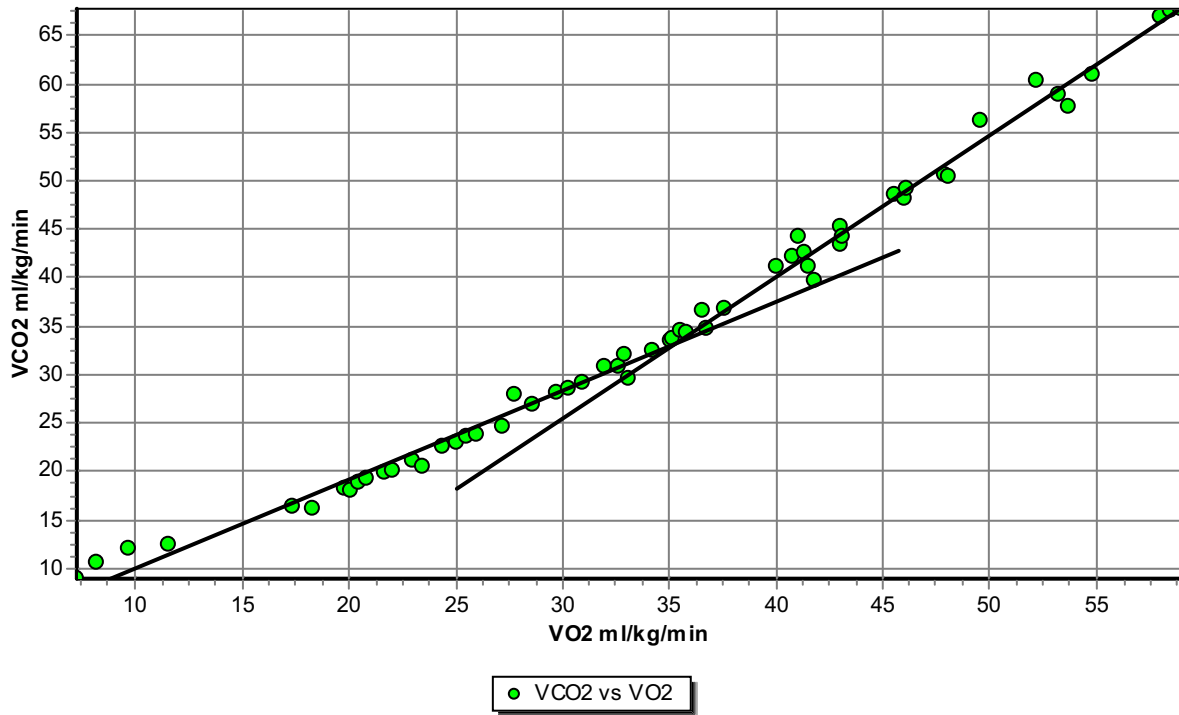
Ve vs Time



VO2 vs Workload



VCO2 vs VO2



Sample Software Report - Resting Metabolic Rate



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Cardio Coach Metabolic Test Results

Patient Information

Name:	Kate Adams	Date Time:	June 25, 2007 03:08 pm
Gender:	Female	Trainer:	
Age:	34	Test Type:	RMR
Height:	70 in 178 cm	Test ID:	9
Weight:	169 lbs 76.5 kg	SN:	12108
Goal Weight:	140 lbs 63.5 kg	File Name:	
BMI:	24.1		

Test Results

Exercise:	+ 223 Cals	Maintenance Zone:	1786 to 2320
Lifestyle & Activity:	+ 534 Cals	Weight Loss Zone:	1430 to 1786
Resting Energy Expenditure:	1786 Cals	Medically Supervised Zone:	0 to 1430
Total Energy Output:	2543 Cals*		

*Total = RMR + Lifestyle + Exercise

Time To Goal

Time to reach your goal weight	17 weeks
If you add exercise	13 weeks

Metabolic Data

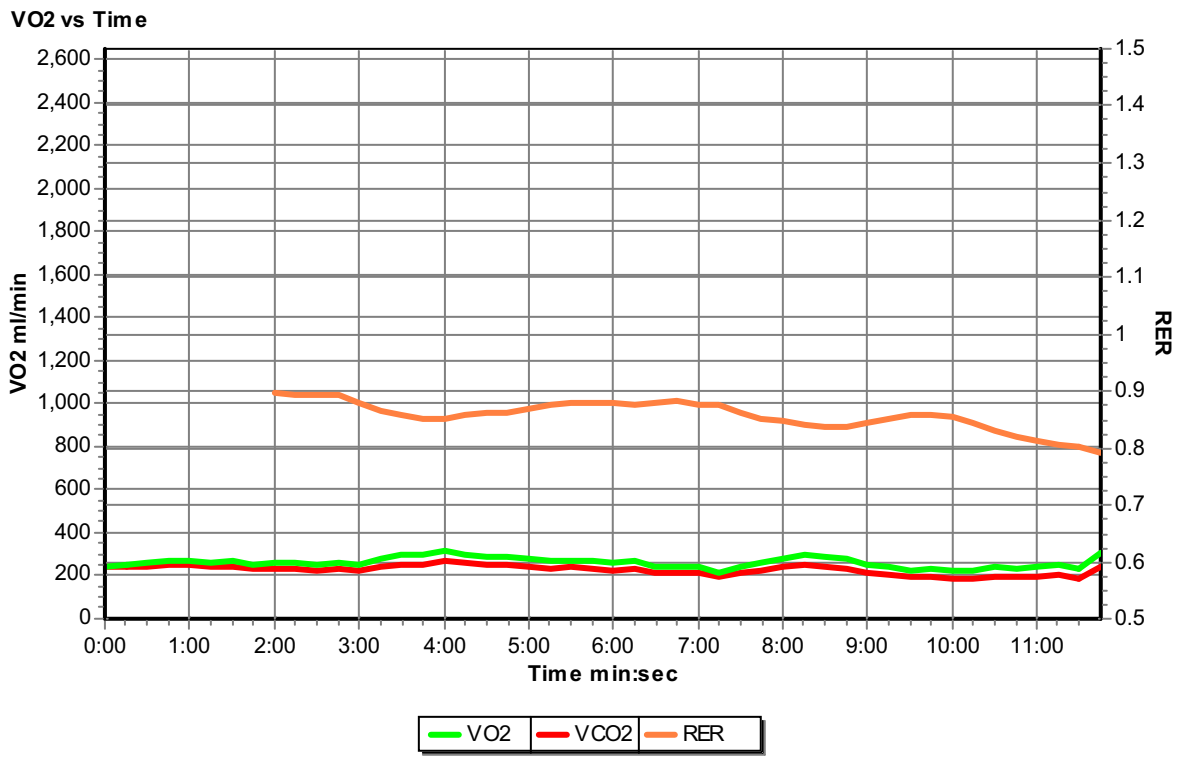
VO2:	259 ml/min	%Kcal from CHO:	47.2 %
VCO2:	217 ml/min	%Kcal from Fat:	52.8 %
RER:	0.84	CHO grams per Day:	200 grams
		Fat grams per Day:	105 grams

Test Data

Time sec	HR bpm	VO2 ml/min	VO2 ml/kg/min	VCO2 ml/min	VCO2 ml/kg/min	Ve/VO2	Ve/VCO2	FeO2 %	FeCO2 %	Mode
0:15	0	246	3.2	244	3.2	34.30	34.59	17.15	3.24	Testing
0:30	0	261	3.4	245	3.2	31.87	33.95	17.03	3.28	Testing
0:45	0	262	3.4	244	3.2	31.45	33.77	16.98	3.30	Testing
1:00	0	292	3.8	263	3.4	30.54	33.91	16.91	3.30	Testing
1:15	0	262	3.4	238	3.1	30.68	33.78	16.89	3.31	Testing
1:30	0	238	3.1	215	2.8	30.58	33.86	16.89	3.30	Testing
1:45	0	280	3.7	251	3.3	30.71	34.26	16.92	3.27	Testing
2:00	0	240	3.1	213	2.8	30.66	34.55	16.91	3.24	Testing
2:15	0	268	3.5	242	3.2	31.19	34.54	16.97	3.23	Testing
2:30	0	260	3.4	231	3.0	31.23	35.15	16.97	3.18	Testing
2:45	0	236	3.1	210	2.7	31.18	35.04	16.96	3.20	Testing
3:00	0	266	3.5	235	3.1	30.22	34.21	16.84	3.26	Testing
3:15	0	232	3.0	199	2.6	29.48	34.37	16.78	3.27	Testing

3:30	0	367	4.8	310	4.1	28.88	34.19	16.71	3.27	Testing
3:45	0	310	4.1	264	3.5	28.64	33.63	16.67	3.32	Testing
4:00	0	265	3.5	227	3.0	28.07	32.77	16.60	3.40	Testing
4:15	0	335	4.4	287	3.8	27.46	32.05	16.52	3.48	Testing
4:30	0	288	3.8	248	3.2	27.36	31.77	16.51	3.51	Testing
4:45	0	269	3.5	233	3.0	27.36	31.58	16.50	3.52	Testing
5:00	0	262	3.4	228	3.0	27.32	31.40	16.48	3.55	Testing
5:15	0	279	3.6	246	3.2	27.81	31.54	16.55	3.53	Testing
5:30	0	260	3.4	231	3.0	28.46	32.03	16.64	3.48	Testing
5:45	0	295	3.9	259	3.4	28.33	32.27	16.64	3.45	Testing
6:00	0	237	3.1	206	2.7	28.52	32.81	16.64	3.41	Testing
6:15	0	238	3.1	210	2.7	28.73	32.57	16.68	3.43	Testing
6:30	0	293	3.8	256	3.3	28.25	32.34	16.63	3.45	Testing
6:45	0	195	2.5	176	2.3	28.92	32.04	16.70	3.49	Testing
7:00	0	237	3.1	207	2.7	28.35	32.46	16.62	3.45	Testing
7:15	0	235	3.1	202	2.6	28.08	32.67	16.58	3.43	Testing
7:30	0	205	2.7	178	2.3	28.29	32.58	16.61	3.43	Testing
7:45	0	295	3.9	250	3.3	27.79	32.80	16.56	3.41	Testing
8:00	0	296	3.9	249	3.3	27.56	32.77	16.52	3.41	Testing
8:15	0	325	4.2	272	3.6	27.07	32.35	16.44	3.44	Testing
8:30	0	261	3.4	218	2.8	26.81	32.11	16.40	3.48	Testing
8:45	0	272	3.6	228	3.0	26.91	32.10	16.44	3.47	Testing
9:00	0	254	3.3	213	2.8	27.08	32.30	16.46	3.46	Testing
9:15	0	214	2.8	185	2.4	27.85	32.21	16.54	3.45	Testing
9:30	0	215	2.8	186	2.4	27.90	32.25	16.56	3.45	Testing
9:45	0	216	2.8	186	2.4	27.96	32.47	16.56	3.42	Testing
10:00	0	270	3.5	228	3.0	27.70	32.80	16.52	3.41	Testing
10:15	0	186	2.4	157	2.1	27.95	33.12	16.53	3.39	Testing
10:30	0	216	2.8	178	2.3	27.22	33.03	16.45	3.39	Testing
10:45	0	283	3.7	230	3.0	26.57	32.69	16.36	3.42	Testing
11:00	0	248	3.2	200	2.6	26.12	32.40	16.31	3.46	Testing
11:15	0	234	3.1	188	2.5	25.81	32.12	16.25	3.47	Testing
11:30	0	235	3.1	188	2.5	25.53	31.91	16.20	3.50	Testing
11:45	0	218	2.8	173	2.3	25.32	31.90	16.18	3.49	Testing
12:00	0	530	6.9	412	5.4	24.90	32.03	16.12	3.48	Testing

Plots





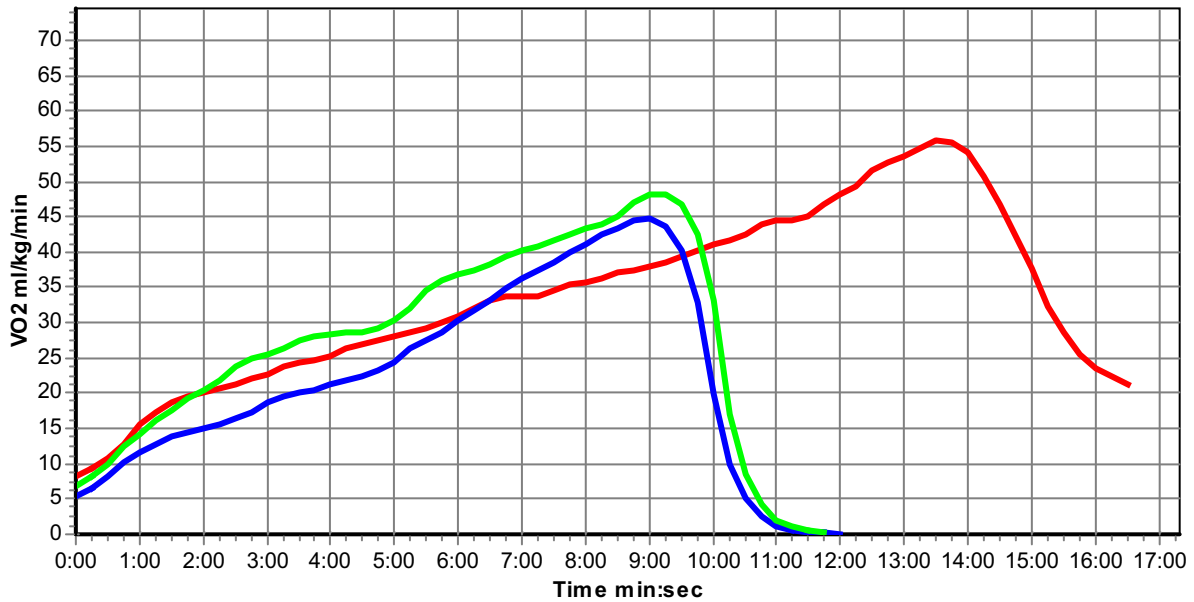
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Cardio Coach VO2 Test Comparison

Test Results

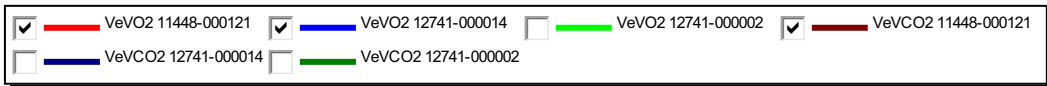
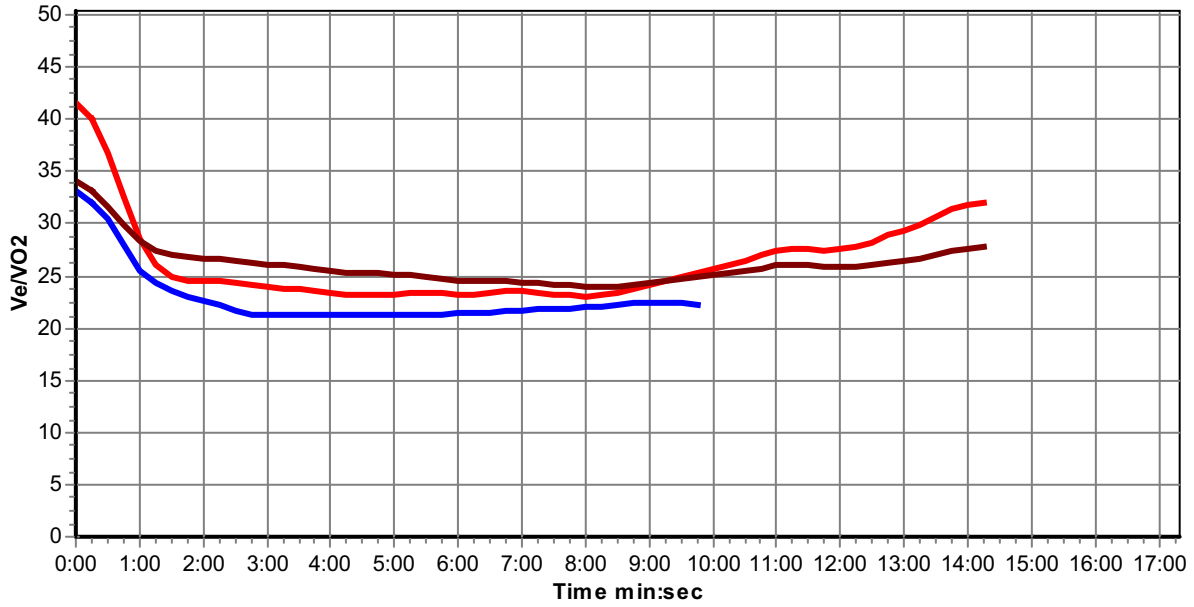
	11448-000121	12741-000014	12741-000002
Date	Jan 01, 2009	Dec 19, 2008	Oct 14, 2008
Name	Jane Doe	Andrew Jones	Cicely Valenti
Weight (lbs)	122 lbs	175 lbs	119 lbs
AeT VO2	37.0	24.3	26.3
AeT HR	150	122	143
AT VO2	39.5	37.3	45.1
AT HR	158	152	180
Peak VO2	58.9	48.5	55.4
Peak HR	187	175	188
Fitness Level	Superior	Excellent	Superior
Recovery HR 1 Min	150 (35%)	147 (30%)	167 (23%)
Recovery HR 2 Min	135 (50%)	133 (45%)	137 (56%)

VO2 vs Time

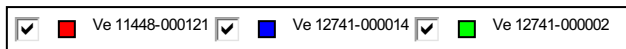
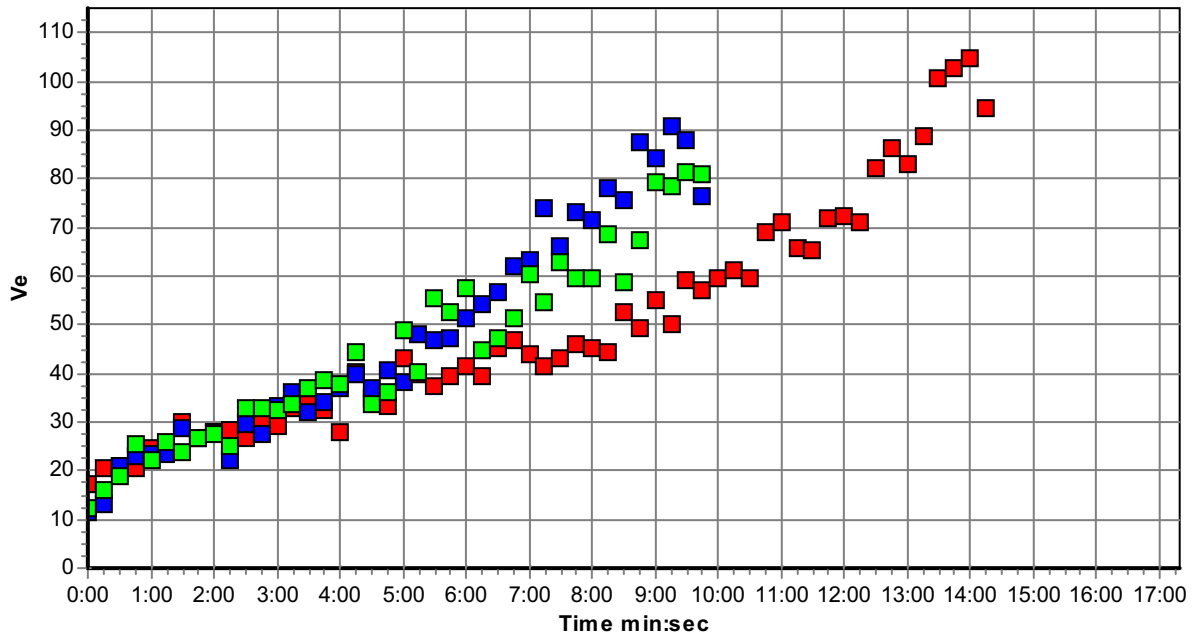


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<input type="checkbox"/>	— VCO2 12741-000014	<input type="checkbox"/>	— VCO2 12741-000002				

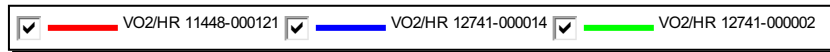
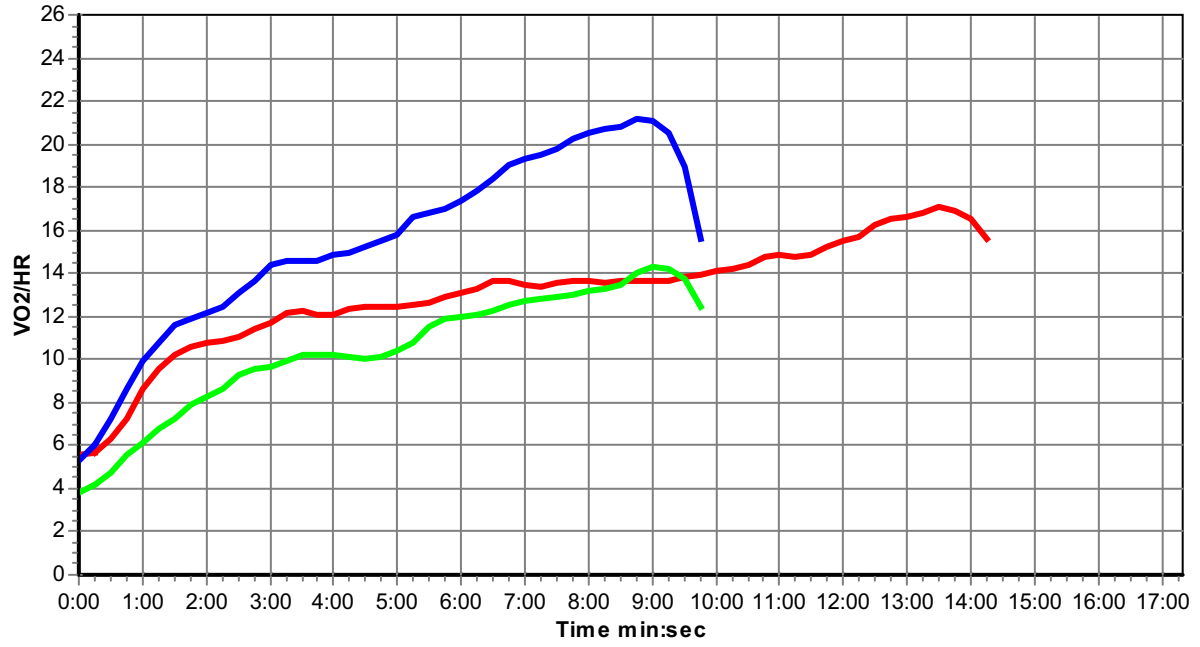
Ve/VO2 vs Time



Ve vs Time



VO2/HR vs Time



Interval Training



Andrew Jones
KORR Medical Technologies
 Salt Lake City, UT
 Direct: (385) 351-0136
 Fax: (801) 483-2123
ajones@korr.com
www.Korr.com

Client Information

Name:	Jane Doe	Gender:	Female
Age:	29		
Height:	60 in 152 cm	Date Time:	January 01, 2009 12:27 pm
Weight:	122 lbs 55.5 kg	Trainer:	

Your Workout Zones

Low Zone <hr/> HR: 82-150 C/Hr: 131-593	Moderate Zone <hr/> HR: 150-158 C/Hr: 593-656	High Zone <hr/> HR: 158-180 C/Hr: 656-861	Peak Zone <hr/> HR: 180-187 C/Hr: 861-929
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Your Workout Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
High Calories: 290 Cals Time: 30:00 Minutes	Rest	Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Rest	Workout 3 Calories: 332 Cals Time: 35:00 Minutes	Rest	Rest	Week 1 Calories: 955
Workout 3 Calories: 332 Cals Time: 35:00 Minutes	Rest	Workout 4 Calories: 428 Cals Time: 40:00 Minutes	Rest	Workout 5 Calories: 503 Cals Time: 45:00 Minutes	Rest	Rest	Week 2 Calories: 1263
Workout 5 Calories: 503 Cals Time: 45:00 Minutes	Rest	Workout 6 Calories: 437 Cals Time: 45:00 Minutes	Rest	Workout 7 Calories: 515 Cals Time: 46:00 Minutes	Rest	Rest	Week 3 Calories: 1455
Workout 8 Calories: 521 Cals Time: 50:00 Minutes	Rest	Workout 9 Calories: 406 Cals Time: 40:00 Minutes	Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Workout 4 Calories: 428 Cals Time: 40:00 Minutes	Rest	Rest	Week 4 Calories: 1688
Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Workout 4 Calories: 428 Cals Time: 40:00 Minutes	Rest	Rest	Workout 4 Calories: 428 Cals Time: 40:00 Minutes	Rest	Rest	Week 5 Calories: 1189

Rest	Rest	Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Workout 8 Calories: 521 Cals Time: 50:00 Minutes	Workout 7 Calories: 515 Cals Time: 46:00 Minutes	Rest	Rest	Week 6 Calories: 1369
Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Workout 11 Calories: 521 Cals Time: 50:00 Minutes	Rest	Workout 9 Calories: 406 Cals Time: 40:00 Minutes	Rest	Rest	Rest	Week 7 Calories: 1260
Rest	Workout 3 Calories: 332 Cals Time: 35:00 Minutes	Workout 4 Calories: 428 Cals Time: 40:00 Minutes	Workout 6 Calories: 437 Cals Time: 45:00 Minutes	Rest	Rest	Rest	Week 8 Calories: 1197
Rest	Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Workout 3 Calories: 332 Cals Time: 35:00 Minutes	Workout 6 Calories: 437 Cals Time: 45:00 Minutes	Rest	Rest	Rest	Week 9 Calories: 1102
Rest	Rest	Workout 11 Calories: 521 Cals Time: 50:00 Minutes	Workout 6 Calories: 437 Cals Time: 45:00 Minutes	Workout 3 Calories: 332 Cals Time: 35:00 Minutes	Workout 5 Calories: 406 Cals Time: 40:00 Minutes	Rest	Week 10 Calories: 1793
Rest	Workout 3 Calories: 332 Cals Time: 35:00 Minutes	Workout 5 Calories: 503 Cals Time: 45:00 Minutes	Rest	Workout 8 Calories: 521 Cals Time: 50:00 Minutes	Rest	Rest	Week 11 Calories: 1356
Workout 2 Calories: 333 Cals Time: 35:00 Minutes	Workout 3 Calories: 332 Cals Time: 35:00 Minutes	High Calories: 290 Cals Time: 30:00 Minutes	Workout 5 Calories: 503 Cals Time: 45:00 Minutes	Workout 9 Calories: 406 Cals Time: 40:00 Minutes	Rest	Rest	Week 12 Calories: 1864

Your Workout Zones

Low Zone	
HR:	82-150
C/Hr:	131-593

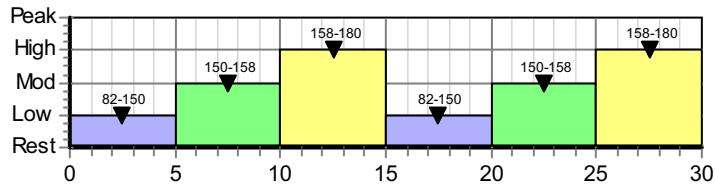
Moderate Zone	
HR:	150-158
C/Hr:	593-656

High Zone	
HR:	158-180
C/Hr:	656-861

Peak Zone	
HR:	180-187
C/Hr:	861-929

Your Detailed Workouts

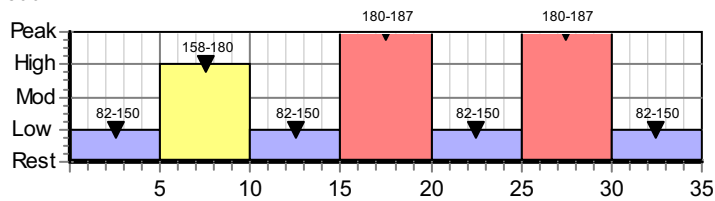
High



Time: 30:00 Minutes

Calories Burned: 290 Cals

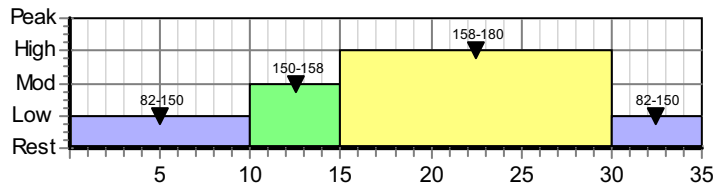
Workout 2



Time: 35:00 Minutes

Calories Burned: 333 Cals

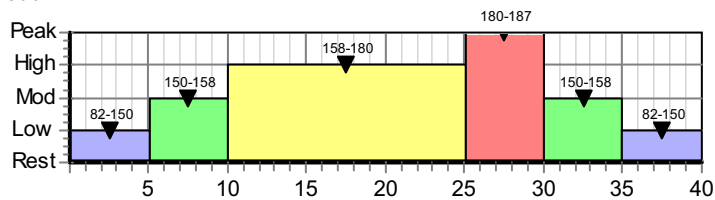
Workout 3



Time: 35:00 Minutes

Calories Burned: 332 Cals

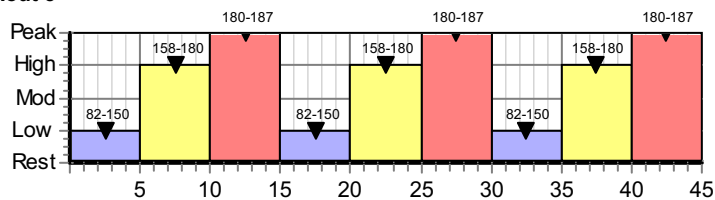
Workout 4



Time: 40:00 Minutes

Calories Burned: 428 Cals

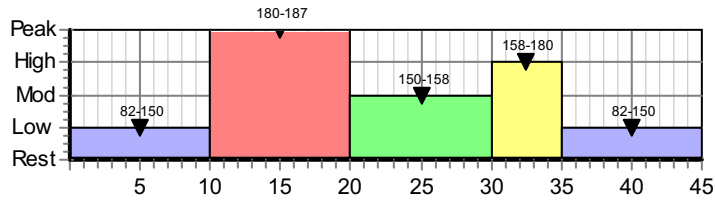
Workout 5



Time: 45:00 Minutes

Calories Burned: 503 Cals

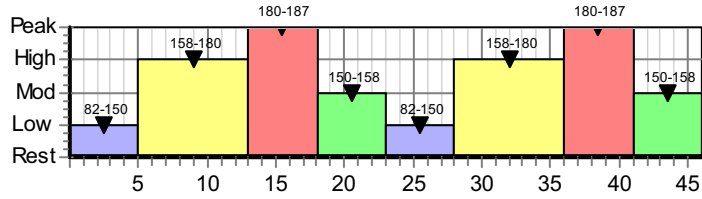
Workout 6



Time: 45:00 Minutes

Calories Burned: 437 Cals

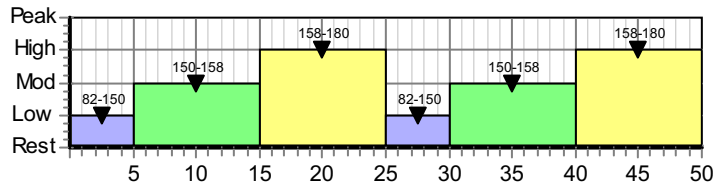
Workout 7



Time: 46:00 Minutes

Calories Burned: 515 Cals

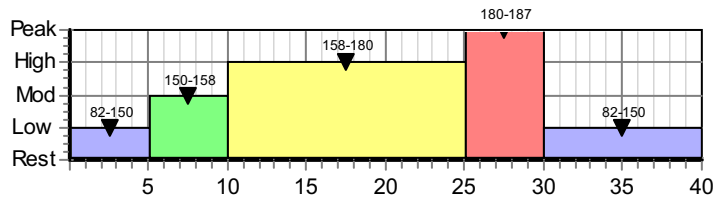
Workout 8



Time: 50:00 Minutes

Calories Burned: 521 Cals

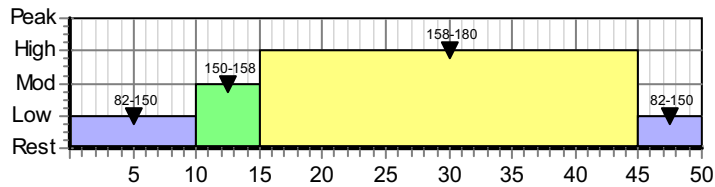
Workout 9



Time: 40:00 Minutes

Calories Burned: 406 Cals

Workout 11



Time: 50:00 Minutes

Calories Burned: 521 Cals
