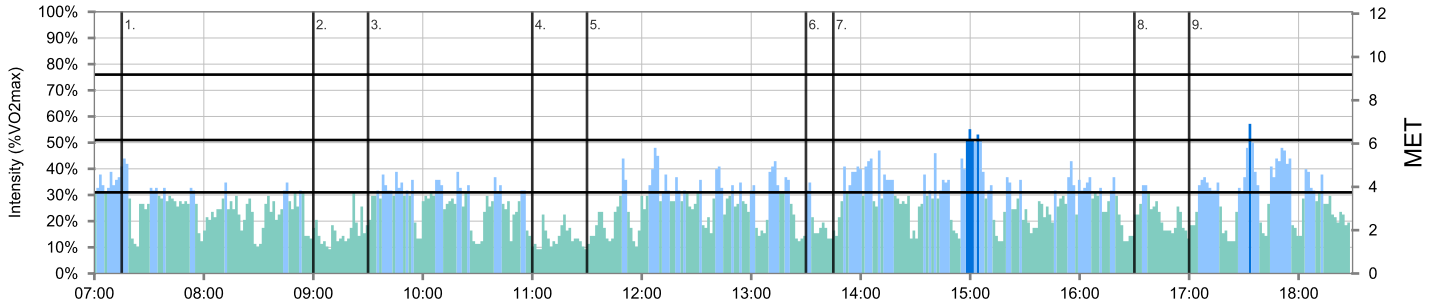


# PHYSICAL WORKLOAD REPORT

Person: 341312	Measurement:		
Age 46	Activity Class 6.0 (Good)	Start time	Thu 15.09.2 7:00
Height (cm) 185	Resting heart rate 44	Duration	11h 30min
Weight (kg) 85	Max. heart rate 196	Heart rate (low/avg./high)	79 / 109 / 141
Body Mass Index 24.8			

## PHYSICAL WORKLOAD CHART

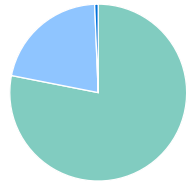
Physical workload during work.



### Journal Markers (average and maximum %VO2max)

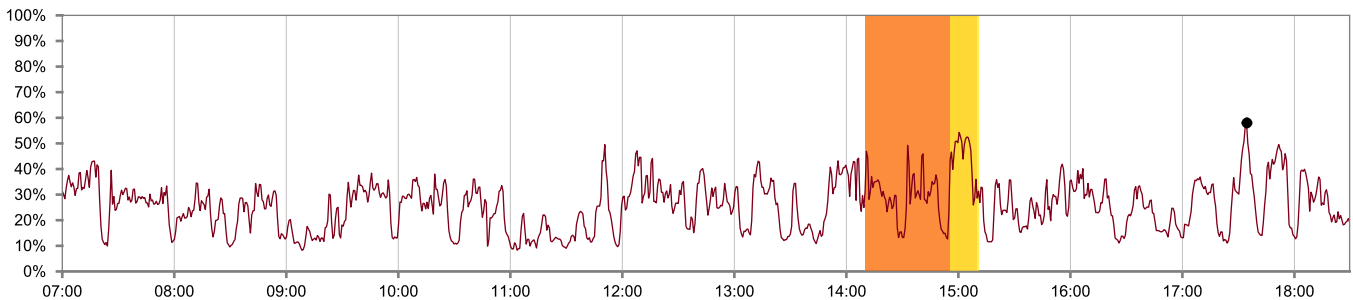
- |  |  |
|--|--|
| 1. Binding steel wire (22.9 %, 43.1 %)       | 6. Coffee break (17.0 %, 34.4 %)             |
| 2. Coffee break (13.6 %, 30.2 %)             | 7. Lifting & carrying steel (26.0 %, 54.3 %) |
| 3. Lifting & carrying steel (23.9 %, 38.4 %) | 8. Eating (20.0 %, 33.5 %)                   |
| 4. Eating (11.9 %, 22.7 %)                   | 9. Lifting steel (26.3 %, 57.7 %)            |
| 5. Binding steel wire (23.7 %, 49.5 %)       |  |

- 0-30 %VO2max 8h 59min (78%)  
0-13 ml/kg/min
- 31-50 %VO2max 2h 26min (21%)  
13-21 ml/kg/min
- 51-75 %VO2max 4min (1%)  
22-32 ml/kg/min
- 76-100 %VO2max 0min (0%)  
32-42 ml/kg/min



## PHYSICAL WORKLOAD ANALYSIS

Physical workload during work.



- Intensity
- Highest workload 24.4 ml/kg/min
- 15-min period with the highest workload Average 17.5 ml/kg/min
- 60-min period with the highest workload Average 12.3 ml/kg/min

# PHYSICAL WORKLOAD REPORT

## PHYSICAL WORKLOAD INDEXES

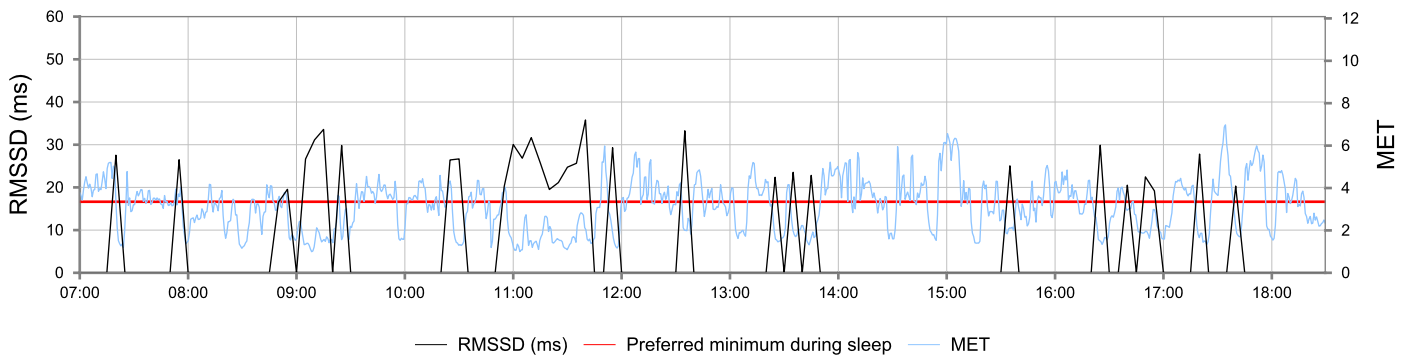
Heart rate parameters	Average	Range
Heart rate (bpm)	109	79 - 141
Heart rate (%HRmax)	55 %	40 % - 72 %
%HRR	42 %	23 % - 64 %

Other	Average	Range
Energy expenditure (kcal/min)	4	1 - 10
Ventilation (l/min)	22	7 - 55
Respiration rate (breaths/min)	19	12 - 32
RMSSD	26	17 - 36

Oxygen consumption	Average	Range
VO2 (ml/kg/min)	9.9	3.1 - 24.4
%VO2max	23 %	7 % - 58 %
MET	2.8	0.9 - 7

Cumulative values	
Energy expenditure (kcal)	2788
EPOCpeak (ml/kg)	10

## HEART RATE VARIABILITY INDEX



**RMSSD (Root Mean Square of Successive Differences in R-R intervals)** reflects the function of the parasympathetic nervous system. The index can be used to determine recovery from physical workload. High index values are related to increased activity of the parasympathetic system, and low values indicate poor recovery from physical work.