

# TRAINING EFFECT REPORT

Measurement date  
06.01.2018

Person: 367645

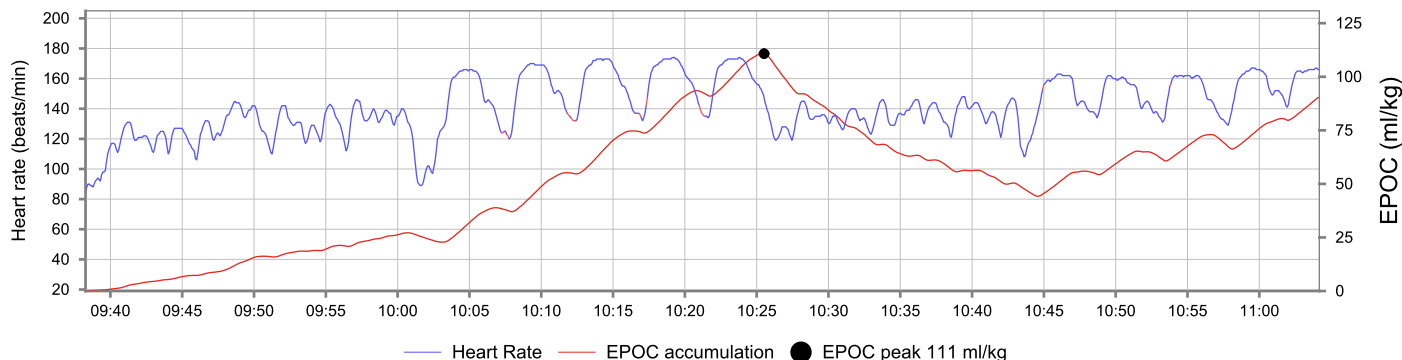
Age	39	Activity Class	8.0 (Top-level)
Height (cm)	176	Resting heart rate	39
Weight (kg)	64	Max. heart rate	185
Body Mass Index	20.7		

Measurement:

Start time	Sat 06.01.2018 09:38
Duration	1h 26min
Heart rate (low/avg./high)	89 / 141 / 174

## EPOC AND TRAINING EFFECT CHART

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO2max) is based on the EPOC peak.



### Training Effect: Improving fitness

### Exercise key figures

3.4



**Benefits:** This workout improves cardiorespiratory fitness.  
**Recommended:** Two to four times per week for those training regularly. These workouts are the basis of a good training program.

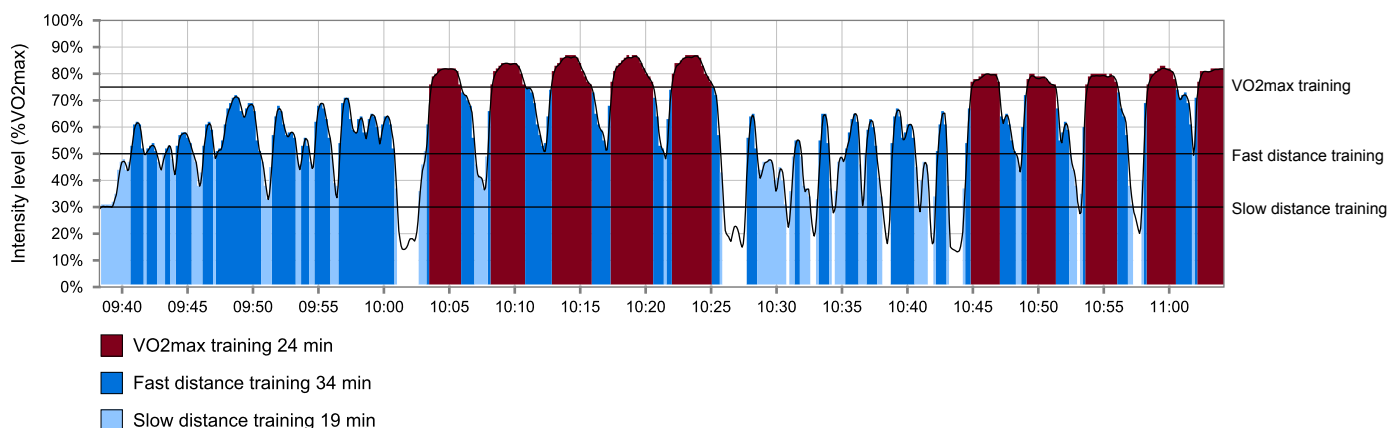
EPOC	111 ml/kg
Energy Expenditure	647 Kcal



**EPOC (Excess Post-exercise Oxygen Consumption)** is a physiological measure of training load. The amount of EPOC achieved during exercise is directly proportional to the training load and recovery required.

## TRAINING CLASSIFICATION

Classification of the exercise to different endurance training types.



# TRAINING EFFECT REPORT

Measurement date  
13.01.2018

Person: 367645

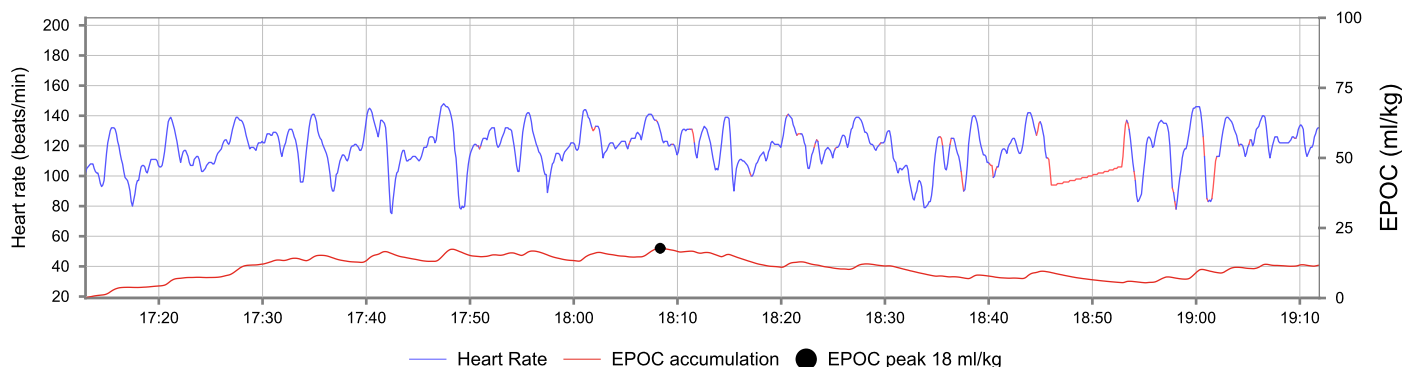
Age	39	Activity Class	8.0 (Top-level)
Height (cm)	176	Resting heart rate	39
Weight (kg)	64	Max. heart rate	185
Body Mass Index	20.7		

Measurement:

Start time	Thu 13.01.2018 17:12
Duration	1h 59min
Heart rate (low/avg./high)	79 / 117 / 148

## EPOC AND TRAINING EFFECT CHART

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO<sub>2</sub>max) is based on the EPOC peak.



### Training Effect: Easy recovery

1.7



**Benefits:** This is a good workout for health and wellness and in longer duration (over 1h) for developing the endurance base. Easy workouts also help recovery after harder ones.

**Recommended:** Beginners starting to exercise and for developing your endurance base. For athletes as a recovery workout and to develop the endurance base.

### Exercise key figures

EPOC	18 ml/kg
Energy Expenditure	561 Kcal



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## TRAINING CLASSIFICATION

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