

## VO<sub>2</sub> Max Formula

**VO<sub>2</sub> max** = 132.853 - (0.0769 x weight in lb [0.03488 x weight in kg]) - (0.3877 x age in yr) + (6.315 x gender [0 for female, 1 for male]) - (3.2649 x time [min to the nearest 100<sup>th</sup>]) - (0.1565 x HR at end of test)

\*The result is in milliliters per kilogram per minute.