



## ***Performance Testing Results***

***0***

***10/23/2006***



## Body Composition Assessment

Athlete: 0

Sport: *Cycling* Tester: *Bruce Hendler*

Date: 10/23/2006

### Measurements:

<u>Skinfolds/Circumferences</u>			<u>Age</u>	
			37	
<b>Pectoral</b>	6.4	mm		
<b>Abdominal</b>	14.5	mm	<u>Height</u>	
<b>Thigh</b>	10.4	mm	72	inches
<b>Biceps Cir</b>	32.5	cm	183	cm
<b>Waist Cir</b>	80.0	cm	<u>Weight</u>	
			170	lb
			77.3	kg



### Results:

<u>Body Fat Percentage</u>		<u>BMI</u>	<u>Body Mass Distribution</u>	
11.8	%	23.1	<b>Lean Mass</b>	150.0 lb
				68.2 kg
(Jackson et al.,1980)			<b>Fat Mass</b>	20.0 lb
				9.1 kg

### Reference Values:

<u>Body Fat Percentage</u>		<u>BMI</u>	
<i>per American Council on Exercise</i>			
<b>Essential</b>	2 to 4%	<b>Underweight</b>	<18.5
<b>Athlete</b>	6 to 13%	<b>Normal</b>	18.5-24.9
<b>Fitness</b>	14 to 17%	<b>Overweight</b>	25.0-29.9
<b>Overweigh</b>	18 to 25%	<b>Obese</b>	>30
<b>Obese</b>	over 25%		

## Lactate Response to Exercise Test - Cycling

**Athlete:** 0

**Date:** 10/23/2006

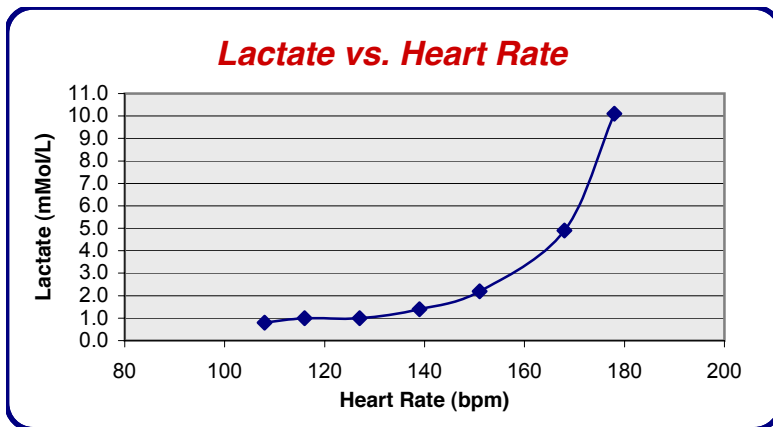
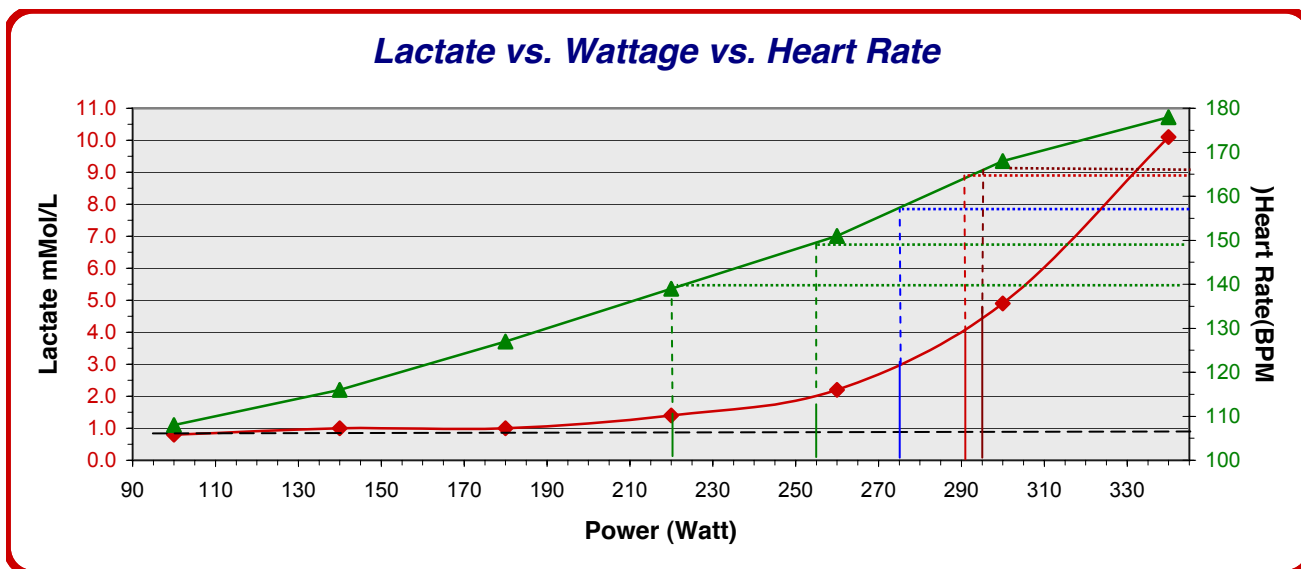
**Age:** 37

**Weight:** 77 Kg.

**Protocol:** 40 Watts  
starting at 100

**Tester:** Bruce Hendler

Power Watts	Heartrate bpm	Lactate mMoL/L	RPE (1-10)
100	108	0.8	3
140	116	1.0	3.5
180	127	1.0	4.5
220	139	1.4	6
260	151	2.2	7.5
300	168	4.9	8.5
340	178	10.1	10



Power at LT	220	Watts
HR at LT	139	bpm
Power at L2	255	Watts
HR at L2	149	bpm
Power at L3	275	Watts
HR at L3	158	bpm
Power at L4	291	Watts
HR at L4	164	bpm
Power at OBLA	295	Watts
HR at OBLA	166	bpm



## Lactate Response to Exercise Test - Cycling

<i>Athlete:</i>	0	<i>Date:</i>	10/23/2006
<i>Age:</i>	37 years	<i>Height:</i>	72
<i>Weight:</i>	170 lb. = 77.3 Kg	<i>Sport:</i>	Cycling
		<i>Tester:</i>	Bruce Hendler

### Results Summary

<b>Heart Rate at Lactate Threshold:</b>	<b>139 bpm</b>	
<b>Power at Lactate Threshold:</b>	<b>220 Watts</b>	<b>2.8 W/kg</b>
<b>Heart Rate at 2 mMol LA:</b>	<b>149 bpm</b>	
<b>Power at 2 mMol Lactate.:</b>	<b>255 Watts</b>	<b>3.3 W/kg</b>
<b>Heart Rate at 4 mMol LA:</b>	<b>164 bpm</b>	
<b>Power at 4 mMol Lactate.:</b>	<b>291 Watts</b>	<b>3.8 W/kg</b>
<b>Heart Rate at OBLA:</b>	<b>166 bpm</b>	
<b>Power at OBLA:</b>	<b>295 Watts</b>	<b>3.8 W/kg</b>
<b>HR at Peak:</b>	<b>178 bpm</b>	
<b>Power at Peak:</b>	<b>340 Watts</b>	<b>4.4 W/kg</b>

### Cycling Training Zones

	Heart Rate		Power	
<b>Slow Endurance</b>	~	<b>131</b>	~	<b>190</b>
<b>Long Endurance</b>	<b>125</b>	<b>141</b>	<b>170</b>	<b>220</b>
<b>Medium Endurance</b>	<b>148</b>	<b>158</b>	<b>255</b>	<b>275</b>
<b>Lacate Threshold on the Flats</b>	<b>163</b>	<b>168</b>	<b>285</b>	<b>305</b>
<b>Lacate Threshold on Climbs</b>	<b>166</b>	<b>172</b>	<b>290</b>	<b>310</b>
<b>Lactic Accumulation</b>	>	<b>168</b>	>	<b>305</b>
<b>S.F.R.(Slow Frequency Repetitions):</b>	<b>133</b>	<b>149</b>	<b>240</b>	<b>270</b>