

VO_{2max} Field Test
LockOnFitness.com

Instructions:

Date of Test: ____ / ____ / ____

Important! You must pass the Physical Activity Readiness Questionnaire (PAR-Q) and/or consult with your doctor prior to taking this field test. The PAR-Q can be printed by going to www.LockOnFitness.com/AreYouReady.htm.

This test is intended for informational purposes only and should not be construed as medical advice, medical opinion, diagnosis or treatment. LockOnFitness.com, its advertisers, employees, or owners assume no liability for the information provided herein or for any diagnosis or treatment made in reliance therein.

Find a level, one-mile distance you can walk. The best place to find one is at a high school or college track, but a road or street may be used if you can ensure your safety. If you are using a school track each lap around the track is ¼ mile; 4 times around equals 1 mile.

Make sure you have a friend or acquaintance with you and that there is a way to contact emergency personnel if needed (cell phone or pay phone).

Start out by warming up for 5 minutes. After warming up, time how long it takes you to walk 1 mile as fast as you comfortably can.

Gender: Female Male

Date of Birth: ____ / ____ / ____

Weight: _____ lbs kg

Time to Walk 1 Mile: ____ Minutes ____ Seconds

Ending Heart Rate: _____ bpm (beats per minute)

If you have a heart rate monitor, check to see what your heart rate is as you crossed the 1 mile mark. If you don't have a heart rate monitor, take your pulse for 6 seconds at the end of the one-mile walk and multiply by 10.

Enter the above information into the Lock On Fitness website: www.LockOnFitness.com/VO2maxTest.aspx

Do not take this field test unless you can honestly sign the statement below:

I certify that I have passed the PAR-Q and/or consulted with my physician *prior* to taking this test:

Signature: _____ Date: _____

Witness: _____ Date: _____