



## APPENDIX B: CARDIO ASSESSMENT DATA RESULTS SHEET

DATE: \_\_\_\_\_  
NAME: \_\_\_\_\_  
GOAL: \_\_\_\_\_

### 1. Heart Rate

Estimated Heart Rate Max (HRmax): \_\_\_\_\_  
[220-age] or if on *beta-blocker medication* [162 x (0.7 x age)]

### 2. Estimated Training Heart Rate Zones

Zone I: \_\_\_\_\_ to \_\_\_\_\_  
[HRmax X 0.65 to 0.75]

Zone II: \_\_\_\_\_ to \_\_\_\_\_  
[HRmax X 0.80 to 0.85]

Zone III: \_\_\_\_\_ to \_\_\_\_\_  
[HRmax X 0.86 to 0.90]

### 3. Blood Pressure (if necessary)

Systolic: \_\_\_\_\_  
Diastolic: \_\_\_\_\_

### 4. Body Fat (if desired)

Biceps: \_\_\_\_\_ Triceps: \_\_\_\_\_ Subscap: \_\_\_\_\_ Iliac: \_\_\_\_\_  
TOTAL: \_\_\_\_\_  
(See Appendix C)

### 5. Cardio Assessments

#### *Step Test*

CV score: \_\_\_\_\_ Rating: \_\_\_\_\_ Base Training Program: \_\_\_\_\_

$$\frac{\text{Time (180 sec)} \times 100}{\text{Recovery Pulse (for 30 sec)} \times 5.6}$$

#### *Astrand Treadmill Test*

VO<sub>2</sub> score: \_\_\_\_\_ Rating: \_\_\_\_\_ Base Training Program: \_\_\_\_\_

$$(\text{Time} \times 1.444) + 14.99 = \text{VO}_2 \text{ score}$$

#### *Meter Shuttle Run Test*

Score: \_\_\_\_\_ - \_\_\_\_\_ VO<sub>2</sub> score: \_\_\_\_\_ Rating: \_\_\_\_\_  
Base Training Program: \_\_\_\_\_ (See Appendix D)

For VO<sub>2</sub> calculation: <http://www.topendsports.com/testing/beephone.htm>



## 6. Movement Assessments

(See Appendix E for solutions)

### Overhead Squat

View	Kinetic Chain Checkpoints	Movement Observation	Right	Left
Anterior	Feet	Turn out		
	Knees	Move inward		
		Move outward		
Lateral	Lumbo-pelvic-hip complex	Excessive forward lean		
		Low back arches		
		Low back rounds		
	Shoulder-cervical complex	Arms fall forward		
Posterior	Feet	Heel of foot rises		
		Foot flattens		
	Lumbo-pelvic-hip complex	Asymmetrical weight shift		
	Shoulder-cervical complex	Shoulder elevates		

### Single-leg Squat

View	Kinetic Chain Checkpoints	Movement Observation	Right	Left
Anterior	Foot	Foot flattens		
	Knees	Move inward		
		Move outward		
	Lumbo-pelvic-hip complex	Lateral hip shift		

#### Muscles to be Stretched:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

#### Strengthening Exercises:

- 1.
- 2.
- 3.
- 4.