

# Download Acsm Exercise Guidelines Vo2max

ACSM's January-February Health & Fitness Journal CEC Bundle. Earn 8 CECs with this bundle, which includes four articles from ACSM's Health & Fitness Journal and covers these topics: deep vein thrombosis, resistance training, core training & exercise interventions for people with Femoroacetabular Impingement (FAI) What are VO<sub>2</sub> and VO<sub>2</sub>max?. VO<sub>2</sub> (or oxygen consumption) is a measure of the volume of oxygen that is used by your body to convert the energy from the food you eat into the energy molecules, called adenosine triphosphate (ATP), that your body uses at the cellular level. VO<sub>2</sub>max (or maximal oxygen consumption) is simply the maximum possible VO<sub>2</sub> that a given person can achieve. VO<sub>2</sub>max Prediction During Cycle Ergometry 1 Journal of Exercise Physiologyonline (JEPonline ) Volume 11 Number 2 April 2008 Managing Editor Clinical Exercise Physiology Tommy Boone, Ph.D. Editor-in-Chief Jon K. Linderman, Ph.D. PREDICTION OF VO<sub>2</sub>MAX FROM AN INDIVIDUALIZED Review Board SUBMAXIMAL CYCLE ERGOMETER PROTOCOL Todd Astorino, Ph.D. Julien Baker, Ph.D. CENGIZ AKALAN1, ROBERT A. ROBERGS ...Predicted Maximal Oxygen Consumption (VO<sub>2</sub>MAX) Values Obtained During The Maximal Treadmill Test Using Different Protocols