COSMED
The Metabolic Company

COSMED
Via dei Piani di Monte Savello, 37 - 00041 Albano Laziale - Rome
http://www.cosmed.com

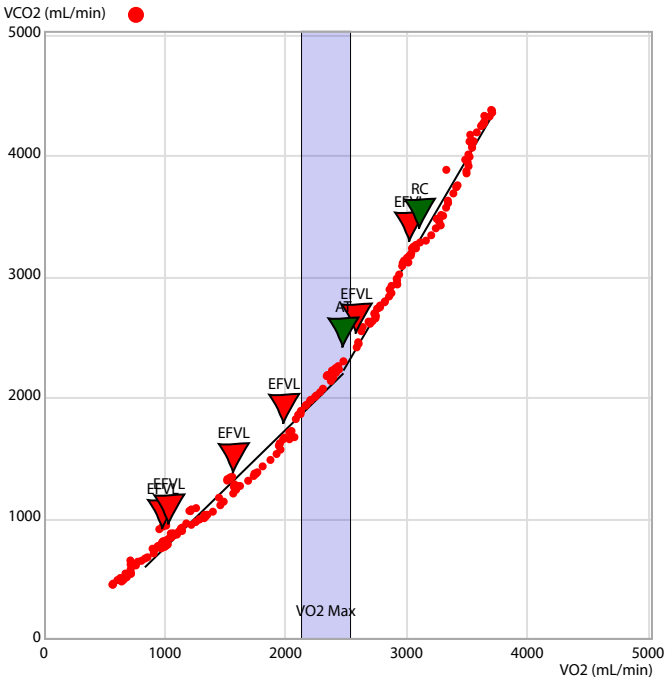
Visit Date	Printed On
9/25/2015	5/26/2021

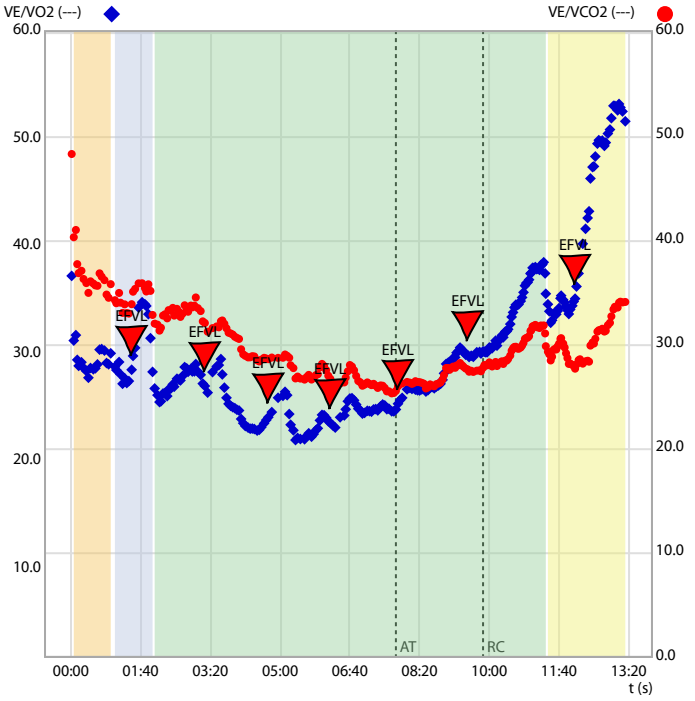
Name	ID1		Gender	Age	Weight (kg)	Height (cm)
SUBJECT DEMO	DEMO0001		Male	48.5	75.00	178.0
Grouping	**D.O.B.**	**ID2**	**BMI (kg/m2)**	**Smoker**	**Smoking Years**	**Cig/Day**
COSMED	3/4/1967	--	23.7	--	--	--
Operator	**Physician**		**Class 2**		**Ethnicity**	
Mr. Hyde	Dr. Jekyll		demo subject		Caucasian	

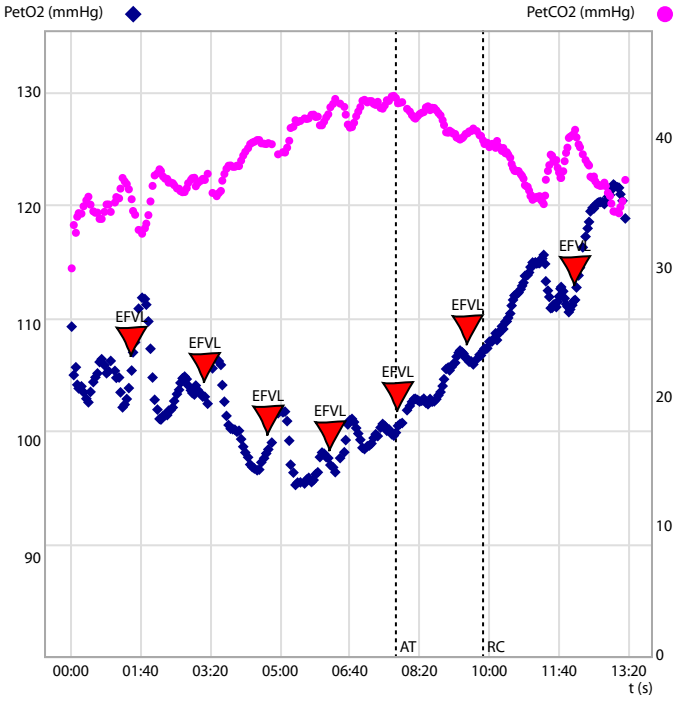
CPET BREATH BY BREATH

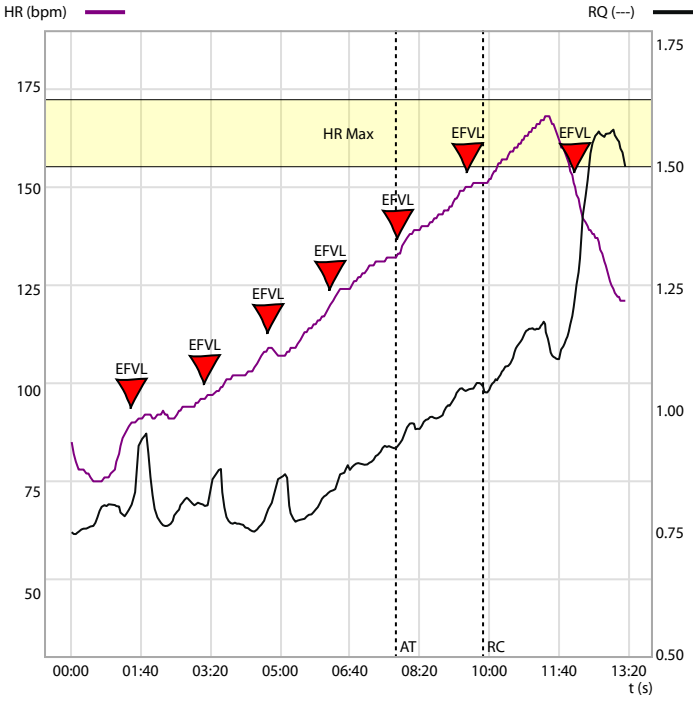
Flowmeter	Device	Serial Number
Turbine 28mm	Quark CPET with dongle	//BATMAN//

Test Time	Set	Subject Type	ECG Response	Reason for Test	Reason for Stopping Test	Test Purpose
5:26 PM	Wasserman ex-tended	Clinical	None	Exercise capacity	Leg pain	Educational
Test Type	**Maximal Effort**	**Test Duration**	**Exercise Duration**	**Protocol**	**Ergometer**	**Amb. Temp.**
Maximal	Confirmed	13:15	09:21	35 Watt Ramp	COSMED Bike	25.0 °C
RH Amb	**PB**	**Flowm. Temp.**	**RH Flow**	**STPD**	**BTPS Ins**	**BTPS Exp**
52 %	746 mmHg	34.0 °C	100 %	0.8099	1.0919	1.0201









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Spirometry

		Pre	% Pred	Normal	Class
FVC	L	6.07	120		
FEV1	L	4.80	120	> 4.32	
MVV	L/min	192.0	-		

Protocol

		Meas.	Rest	Warm-Up	AT	RC	Max	Normal	Class
t	s				07:46	09:51	11:21		
Power	Watt			0	203	280	**329**	> 213	
Revolution	RPM			78	76	76	88		

Metabolic

		Meas.	Rest	Warm-Up	AT	RC	Max	Normal	Class
VO2	mL/min		646	897	2478	3112	**3610**	> 2138	Normal
VO2/Kg	mL/min/Kg		8.6	12.0	33.0	41.5	**48.1**	> 28.5	Normal
VCO2	mL/min		504	764	2306	3289	4247		
METS	---		2.5	3.4	9.4	11.9	**13.8**	> 8.1	Normal
RQ	---		0.78	0.85	0.93	1.06	**1.17**	> 1.10	Maximal

Ventilatory

		Meas.	Rest	Warm-Up	AT	RC	Max	Normal	Class
VE/VCO2 Slope	---	**22.2**						< 30.4	Normal
OUES	ml/min/l/min	**3870**						> 2724	
VE	L/min		19.8	27.8	60.4	93.2	118.3		
BR	%				68.6	51.5	**38.4**	> 15.0	Normal

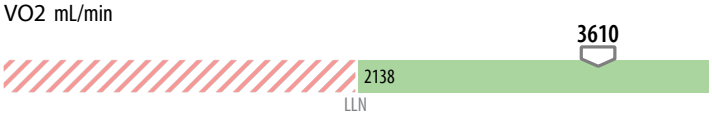
Cardiovascular

		Meas.	Rest	Warm-Up	AT	RC	Max	Normal	Class
HR	bpm		76	88	132	151	**168**	> 155	Normal
HRR	bpm	**4**						< 15	Normal
HRR_1_minute	bpm	**29**						> 12	Normal
VO2/WR Slope	mL/min/Watt	**9.46**						> 8.40	Normal, Continual Rise
VO2/HR	mL/beat		8.4	10.2	18.8	20.6	**21.5**	> 11.8	Normal, Continual Rise Throughout Exercise
P Syst	mmHg				130	130	**130**	< 210	Normal
P Diast	mmHg				85	85	**85**	< 90	Normal

Gas Exchange

		Meas.	Rest	Warm-Up	AT	RC	Max	Normal	Class
VO2@AT	mL/min	**2478**						> 1018	Normal
PetCO2	mmHg		35	35	43	40	37		
VE/VCO2	---				**25.6**	27.8	29.9	< 30.3	Normal

VO2 mL/min



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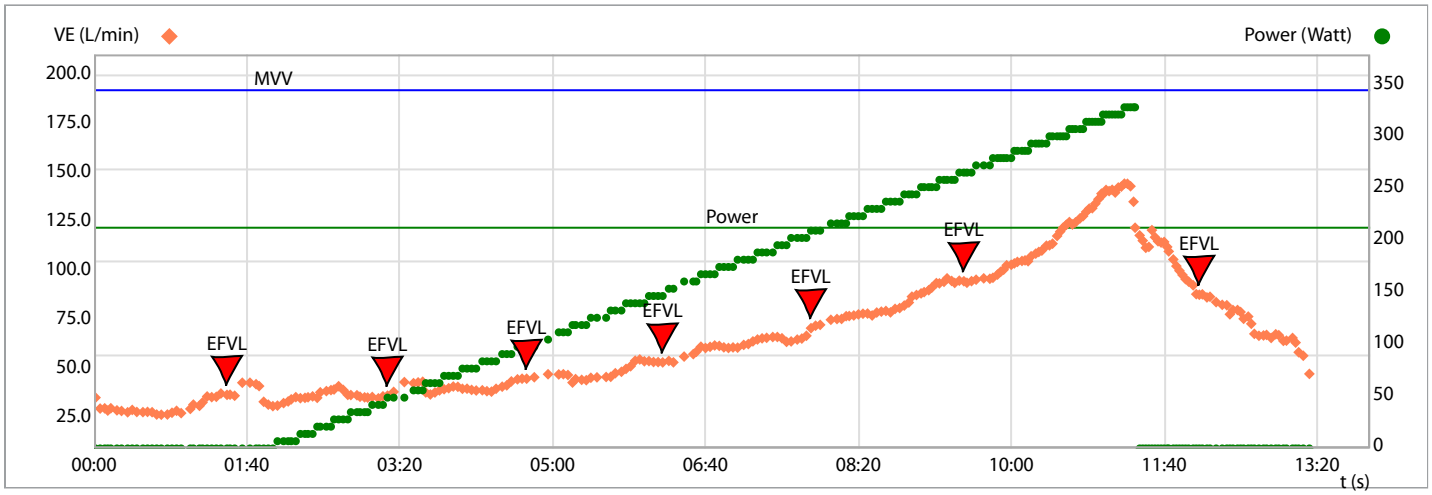
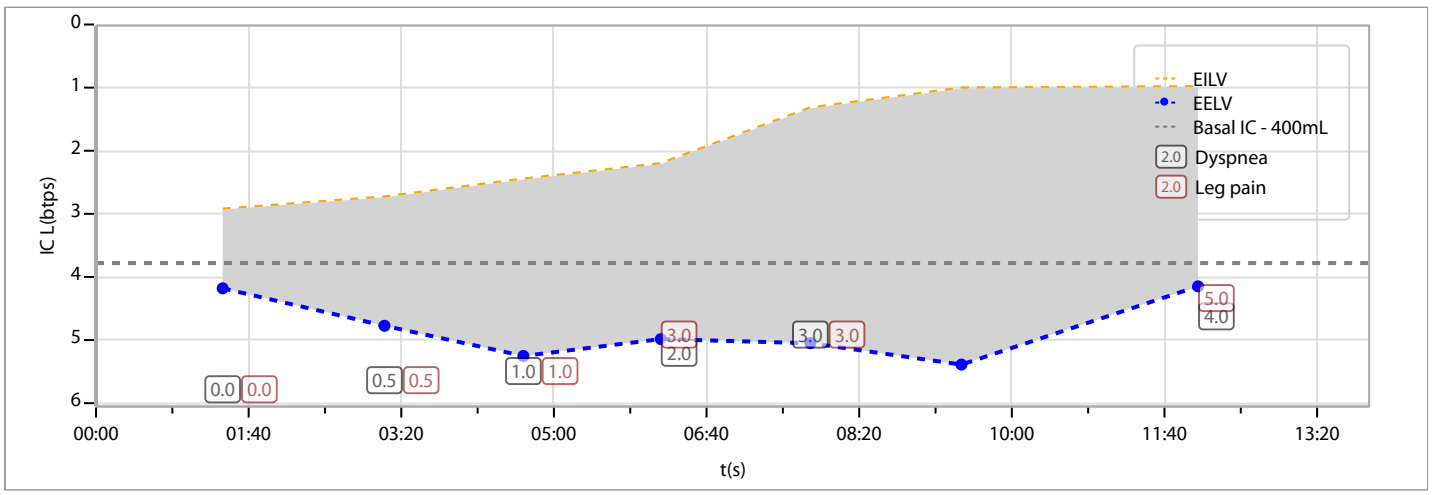
F/V Loops

		#1 (Basal)	#2	#3	#4	#5	#6	#7
t	s	01:23	03:09	04:40	06:10	07:48	09:27	12:02
Power	Watt	0	49	98	147	210	266	0
IRV	L	2.93	2.74	2.46	2.21	1.33	1.01	0.99
IC	L	4.18	4.77	5.25	4.99	5.05	5.39	4.15
VT	L(btps)	1.248	2.036	2.797	2.773	3.722	4.376	3.158
ERV	L	1.89	1.30	0.82	1.08	1.02	0.68	1.92
VT/IC	---	0.30	0.43	0.53	0.56	0.74	0.81	0.76
VFL/VT	---	-	-	0.01	-	0.13	-	-
VT/FVC	---	0.21	0.34	0.46	0.46	0.61	0.72	0.52
IRV/FVC	---	0.48	0.45	0.40	0.36	0.22	0.17	0.16
ERV/FVC	---	0.31	0.21	0.13	0.18	0.17	0.11	0.32
Dyspnea	---	0	0.5	1	2	3	-	4
Leg Pain	---	0	0.5	1	3	3	-	5
Δ IC	L	0.00	0.59	1.07	0.80	0.87	1.21	-0.03





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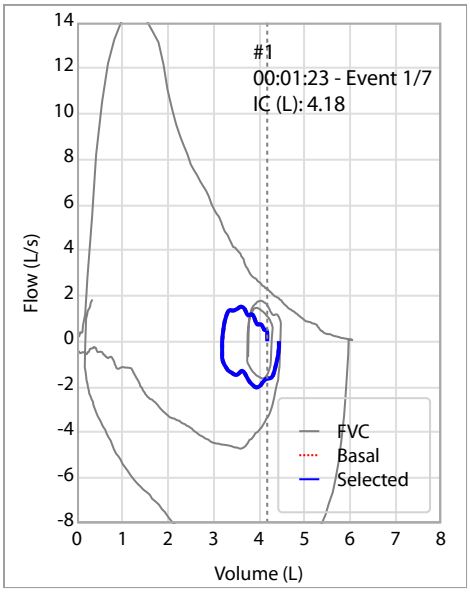

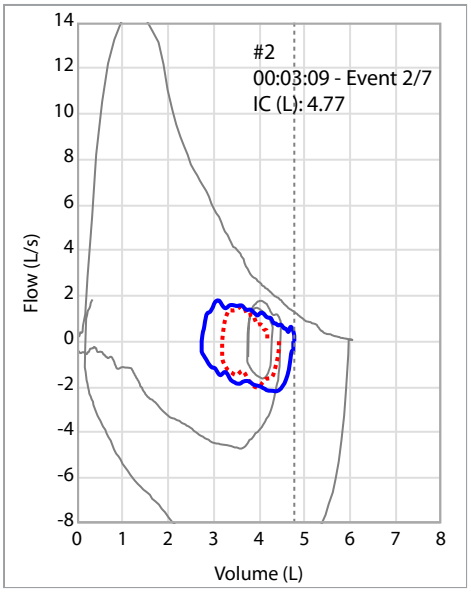

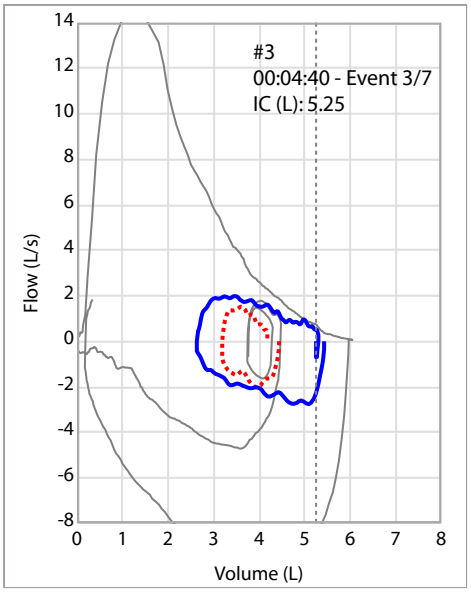

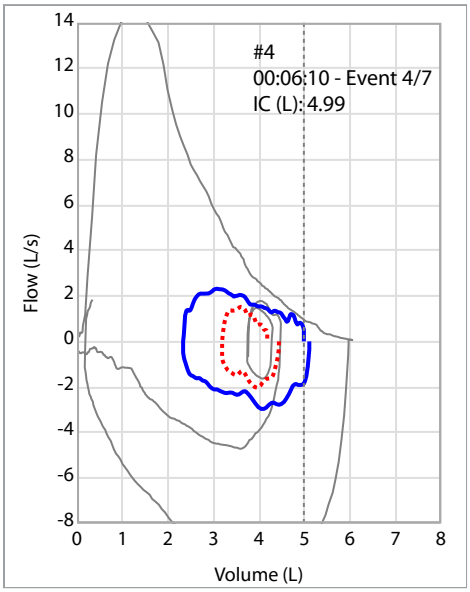

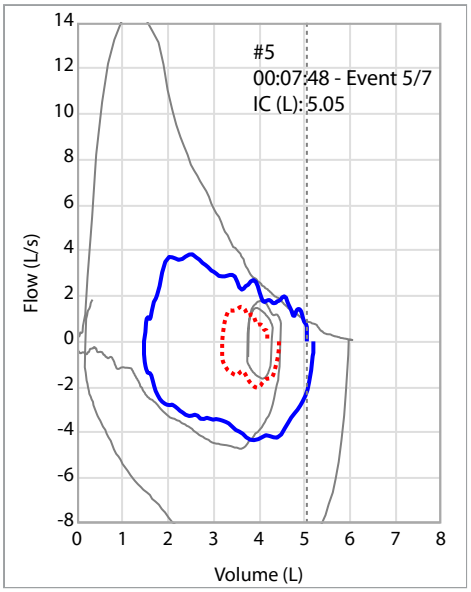

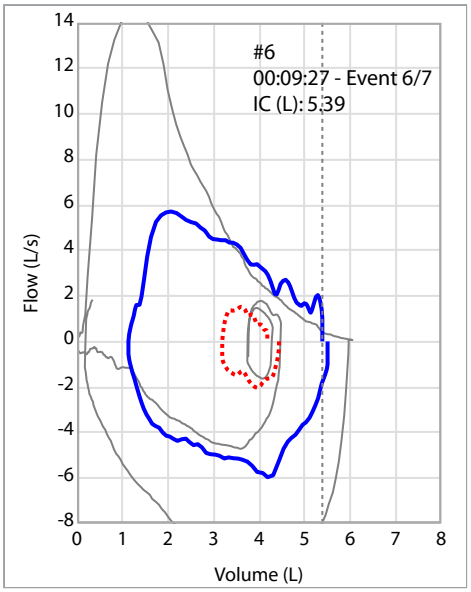

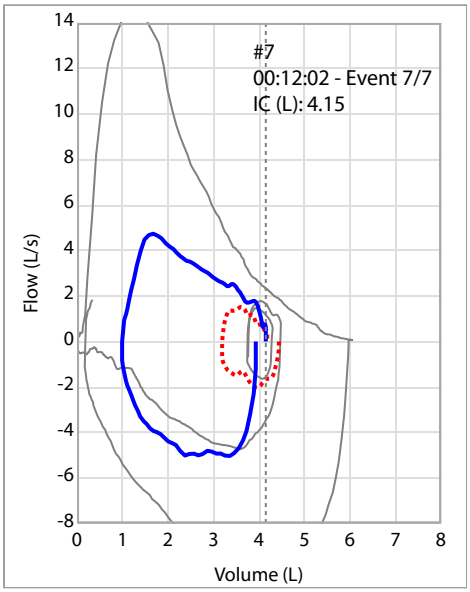

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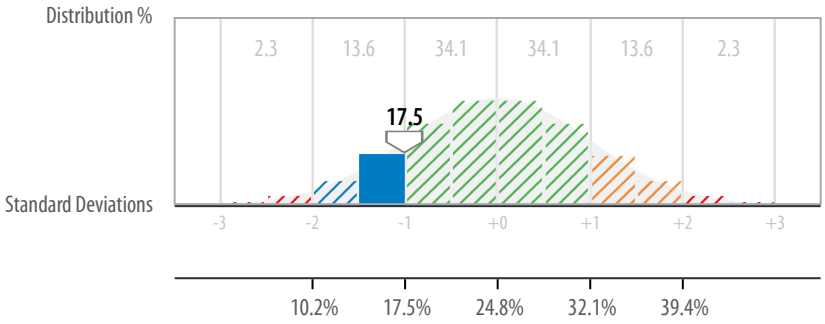
BODY COMPOSITION

Device	Serial Number
BOD POD GS-X	2020X009

Test Time	Body Density Model	TGV Model
6:25 PM	Brozek	Measured

% Fat



Standard Deviation

Results obtained from the literature were used to develop population specific Mean and Standard Deviation (SD) values, assuming a normal distribution of the population. These values are shown in the Distribution Curve and are used in the Automatic Interpretation. References used are provided in the User Manual.

17.5 %	**15.713 kg**	**73.997 kg**
% Fat	FM	FFM
82.5 %	**89.711 kg**	**84.747 L**
% FFM	Body Mass	Body Volume
1.0586 kg/L	**4.124 L**	
Body Density	TGV	

82.5
% FFM

Body Fat

A certain amount of fat is necessary for good health. Fat plays an important role in protecting internal organs, providing energy, and regulating hormones. The minimal amount of "essential fat" is approximately 3-5% for men, and 12-15% for women. If too much fat accumulates over time, health may be compromised.

Fat Free Mass

Fat free mass is everything except fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories and plays an important role in maintaining strength and energy. Healthy levels of fat-free mass contribute to physical fitness and may prevent conditions such as osteoporosis.