

Name _____

Date _____

Resting Heart Rate _____

HR_{max} (estimate) _____

Blood Pressure (if identified by PAR-Q/medical history) _____

YMCA 3-Minute Step Test

Recovery Heart Rate _____ Rating _____

To determine the client's cardiorespiratory fitness rating, compare the recovery heart rate to **Table 9.11** in the *NASM Essentials of Personal Fitness Training* textbook.

Very Poor	Poor	Below Average	Average	Above Average	Good	Excellent
Zone 1			Zone 2		Zone 3	

Rockport Walk Test

Time _____ Heart Rate _____ O₂ Score _____

$$O_2 \text{ score} = 132.853 - (0.0769 \times \text{weight}) - (0.3877 \times \text{age}) + (6.315 \times [1 \text{ for male or } 0 \text{ for female}]) - (3.2649 \times \text{time}) - (0.1565 \times \text{heart rate})$$

To determine the client's cardiorespiratory fitness rating, compare the O₂ score to **Table 9.12** in the *NASM Essentials of Personal Fitness Training* textbook.

Poor	Fair	Average	Good	Very good
Zone 1		Zone 2		Zone 3

Training Zone Readiness	1	2	3

Zone 1 = 65-75% HR_{max}

Zone 2 = 75-85% HR_{max}

Zone 3 = 86-95% HR_{max}