## CARDIOCOACH™

### CARDIOCOACH®

The CardioCoach is all about simplicity. Simplicity of operation means any trainer can learn to perform a test in minutes. Simplicity of the reports means customers receive easy to understand results that define unique workout zones for endurance, weight loss, and cardio strengthening.

VO2 Max & Sub-Max

AT, AeT, Peak VO2

Precise heart rate zones

Calories Burned during exercise

Self-Calibrating

Wireless heart rate pick-up

Wireless Tablet Optional

Self-service O2 Sensor Replacement

Ability to email results to client

Score to determine test quality

Extrapolated VO2 Max for better sub-max test options

## CARDIOCOACH PLUS

### CARDIOCOACH®PLUS

The CardioCoach PLUS combines the features of $VO_2$ fitness testing with Resting Metabolic Rate (RMR) Measurement. An RMR measurement uses oxygen consumed at rest to determine a person's caloric requirements for weight loss or maintenance. Facilities that offer nutritional counseling can add this very valuable assessment tool for only a slight increase in cost.

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Extrapolated VO2 Max for better sub-max test

## CARDIOCOACH MAX

### CARDIOCOACH®MAX

The MAX delivers fully analyzed results for the non-technical user. It includes the additional measurement of $CO_2$, allowing you to see Respiratory Exchange Rate (RER) during exercise. This information will show your client at what heart rate they are burning fat most effectively and allow them to monitor fat burn in real time when utilizing the CardioCoach app.

VO2 Max & Sub-Max

AT, AeT, Peak VO2

Precise heart rate zones

Calories Burned during exercise

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## CARDIOCOACH PRO

### CARDIOCOACH®PRO

The PRO delivers gas exchange information for the user who wants to see detailed data, analyze results, and customize interventions. Designed for the experienced user, the CardioCoachPRO is performance testing at its finest.

VO2 Max & Sub-Max

AT, AeT, Peak VO2

Precise heart rate zones

Calories Burned during exercise

Self-Calibrating

Wireless heart rate pick-up

Wireless Tablet Optional

Self-service O2 Sensor Replacement

Ability to email results to client

Score to determine test quality

Extrapolated VO2 Max for better sub-max test options

**Column 1**

- Workload data recorded at each stage
- ~~Integrates with CardioCoach App for Workout Building Program~~
- ~~RMR (Resting Metabolic Rate)~~
- ~~Customizable caloric intake recommendations~~
- ~~Dual differential pressure sensors for increased low flow accuracy~~
- ~~RER (RQ) during exercise~~
- ~~Determines calories burned from fats/carbs during exercise~~
- ~~Integrates with ergometers such as Lode, Trackmaster~~
- ~~RER (RQ) at rest~~
- ~~Data analysis tools~~
- ~~Extended testing periods~~
- ~~Integrates with Moxy for SMO2 data~~
- ~~Data entry field for blood lactate~~
- ~~Integrates with SMART trainers~~

**Column 2**

- options
- Workload data recorded at each stage
- Integrates with CardioCoach App for Workout Building Program
- RMR (Resting Metabolic Rate)
- Customizable caloric intake recommendations
- Dual differential pressure sensors for increased low flow accuracy
- ~~RER (RQ) during exercise~~
- ~~Determines calories burned from fats/carbs during exercise~~
- ~~Integrates with ergometers such as Lode, Trackmaster~~
- ~~RER (RQ) at rest~~
- ~~Data analysis tools~~
- ~~Extended testing periods~~
- ~~Integrates with Moxy for SMO2 data~~
- ~~Data entry field for blood lactate~~
- ~~Integrates with SMART trainers~~

**Column 3**

- options
- Workload data recorded at each stage
- Integrates with CardioCoach App for Workout Building Program
- RMR (Resting Metabolic Rate)
- Customizable caloric intake recommendations
- Dual differential pressure sensors for increased low flow accuracy
- RER (RQ) during exercise
- Determines calories burned from fats/carbs during exercise
- Integrates with ergometers such as Lode, Trackmaster
- ~~RER (RQ) at rest~~
- ~~Data analysis tools~~
- ~~Extended testing periods~~
- ~~Integrates with Moxy for SMO2 data~~
- ~~Data entry field for blood lactate~~
- ~~Integrates with SMART trainers~~

**Column 4**

- Workload data recorded at each stage
- Integrates with CardioCoach App for Workout Building Program
- RMR (Resting Metabolic Rate)
- Customizable caloric intake recommendations
- Dual differential pressure sensors for increased low flow accuracy
- RER (RQ) during exercise
- Determines calories burned from fats/carbs during exercise
- Integrates with ergometers such as Lode, Trackmaster
- RER (RQ) at rest
- Data analysis tools
- Extended testing periods
- Integrates with Moxy for SMO2 data
- Data entry field for blood lactate
- Integrates with SMART trainers