

**LABORATORY OF
NEUROMUSCULAR RESEARCH
AND ACTIVE AGING**

Personal Performance Report

Michael Kuang



Thank you for taking the time to visit the University of Miami's Laboratory of Neuromuscular Research & Active Aging.

This report gives you an overview of the physical tests you have performed. The tests measure your energy expenditure and muscle activation patterns during the 8-minute Sun-Salutation B sequence.

We hope you have enjoyed your time with us and we hope you choose to participate in our future studies!

Michael Kuang

Age: 34

Height: 5' 8"

Weight: 155 lbs

VO₂max Running Test

- U **VO₂**: Also known as oxygen consumption, it is a measure of the volume of oxygen that is used by your body to convert the energy from the food you eat into energy.
- U **VO₂Max**: The maximum possible VO₂ that a given person can achieve.
- U **Energy Expenditure**: Sum of the basal metabolic rate (the amount of energy expended while at complete rest), the thermic effect of food (the energy required to digest and absorb food) and the energy expended in physical activity.
- U **Maximum Heart Rate (MHR)**: Highest heart rate an individual can achieve without severe problems through exercise stress. Measured in beats per minute.

VO ₂ max	Maximum Heart Rate
44.5	178

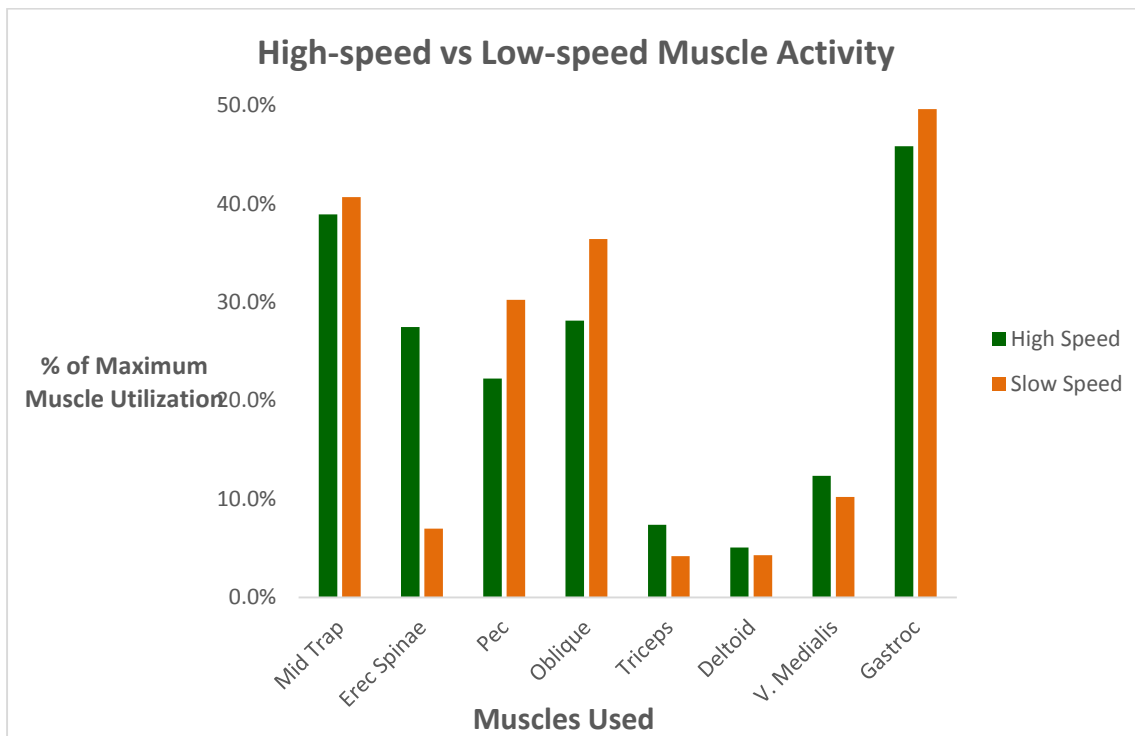
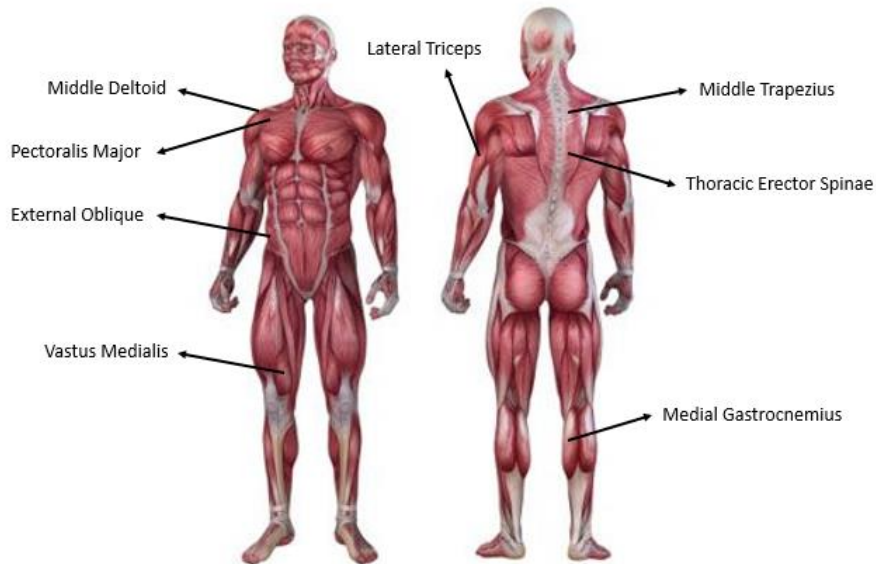
Energy Expenditure (Calories Burned)	High Speed	Low Speed
	80.1	64.16

Fitness Categories for VO₂max for Men Ages 30-39

%	Category	Max VO ₂
99	Superior	58.3
95		54.1
90	Excellent	51.7
85		50.0
80		48.3
75	Good	47.0
70		46.0
65		45.3
60		44.1
55	Fair	43.9
50		42.4
45		41.2
40		40.7
35	Poor	39.5
30		38.7
25		37.8
20		36.7
15	Very Poor	35.2
10		33.8
5		31.2
1		26.5

Electromyography

- **Electromyography (EMG):** is a technique for evaluating and recording the electrical activity produced by skeletal muscles.



Your muscle activity is shown as a percentage of the maximum work your muscle can do.