

Name: _____

Instructor: _____

CRN #: _____

Lab: Treadmill Test

Instructions

1. Start by selecting WORKOUT. Select ADVANCED. Select FIT TEST. Select FIT TEST AGAIN.

2. Enter the required personal information (weight, age, and gender).

3. Enter your speed; we suggest the following speeds based on your level:

- | | |
|------------------|-----|
| A. Novice: | 2.5 |
| B. Beginner: | 3.0 |
| C. Intermediate: | 4.0 |
| D. Advanced: | 6.0 |
| E. Expert: | 8.0 |

4. Perform this exercise for 5 minutes and monitor your heart rate the last 15 seconds of the test by grabbing hold of the hand sensors---Be sure to hold on until you receive your score.

5. Record your level score and your word score.

Treadmill Test

Date: _____ **Speed** _____ **Score:** _____ **Level:** _____

Treadmill Test

Date: _____ **Speed** _____ **Score:** _____ **Level:** _____

