

EXERCISE STRESS TESTING

WORKSHEET

1. The Schellong II test

Name: _____ Age: _____ Sex: _____

	Heart rate (beats/15 sec)	Heart rate (bpm)	Blood pressure (mmHg)
Resting			
1 min			
2 min			
3 min			
4 min			
5 min			

Interpret the results: _____

2. The three-minute step test

Name: _____ Age: _____ Sex: _____
Heart rate (beats/15 sec): _____ Heart rate (bpm): _____
VO₂ max: _____ Fitness rating: _____

3. The Astrand-Ryhming test

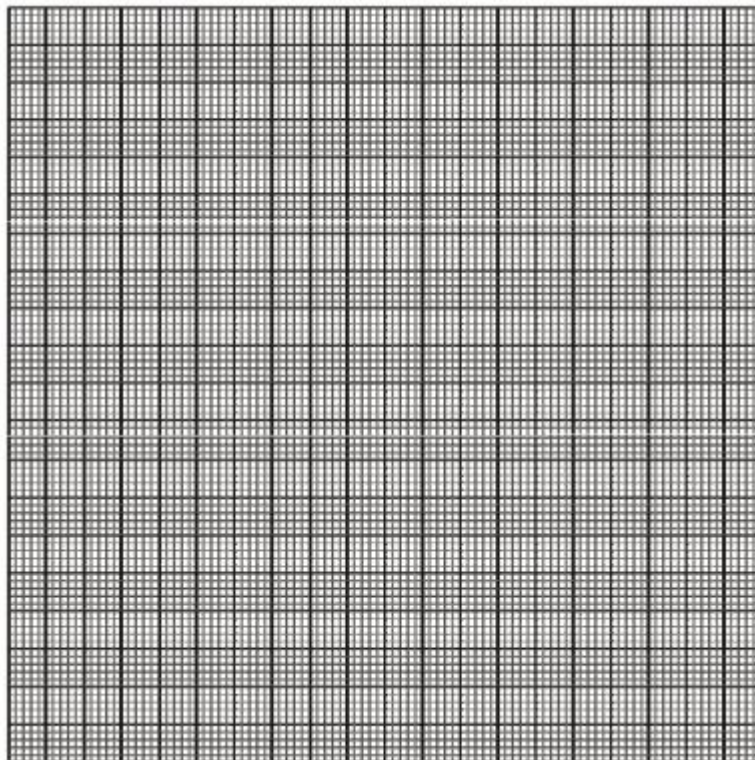
Name: _____ Age: _____ Sex: _____
Workload (watts): _____ Ideal weight (kg): _____
Heart rate (beats/10 sec): _____ Heart rate (bpm): _____
VO₂ max (l/min): _____ MAC (ml/kgbw/min): _____
Effort capacity: _____

4. The YMCA test

Name: _____ Age: _____ Sex: _____
 Bodyweight (kg): _____ MPHR (bpm): _____ 85% of MPHR: _____

Stage	Workload	HR (beats/15 sec)	HR (bpm)
1	25 W (150 kgm/min)		
2			
3			
4			
Recovery			
1 min	-		
2 min	-		
3 min	-		
4 min	-		

Plot the heart rate (HR) values against the workload for each effort stage and extrapolate to MPHR to estimate the workload that would have been achieved if the subject had performed a maximal test.



Estimated VO_2 max (l/min): _____ % ranking: _____
 Effort capacity: _____

5. Cardiac stress testing – the 25 Watts/2-minutes staged protocol

Name: _____ Age: _____ Sex: _____
 MPHR (bpm): _____ THR (bpm): _____

Min	Workload (W)	Heart rate (bpm)	Blood pressure (mmHg)	ECG changes	Symptoms
0	rest				
2	25				
4	50				
6	75				
8	100				
10	125				
12	150				
14	175				
16	200				
Recovery					
1	-				
3	-				
6	-				
9	-				

Reason for ending the test: _____

Interpret the results:

- for myocardial ischemia: _____

- for hemodynamic changes:

- heart rate changes: _____ Chronotropic index: _____

- blood pressure changes: _____

- PTI: _____ MAD (%): _____

Date: _____

Lab assistant's signature: _____