

Mayer - Demo, Lisa

Activity analysis of 2018-04-09

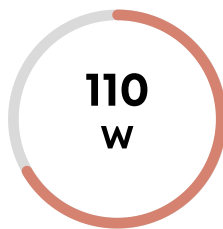
Test mode	50 W + 30 W
Height	1.68 m
Weight	58 kg
Training device	Bicycle ergometer

Rating



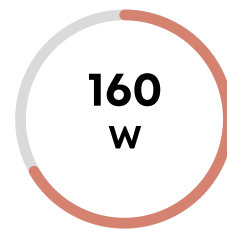
Your indicators

IAAT

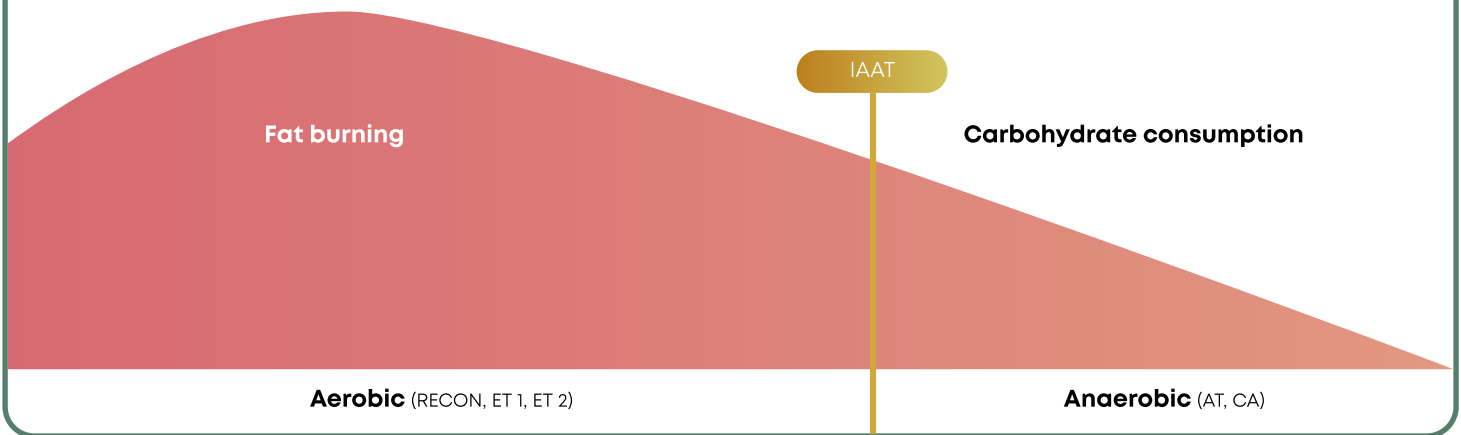


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Max power



Level 4/6



*Abbreviations are explained on the next page

Your individual pulse ranges

	Cycling	Running
RECON	<124 bpm	<63 W <134 bpm
ET1-Area	124-141 bpm	63-89 W 134-151 bpm
ET2-Area	141-149 bpm	89-110 W 151-159 bpm
Anaerobic threshold (IAAT)		
Development area	149-155 bpm	110-128 W 159-165 bpm
Top range	>155 bpm	>128 W >165 bpm

RECON:

This pulse range is important for active recovery after intensive training sessions or phases as well as after competitions. With a unit in this heart rate zone, you can accelerate recovery.

ET1-Area:

This pulse range is probably particularly interesting for you. It forms the basis for your training success. For a good reason: Here you train your fat burning intensively and develop your basic endurance. In addition to this, the pulse range has a very positive effect on your health. Train slowly and consistently and as long as possible at ET1 pulse. This is the best way for your body to learn how to use fat as an energy source.

ET2-Area:

This pulse range is assigned to the more intensive basic endurance training. Fat burning still predominates here. However, the body slowly starts taking energy out of the carbohydrate storage. If you work in this training area, your body will develop quick adaptations, the limits of which are reached after a relatively short time.

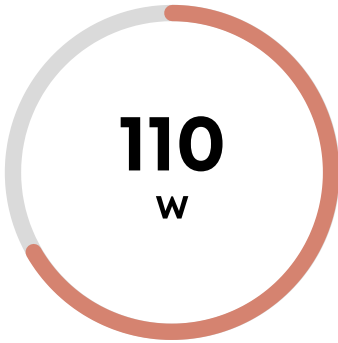
Development area:

This pulse range is also called threshold training. This is where strength endurance and stamina are trained on inclines and the maximum oxygen intake is optimized. The health effect is low. Instead, the pulse area is used for a short-term, high carbohydrate burn and to increase the competition performance.

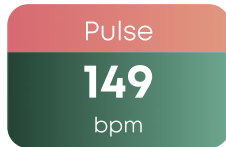
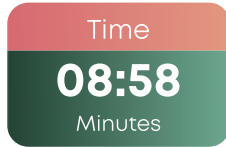
Top range:

Training in this pulse range improves high-speed endurance, stamina at the performance limit and lactate tolerance. Correctly carried out training stimuli in this pulse range lead to accelerated regeneration and increase the liveliness for short and very intensive loads.

Your individual anaerobic threshold



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The individual anaerobic threshold is the performance and pulse range in which the body changes from an oxygen-saturated situation to an oxygen deficiency phase. Sports scientists distinguish between aerobic and anaerobic training. For them and also for us, the individual anaerobic threshold is a crucial parameter for developing a solid training plan.

By the way: This threshold is also called the transition from fat metabolism to carbohydrate metabolism. Each of us reaches the IAAS at an individual point in time of our physical performance. If you really want to train efficiently, you should know your personal pulse range at this threshold.

Your maximum oxygen consumption

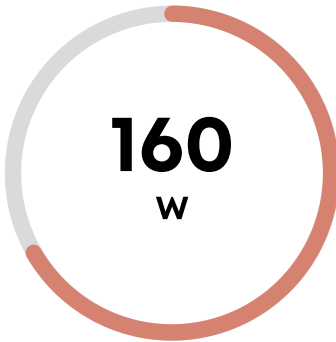


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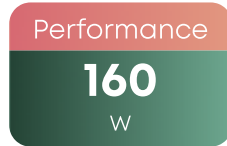
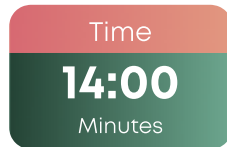


The maximum oxygen consumption is a value that describes the actual maximum oxygen uptake during maximum physical strain. In general, the higher the oxygen intake, the better the physical condition. The VO2max represents the efficiency of the oxygen-absorbing, oxygen-transporting and oxygen-using subsystems of the organism: The more blood is transported by the heart per minute and flows through the circulation, the more O2 is absorbed from the breath into the blood via gas exchange and transported to the working muscles. The maximum oxygen uptake capacity therefore reflects the cardiorespiratory performance of a person. It is therefore an important parameter for evaluating aerobic endurance potential.

Your maximum performance

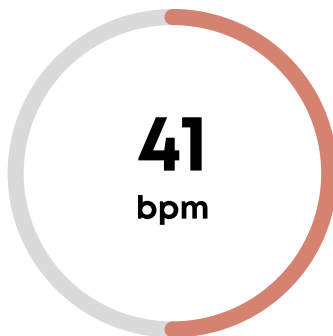


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Your maximum performance is nothing more than the maximum speed you have reached on the treadmill or the highest wattage on the bike. It is the peak of the DYNOSTICS performance analysis and the point at which the performance analysis is completed and the recovery phase begins. As a result, we now see your performance, the time, your maximum heart rate and your maximum oxygen intake.

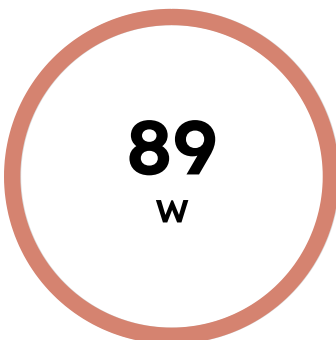
Regeneration



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Regeneration indicates how quickly your body can recover from high stress. We measure the number of heartbeats your cardiovascular system reduces within 3 minutes.

Your 1st individual ventilatory thresholds



The 1st ventilatory threshold (VT1) describes the aerobic load intensity at which increased consumption of carbohydrates occurs during muscular energy production. This results in a first measurable increase in lactate formation in the muscles and thus in an increase in CO₂ exhalation.

Your 2nd individual ventilatory thresholds

110
W

149
bpm

The 2nd ventilatory threshold describes the load intensity from which the lactate-induced overacidification of the body can be compensated by a further significantly increased breathing effort with exhalation of carbon dioxide (CO₂) and an increase in the respiratory minute volume. From this point on, the body obtains its energy almost exclusively from carbohydrates and goes over to an oxygen deficit.

Your Fatmax value

63
W

124
bpm

The fat flow rate (strength of lipid metabolism) initially increases with increasing load and drops steeply until the individual anaerobic threshold is reached. The point of the highest percentage fat metabolism is called Fatmax. At this point your body gains energy predominantly by burning fats, because fatty acids are excellent energy suppliers. Training in the Fatmax range will effectively increase your fat metabolism capacity.

Hints

Since in practice it is difficult to perform exactly on one pulse beat the entire training time, we can tell you from experience that a training intensity around the Fatmax pulse gives you the optimal fat metabolism boost.

Tips

With a training in the GAI pulse range you are already doing a lot right - but the effect will be greater the closer you train at the Fatmax range.

How
are
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