FIGURE 6-5. The Astrand-Rhyming nomogram. A nomogram used to calculate aerobic capacity (VO$_2$ max) from pulse rate during submaximal work. The clinician must know the pulse rate, sex, and work load from the bicycle ergometer test performed on the client to determine absolute VO$_2$ max. VO$_2$ max values obtained from the nomogram should be adjusted for age by a correction factor (Table 6-2). (Reprinted with permission from Astrand PO, Ryhming I. A nomogram for calculation of aerobic capacity [physical fitness] from pulse rate during submaximal work. J Appl Physiol 1954;7:218–221.)