



DISPLAY 6-6

Assumptions for Submaximal Exercise Testing

- The workloads used are reproducible.
- Heart rate is allowed to reach steady-state at each stage of the test.
- The age-predicted maximal HR is uniform ($220 - \text{age}$) with a prediction error of 10% to 15%.
- A linear relationship exists between HR and oxygen uptake.
- Mechanical efficiency is the same for everyone (e.g., VO_2 at a given work rate).

ACSM's Guidelines for Exercise Testing and Prescription, 6th Ed; American College of Sports Medicine Resource Manual for Guidelines for Exercise Testing and Prescription. 3rd Ed. Baltimore: Williams & Wilkins, 1998.