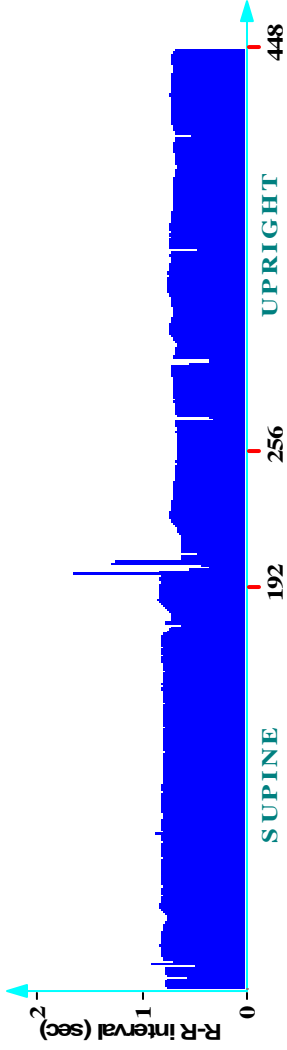


# Assessment of the Physical Fitness Level

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## Assessment of the transition period

Min HR - 80

Max HR - 95

**Chronotropic reaction**

HR (supine) / Max HR

0.77

**Compensation response**

Min HR / Max HR

0.85

**Ortho-Test Ratio**

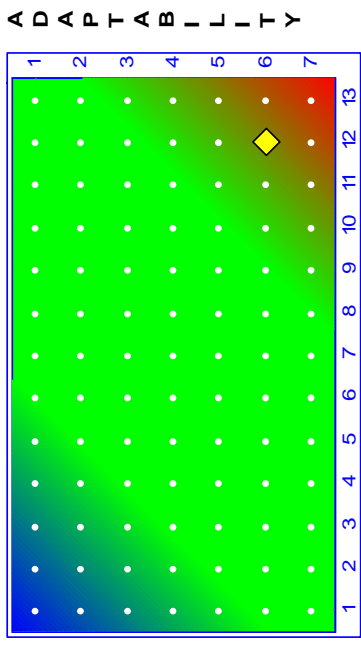
HR (supine) / HR (upright)

1.14

## Conclusion :

CHRONOTROPIC REACTION DECREASES SIGNIFICANTLY IN RESPONSE TO ORTHOTEST WHILE VASCULAR COMPENSATION DECREASES SHARPLY

## Graphical Presentation of the Physical Fitness



13 Levels of Functioning of the Physiological systems

1/1 - The best Physical Fitness

13/7 - The worst Physical Fitness

- Athletic zone

- Normal zone

- Below normal



- Current Physical Fitness

**Physical Fitness Level - 12/6**