

HNFE 2804

Name: _____

HW #9

Total points: 5

Show your work!!!!!!

1. Marcus is 35 years old and 220 lb. His VO_2max is 32 ml/kg/min. He is cleared for moderate intensity exercise.
 - a. What is his VO_2R range?

 - b. What is his METs range?

2. Marcus desires to walk on the treadmill and a 0% grade.
 - a. What speed do you set the treadmill to, if he is going to work at 40% VO_2R ?

 - b. How many Kcals did he burn if he walked 45 min?

3. Marcus wants to walk on the treadmill at a 5% grade increasing his intensity to 50% VO_2R .
 - a. What do you set the treadmill to?

 - b. How many Kcals did he burn if he walked 30 min?

4. Marcus has improved his fitness and his VO_2max is now at 40 ml/kg/min and is now cleared to exercise in the vigorous intensity range. He has also lost weight and now weighs 180 lb.

- a. What is his VO_2R range?
 - b. Marcus wants to run at 10 METs with a 0% grade. What speed do you set the treadmill to?
5. Marcus wants to run at 87.5% of his VO_2R , but at a treadmill speed of 5.2 mph.
- a. What incline would you set the treadmill to?
 - b. How many Kcals did Marcus burn if he ran for 40 min?