

# TEST TWO

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# Exercise Testing Modalities

- Treadmill
- Cycle
  - 5-25% less than treadmill
- Arm ergometer
  - 20-30% less than treadmill

# Who do we conduct Fitness Tests?

- To educate participants about their fitness levels
- To get data that will provide in the development of exercise prescriptions
- To obtain baseline data so comparisons can be made at a later date
- As a motivation tool for establishing goals
- To use as a stratifying risk-diagnostic tool