

YMCA BIKE TEST PROTOCOL

Figure 8-10
YMCA bike test
protocol

	1ST STAGE 150 KGM/MIN (0.5 KG)			
	HR: <80	HR: 80-89	HR: 90-100	HR: >100
2ND STAGE	750 KGM/MIN (2.5 KG)	600 KGM/MIN (2.0 KG)	450 KGM/MIN (1.5 KG)	300 KGM/MIN (1.0 KG)
3RD STAGE	900 KGM/MIN (3.0 KG)	750 KGM/MIN (2.5 KG)	600 KGM/MIN (2.0 KG)	450 KGM/MIN (1.5 KG)
4TH STAGE	1,050 KGM/MIN (3.5 KG)	900 KGM/MIN (3.0 KG)	750 KGM/MIN (2.5 KG)	600 KGM/MIN (2.0 KG)

DIRECTIONS:

1. Set the 1st work rate at 150 kgm/min (0.5 kg at 50 rpm)
2. If the HR in the third minute of the stage is:
 - <80, set the 2nd stage at 750 kgm/min (2.5 kg at 50 rpm)
 - 80-89, set the 2nd stage at 600 kgm/min (2.0 kg at 50 rpm)
 - 90-100, set the 2nd stage at 450 kgm/min (1.5 kg at 50 rpm)
 - >100, set the 2nd stage at 300 kgm/min (1.0 kg at 50 rpm)
3. Set the 3rd and 4th stages (if required) according to the work rates in the columns below the 2nd loads.

Ace Ymca Manual

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