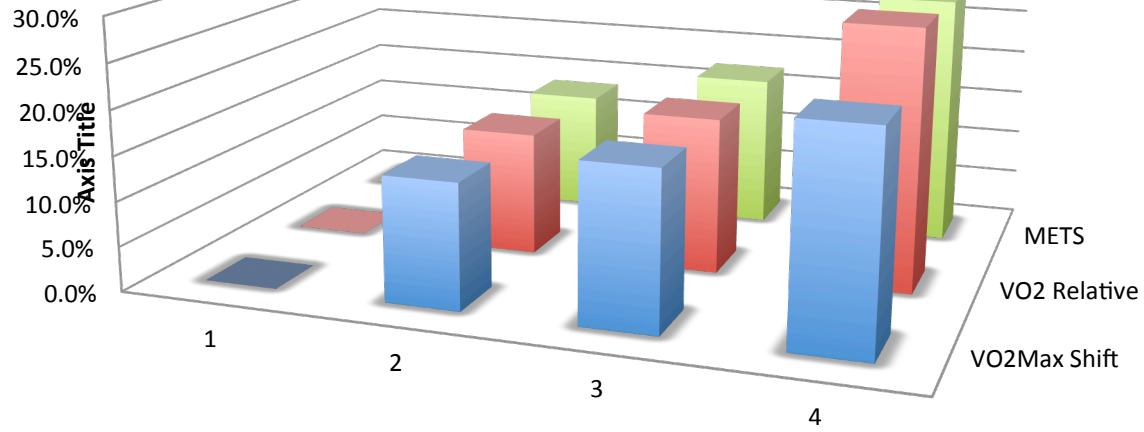


11 Week VO2 Max Results



| | 1 | 2 | 3 | 4 |
|--------------|------|-------|-------|-------|
| VO2Max Shift | 0.0% | 13.9% | 17.5% | 23.6% |
| VO2 Relative | 0.0% | 13.8% | 17.4% | 28.9% |
| METS | 0.0% | 13.5% | 17.2% | 28.1% |