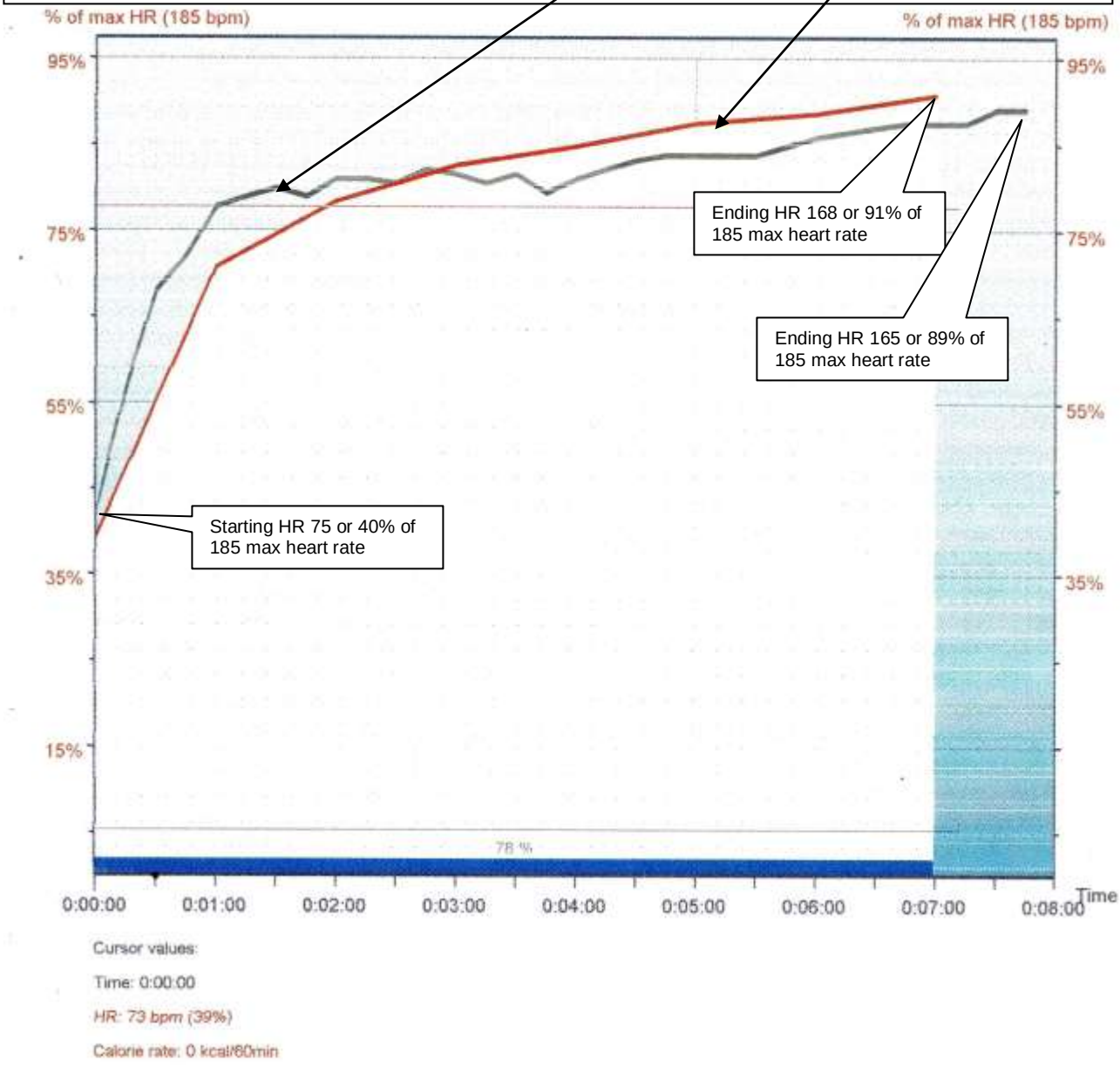
1,000 ft VersaClimber Challenge – 12/16/14 7:52 min 70 age VS 8/25/16 7:12 minutes, age 71 EE_7.doc



No	Exercise	Date	Cursor HR	Heart rate	Duration	Note
1.	12/16/2014 2:58 PM	2/16/2014	79	81% / 89%	0:07:52.6	VC, 1000 ft at 129 f/m
2.	8/25/2016 2:46 PM	8/25/2016	73	78% / 91%	0:07:12.8	VC, 1000 ft at 141 f/m (after 26 n
3.						
4.						
5.						

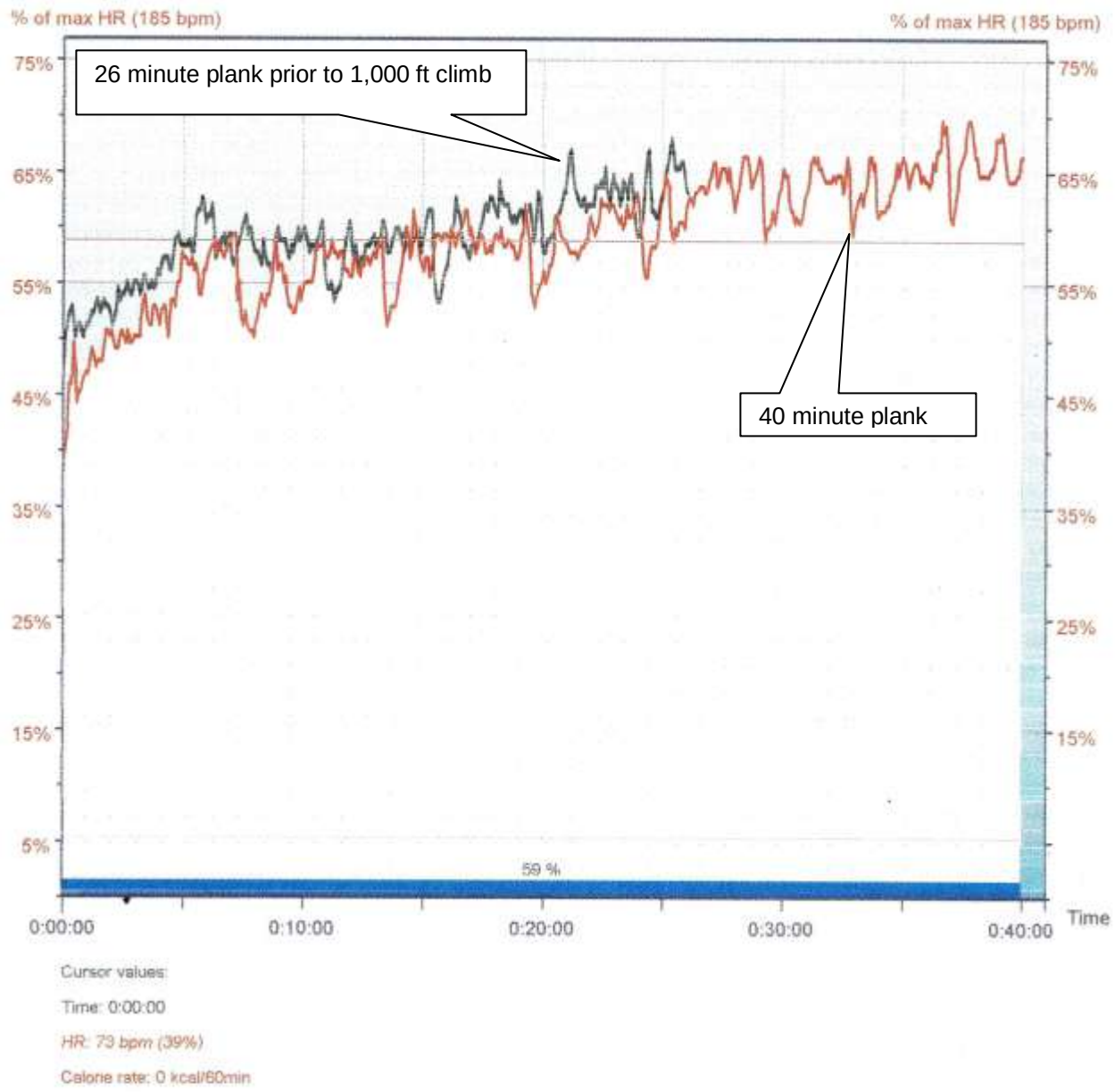
After 26 minute plank

Record: 8-25-16 of 1,000 ft climbed in 7 min 12.8 seconds on VersaClimber.

	
1. 7.1 min 1002 feet climbed = 141 ft/min	2. 943 steps to climb 1000 ft = 13” step height
	
3. Start 2:46 PM - end 2:53. HR dropped from 168 to 119 in 3 minutes.	4. VersaClimber and Referee

What happened between December 2014 and August 2016 that helped reduce time to climb 1,000 feet from 7:52 minutes to 7:12 minutes on the VersaClimber? There was actually less cardio training resulting in a lower V02max. On November 9, 2014, the first level plank was 5:00 minutes at ending heart rate of 144. On August 17, 2016, a mixed plank (level and side combinations) was held for 40:00 minutes with an ending heart rate of 123. Performing planks for longer periods increased core strength to engage stronger muscles pulling and pushing on the VC. While V02max decreased over the period, increased core strength offset the loss of cardio and increased speed by 40 seconds. This example indicates the VC incorporates core with leg strength and cardio to work all major muscle groups at the same time.

Curve



Cursor values:

Time: 0:00:00

HR: 73 bpm (39%)

Calorie rate: 0 kcal/60min

No	Exercise	Date	Cursor HR	Heart rate	Duration	Note
1.	8/25/2016 11:29 AM	8/25/2016	88	59% / 68%	0:26:02.7	Plank, end 117, 0 wt
2.	8/17/2016 1:37 PM	8/17/2016	73	59% / 70%	0:40:02.3	Plank, end 123, 0 wt, 7 min level
3.						
4.						
5.						