



Back To Life Chiropractic

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CARDIO TEST - THR SubMax Test with a step

Figure out you Maximum Heart Rate (MHR) by doing $220 - \text{your age} = \underline{\hspace{2cm}}$

Cardiovascular with a Heart Rate Monitor with a Step:

The SubMax Step Test. Use a 6" to 8" step (almost any step in your home or in a club will do) and perform a 3-minute step test. After your warm-up, step up and down in a four-count sequence as follows: right foot up, left up, right down, left down. Each time you move a foot up or down, it counts as one step. Count "up, up, down, down" for one set, with 20 sets to the minute. It is very important that you don't speed up the pace--keep it regular. After 2 minutes, you'll need to monitor your heart rate for the last minute. The SubMax Step Test now can be used to predict your MHR for your current condition if you were in excellent shape.

Add to your last minute's heart rate average the following number: **Excellent Shape: +75 bpm**

1. Poor Shape: if you are over your MHR by +20 bpm
 2. Average Shape: if you are over your MHR +10 bpm
 3. Excellent Shape: less than 10 bpm off MHR
- Your result should be pretty close to your Max HR.

Your SubMax Result:	
75 +	=

If your SubMax test is 20 bpm over your THR score yourself a 1. SubMax test is 10-20 bpm over your MHR score is a 2. SubMax test is less than 10 bpm off give yourself a 3.

Poor Shape

Average Shape

Excellent Shape

1
SICKNESS · CRISIS

2
AVERAGE

3.
PREVENTION · WELLNESS

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RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __ YEAR

THR-SubMax with a step TEST

SCORE

DATE _____ NAME _____