When selecting a VO2MAX protocol, it is important to understand several things:

* Equipment needed vs equipment available: treadmill, heart rate monitor, step, metronome, etc.
* Your client:
  + Risk stratification or mobility issues: knee problems? use a bike instead of a step; on blood pressure medication? do a submaximal versus a maximal test protocol
  + Exercise habits/experience: if your client is an avid runner, you wouldn’t use a cycle ergometer or step test protocol, you’d use a treadmill
  + Weight: an overweight individual may have stability problems, thus a step test or treadmill test may not be appropriate
  + Age: same for an older adult with mobility/stability problems

Before starting any test, be sure you have taken:

* Medical health history and Risk Stratification
* Resting heart rate and blood pressure
* Clients age, height, weight, sex

Protocol:

1. Equipment needed:
   1. jogging track
   2. stop watch
2. Instruct your client to complete 1.5 miles as fast as possible.
3. Record their finishing time.
4. Perform the calculation below.