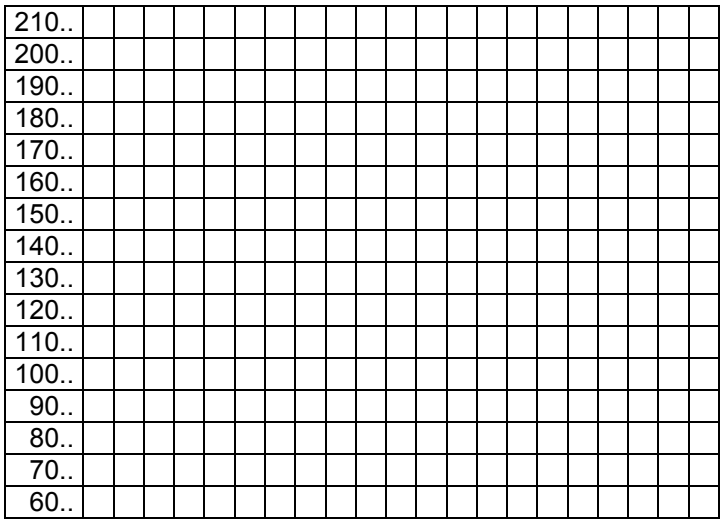
Chester step test

Name:_____ Age:_____ MaxHR:_____b/min 80%MaxHR:_____b/min

Heart rate (beats/min)



mls0_2/kg/min 14 17 20 23 26 29 32 35 38 41 44 47 50 53 56 59 62 65 68 71
Step level I II III IV V

Date of test				
Aerobic capacity (mls0_2/kg/min)				
Fitness rating				

Norms for aerobic capacity (mls0_2/kg/min)

	Males					Females				
Fitness rating	15-19	20-29	30-39	40-49	50+	15-19	20-29	30-39	40-49	50+
Excellent	60+	55+	50+	46+	44+	55+	50+	46+	43+	41+
Good	48-59	44-54	39-49	34-45	35-43	44-54	39-49	35-45	34-42	33-40
Average	39-47	35-43	32-38	30-36	27-34	36-43	32-38	29-34	27-33	26-32
Below average	30-38	28-34	22-31	24-29	22-26	29-35	27-31	24-28	22-26	20-25
Poor	<30	<28	<26	<24	<22	<29	<27	<24	<22	<20