



# VO2 Max Pretest Guidelines

- **Charging**
  - Using the Calibre provided charging cable, charge the device for 2-3 hours to ensure the device is fully charged.
- **Calibration**
  - Calibrate the device each time before your use it, ideally in the same environment you will be testing.
  - Do not breath into the device for at least 30 minutes prior to calibration.
  - During calibration, keep it on a stable surface and away from any wind/fans or exhaled breath.
- **Silicone Plug**
  - To reduce the risk of moisture reaching the internal electronics, always ensure to insert one of the protective silicone plugs into the charging port prior to each use.
- **Fit & Comfort**
  - The face piece should be covering your mouth while cradling the bottom of your nose
  - Adjust the strap length for fit and comfort.
  - You should avoid over-compressing the facepiece, as the design requires a sufficient volume within the facepiece to exchange and measure your breath.
- **Environment**
  - Please keep in mind that Calibre is engineered for optimal performance in indoor or controlled settings.
  - Outdoor environments introduce factors that are more challenging to control, which could potentially interfere with some of the measurements.
- **ONLY** begin protocol after device is charged and calibrated.

# VO2 Max Protocol

Prep.	Fully charge the Calibre and insert silicone plug.
1	At indoor testing location, connect the device to the app and calibrate following the guidelines provided.
2	Set the Calibre aside and exercise at your zone 2 for 20 minutes.
3	Stop exercising briefly and put the Calibre on. Connect to the app, start a recorded session.
4	Continue to exercise for 6 minutes, you should see a stable calorie burn chart.
5	At minute 6, ramp up the intensity to your max effort for 2 to 3 minutes.
6	Cool down for 2 minutes.
7	Stop the recorded session. You should have recorded a 10 to 11 minute session.
8	Looking at the session data, locate the tabular value of your Peak VO2 (units std liters/min).
9	You can also use the pull-down menu to see the graph of your VO2, you can touch the screen and move the cursor to your peak to see the same value.
10	Calculate your VO2 max, multiple your Peak VO2 by 1,000 and divide by your weight in kilograms.