

YMCA BIKE TEST PROTOCOL

	1ST STAGE				
	150 KGM/MIN (0.5 KG)				
	HR: <80	HR: 80-89	HR: 90-100	HR: >100	
2ND STAGE	750 KGM/MIN (2.5 KG)	600 KGM/MIN (2.0 KG)	450 KGM/MIN (1.5 KG)	300 KGM/MIN (1.0 KG)	
3RD STAGE	900 KGM/MIN (3.0 KG)	750 KGM/MIN (2.5 KG)	600 KGM/MIN (2.0 KG)	450 KGM/MIN (1.5 KG)	
4TH STAGE	1,050 KGM/MIN (3.5 KG)	900 KGM/MIN (3.0 KG)	750 KGM/MIN (2.5 KG)	600 KGM/MIN (2.0 KG)	

Figure 8-10
YMCA bike test protocol

DIRECTIONS:

1. Set the 1st work rate at 150 kgm/min (0.5 kg at 50 rpm)
2. If the HR in the third minute of the stage is:
 - <80, set the 2nd stage at 750 kgm/min (2.5 kg at 50 rpm)
 - 80-89, set the 2nd stage at 600 kgm/min (2.0 kg at 50 rpm)
 - 90-100, set the 2nd stage at 450 kgm/min (1.5 kg at 50 rpm)
 - >100, set the 2nd stage at 300 kgm/min (1.0 kg at 50 rpm)
3. Set the 3rd and 4th stages (if required) according to the work rates in the columns below the 2nd loads.

Ace Ymca Manual

N Noddings



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1. Understanding the eBook Ace Ymca Manual
 - The Rise of Digital Reading Ace Ymca Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Ace Ymca Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ace Ymca Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ace Ymca Manual
 - Personalized Recommendations
 - Ace Ymca Manual User Reviews and Ratings
 - Ace Ymca Manual and Bestseller Lists
5. Accessing Ace Ymca Manual Free and Paid eBooks
 - Ace Ymca Manual Public Domain eBooks
 - Ace Ymca Manual eBook Subscription Services
 - Ace Ymca Manual Budget-Friendly Options
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- ePub, PDF, MOBI, and More
- Ace Ymca Manual Compatibility with Devices
- Ace Ymca Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ace Ymca Manual
 - Highlighting and Note-Taking Ace Ymca Manual
 - Interactive Elements Ace Ymca Manual
- 8. Staying Engaged with Ace Ymca Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ace Ymca Manual
- 9. Balancing eBooks and Physical Books Ace Ymca Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ace Ymca Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ace Ymca Manual
 - Setting Reading Goals Ace Ymca Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ace Ymca Manual
 - Fact-Checking eBook Content of Ace Ymca Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
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