

Measuring Aerobic Capacity

Protocol

- 1) Set the metronome to 96 beat/min.
- 2) Participants step up and down the 12-inch bench to the 96 beat/minute cadence which allows 24 steps/minutes.
- 3) Continues for 3 minutes.
- 4) Count the heart rate for 1 minute after the final step down. The lower the resting heart rate, the better the aerobic fitness.



Male and Female Norms for Recovery Heart Rate after the 3 Minute Step Test (beats/min)

	AGE (Years)					
Male rating	18-25	26-35	36-45	46-55	56-65	66+
Excellent	50-76	51-76	49-76	56-82	60-77	59-81
Good	79-84	79-85	80-88	87-93	86-94	87-92
Above average	88-93	88-94	92-98	95-101	97-100	94-102
Average	95-100	96-102	100-105	103-111	103-109	104-110
Below average	102-107	104-110	108-113	113-119	111-117	114-118
Poor	111-119	114-121	116-124	121-126	119-128	121-126
Very poor	124-157	126-161	130-163	131-159	131-154	130-151
Female rating						
Excellent	52-81	58-80	51-84	63-91	60-92	70-92
Good	85-93	85-92	89-96	95-101	97-103	96-101
Above average	96-102	95-101	100-104	104-110	106-111	104-111
Average	104-110	104-110	107-112	113-118	113-118	116-121
Below average	113-120	113-119	115-120	120-124	119-127	123-126
Poor	122-131	122-129	124-132	126-132	129-135	128-133
Very poor	135-169	134-171	137-169	137-171	141-174	135-155

Morrow, Mood, Disch, & Kang, 2015, pp. 201