



AMERICAN COLLEGE  
OF SPORTS MEDICINE

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ACSM's  
GUIDELINES FOR  
EXERCISE TESTING  
AND PRESCRIPTION

SEVENTH EDITION

WJ  
USED BOOK



LIPPINCOTT WILLIAMS & WILKINS



FUNCTIONAL CLASS	CLINICAL STATUS		O <sub>2</sub> COST ml/kg/min	METS	BICYCLE ERGOMETER	BRUCE		RAMP															
						3 MIN STAGES MPH / %AGR		PER 30 SEC MPH / %GR															
NORMAL AND I	HEALTHY, DEPENDENT ON AGE, ACTIVITY		73.5	21	FOR 70 KG BODY WEIGHT Kpm/min (WATTS)																		
			70	20							5.5	20											
			66.5	19							5.0	18											
			63	18																			
			59.5	17																			
			56.0	16																			
			52.5	15							1500 (246)	4.2	16										
			49.0	14																			
			45.5	13							1350 (221)												
			42.0	12																			
			38.5	11							1200 (197)												
			35.0	10							1050 (172)												
			31.5	9							900 (148)	3.4	14										
			28.0	8																			
			24.5	7							750 (123)	2.5	12										
			21.0	6							600 (98)												
			II	SEDENTARY HEALTHY								17.5	5	450 (74)									
												14.0	4	300 (49)						1.7	10		
												10.5	3										
			III	LIMITED								7.0	2	150 (24)									
3.5	1																						
IV																							

FIGURE 5-3. Common exercise protocols and associated metabolic costs of each stage.

