

## **Maximum Aerobic Power Output Test Procedure**

Your bicycle will be mounted to a rear wheel mounted trainer.

You may warm up for 10 minutes, below an effort that would produce fatigue.

Resistance will be calibrated during last minutes of warm-up.

Test will begin immediately after warm-up and brief rest-recovery period.

You must remain seated for the entire test.

No drinking is allowed during the test.

You will breathe through a mouthpiece with your nose clamped shut.

You will be asked to begin pedaling at 90 revolutions per minute (rpm).

You must maintain a cadence of about 90 rpm during the entirety of the test.

You may not change gears.

Initial load will be set at 120 Watts or higher, based on previous testing, if available.

Load will be increased by 30 Watts every three minutes.

Lactate will be sampled from your finger during each stage.

If you fail to produce the necessary effort to maintain target cadence of 90 rpm or if you stop pedaling, the test will be ended and load will be rapidly reduced to 50 Watts.

At 4 minutes after the test is ended, HR and blood lactate will be recorded.

Resistance will be measured again after recovery.

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