

## Day two: Setting conditioning program goals

Use the following table to compare your assessment results to conditioning norms. You can estimate your VO<sub>2</sub>max using the 12-minute run calculator [here](https://www.exrx.net/Calculators/MinuteRun).

Test	Low	Average	High
Resting HR	70+	55-70	<55
HRV (Morpheus)	<70	70-85	85+
12 min (or 1.5 mile run)	<a href="https://www.exrx.net/Calculators/MinuteRun">https://www.exrx.net/Calculators/MinuteRun</a>		
Estimated VO <sub>2</sub>	< 40	40-60	> 60
60s heart rate recovery	< 20	20-40	> 40
Push-ups / pull-ups	< 60% normal	60 – 80%	> 80%
Front Plank	< 2 min	2-3 min	> 3 min
Movement quality	< 15	15 – 25	> 25

By comparing your assessment results to the values above, identify the weakest area of your conditioning (e.g. *muscular endurance*):

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**What is a specific, measurable, important, and realistic goal that will focus on eliminating this weakness?** e.g. *increase max push-ups from 25 to 40, etc.*

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When you retake the assessment, the table below summarizes the kind of changes you'd expect to see if your conditioning is improving:

Conditioning Goals	Change
Average HRV	Increase
Resting HR	Decrease
Muscular endurance tests	Increase
Heart rate recovery	Increase
VO Max	Increase
Movement quality	Increase