

A Real-World High-Intensity Interval Training Protocol for Cardiorespiratory Fitness Improvement

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Materials

Name	Company	Catalog Number	Comments
Beep Test software	Bitworks	N/A	version 2.0
Exercise Physiology Measurement & Analysis System	ADI INSTRUMENT	PL3508B80	PowerLab 8/35 and LabChart Pro software (which includes the Metabolic Module for calculating metabolic parameters such as VCO ₂ , VO ₂ , respiratory exchange ratio (RER) and minute ventilation) Bio Amp Gas Analyzer Gas Mixing Chamber Spirometer Thermistor Pod Exercise Physiology Accessory Kit
GraphPad Software	GraphPad Prism	N/A	version 7.00
Heart Rate monitor	Polar	N/A	RS800 Running Computer: The running computer displays and records your heartrate and other exercise data during exercise. 2. Polar WearLink W.I.N.D. transmitter: The transmitter sends the heart rate signal to the running computer. The transmitter consists of a connector and a strap.
Sound Forge PRO software	Sound Forge	N/A	version 14.00
Treadmill	IMBRASPORT	N/A	Speed from 0 to 24 km/h. Elevation from 0 to 26%. Weight capacity for users up to 220 kg. 4 hp motor (220 v). Automatic lubrication system.

			With Safety Key and Emergency Stop Button. Runs 14 preset protocols: Bruce, Modified Bruce, mini Bruce, Naughton Ellestad, Balke, Balke-Ware, Astrand, Cooper, Kattus, Male Mader, Female Mader, Stanford and Modified Stanford. Run RAMP PROTOCOL.
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