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This handbook provides a step-by-step approach to using metabolic equations, from basic math principles to applying the equations to an exercise plan. Chapters focus separately on each equation, provide an easy-to-follow process of solving, and demonstrate the varied uses of the equation in clinical as well as fitness settings.

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Purpose of Calculations Under steady-state conditions, volume of oxygen (VO₂) provides a measure of the energy cost of exercise The rate of oxygen (O₂) uptake during maximal exercise indicates the capacity for O₂ transport and utilization Serves as the criterion of cardiorespiratory fitness Provides general info about the fuels being utilized for exercise (RER)

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