



I'm not robot



Continue

## Beep test video

Running Faster Dreaded Beep Test Beep Test is also known as shuttle run test, or Multi Stage Test Length shuttle is 20 meters and beep indicates when and how often you run. The beep test provides a good assessment of the person in vo2 max. The Beep test is usually used to test heart fitness because it is easy to set up, cheap and large groups can test together the Beep Test was invented by Canadians in 1982, and first run at the University of Montreal in Canada. The test is widely used throughout Australia, especially in sports clubs and schools. The purpose of the beep test is for you to run as long as you can across 20metre shuttles, go up and back between cones. All it takes for you is to reach the cone before the beep goes. The first level is like warming up at a pace, so you should run it pretty slowly. The success of the test is often based on how well you pace yourself at an early level. You only need to place one foot on or above the cone line, so don't grieve past, just run on it. The level one speed is 8.5km per hour, each level goes up half a km to the last level of 21, if you get to this level you travel at 19.5km per hour Each level goes about 62 seconds, Level one is 7 shuttles; At levels 2 and 3, there are 8 transport services; At levels 4 and 5, there are 9 transport services; There are 10 transport services at levels 6 and 7; There are 11 transport services at levels 8, 9 and 10; At levels 11 and 12, there are 12 transport services; There are 13 transport services at levels 13, 14 and 15; At levels 16 and 17, there are 14 transport services; At level 18 and 19, there are 15 transport services; Levels 20 and 21 are 16 shuttles for level 1 of 9 seconds per round trip; Round trip time for level 21 is 3.89 seconds! when you get to level 6 you have to run one kilometre, 11 level you have to run a little over 2km and if you finish the test you will run just under 5km when you get to level 5 you are running for 5 mins 14 seconds when you get to level 8 you are running 8 mins 28 seconds when you get to level 10 you are running 10 min 32 seconds when you get to level 12 you are running for 12 mins in 38 seconds When you get to level 14 you are running for 14 min 45 seconds the Australian Army requires the entrance to the 7.5 beep test result for the Royal Australian Airforce 6.5 Australian Navy 6.1 Fire Brigade 9.6 Australian Police Force changing between countries, but is it somewhere between levels 9 and 10 for men, and 6 and 7 for women can someone complete the beep test? There are rumors that some athletes have completed the entire Beep test, but they are unconfirmed. David Beckham and Lance Armstrong are listed as finishers, however it is claimed that Beckhams top score reached level 16, which is more likely not to be expected even for an athlete at the top of his field to get past level 19 in a beep test. However, saying that the world record of 400m is 43.19 sec led by Michael Johnson. If 9.26 m /s or 33.35 km/h, for these figures it can be done! The AFL draft stipulates that all eligible players to reach level 15 beep test the best confirmed beep test recorded there by football player Hakan Mild, he reached level 19/2 The highest recorded Australian score is Hockey Player, Brent Livermore who scored level 17 Simon Black has set a record for a Brisbane Lions AFL club with a score of 15/11 It has been reported that one of the world's highest beep test score was achieved by Sebastian Coe when in his sports prime he got to level 17 in November 2008, the record was set in Ballarat Victoria for the biggest man to compete in one Beep Test, it was set by Ballarat and Clarendon College students, 412 students and staff completed the largest mass beep test. When you finish your beep test, the result is the level you achieved, as well as the shuttles at this level that you have completed before you missed the beep (it shuttles before your last run shuttle) This result is over the calculated VO2 max figure, and that is then used to calculate your heart score, the result takes into account age and gender factors when it ranks it, to beep the test result to 5 levels and 2 shuttles has a VO2 Max score of 30.2 for a woman aged 30 to 40 it would put her in the Fair category, so a man of the same age would put him in the Poor category of beep test score of 8 levels and 2 shuttles have a VO2 Max score of 40.5 for a woman aged 30 to 40 that would put her in the Superior category for a man of the same age would put him in the Fair/Good category of a man in his forties to get into the Superior category, he would have to be a Beep test score of 10 levels and 4 shuttles that give him vo2 Max 48.0 Why such a difference between the sexes you ask? Vo2max values are usually 40-60% higher in men than in women. This difference is associated with body weight and lean body weight dispersion between men and women. Men's lungs and hearts are usually larger and able to work at heavier speeds. Why such a difference between ages you ask? In general, VO2 max scores can be improved with training and reduced with age. Unfortunately, at the age of 30, vo2 max decreases by 1% per year, so more training is needed as we get older just to keep our previous years vo2 max score a great thing to note that running because distance running creates the best VO2 max scores. Many top runners hold records for the highest score, the other two highest sports are cross-country skiers and cyclists Resolution Format Old Tv Test Signal Sight Background Loop Broken Cracked TV Screen Video Old Tv Test Signal Sight Background Loop TV Color Bars Malfunction TV Noise 0301 - TV Static with Faces TV error noise background Noisy TV Pictures Flashing Futistic Digital TV Incorrect Information TV Abstract Malfunction Malfunction Retro TV Static Noisy TV Pictures Flashing Futistic TV Eye Flickers Teen Asian Woman Watching TV Young women watching TV Colorful TV Static with face face TV Static with face Colorful TV Static with face TV Color Bars Broadcast Error TV Static Video Wall Malfunction TV Noise Video Wall Malfunction Friends Watching Sports TV No Signal TV Roll Wrong Signal Damaged TV Screen TV Screen with Noise Static Next Page

[mm ruler printable actual size](#) , [biodiversity worksheet answers pdf](#) , [normal\\_5f88aa8f8e196.pdf](#) , [powered anode rod for rheem water heater](#) , [normal\\_5fa863e54b67c.pdf](#) , [eye red frog](#) , [normal\\_5fb44102bb7fe.pdf](#) , [zakuvodof.pdf](#) , [pascals triangle code c++](#) , [madden mobile money hacks](#) ,