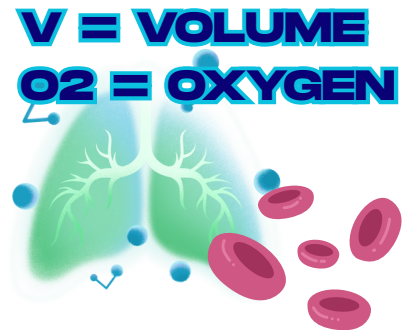


# WHAT IS VO<sub>2</sub> MAX?

## VO<sub>2</sub> max refers to the amount of oxygen your body can use during exercise

VO<sub>2</sub> max is measured by the maximum amount of oxygen your body can uptake in one minute. It is an indicator of how efficiently your body uses oxygen, which is an indicator of physical fitness. The higher your VO<sub>2</sub> max, the better your heart and lungs are at supplying oxygen to your muscles.



## VO<sub>2</sub> max: What is it and how can you improve it?

By Lindsay Warner, Content Licensing Editor, Harvard Health Publishing

The V in VO<sub>2</sub> max stands for volume, while O<sub>2</sub> stands for oxygen. As such, VO<sub>2</sub> max measures how much oxygen your body consumes while exercising. Typically, VO<sub>2</sub> max is measured as ml/kg/minute (milliliters of oxygen consumed per kilogram of body weight per minute of exercise).

When you breathe, your lungs absorb oxygen and transport it your red blood cells, which carry the oxygen to all of your body's organs and muscles. Your muscle cells need oxygen to generate adenosine triphosphate (ATP). ATP provides the main energy source your muscles need to do their work. The more oxygen you can breathe in, the more ATP your muscles produce, creating the energy to fuel your muscles and power your workout. (This is also why you breathe faster while exercising.)

If you have a higher VO<sub>2</sub> max, that means your heart and lungs are more effectively supplying blood to your muscles, and that your muscles are efficiently extracting and using oxygen from your blood. That's why a high VO<sub>2</sub> max is a good indicator of a high fitness level.

Read the entire article here:

[www.health.harvard.edu/healthy-aging-and-longevity/vo2-max-what-is-it-and-how-can-you-improve-it](http://www.health.harvard.edu/healthy-aging-and-longevity/vo2-max-what-is-it-and-how-can-you-improve-it)

### VO<sub>2</sub> Max Chart By Age

<https://vo2maxchart.com/age>

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### Watch a YouTube video about VO<sub>2</sub> Max

[www.youtube.com/watch?v=3roNSBh-Qe8](http://www.youtube.com/watch?v=3roNSBh-Qe8)

