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### Metabolic Calculations

### Handbook Purpose of Calculations

Under steady-state conditions, volume of oxygen ( $\dot{V}O_2$ ) provides a measure of the energy cost of exercise The rate of oxygen ( $\dot{V}O_2$ ) uptake during maximal exercise indicates the capacity for  $O_2$  transport and utilization Serves as the criterion of cardiorespiratory fitness Provides general info about the fuels being utilized for exercise (RER) ACSM Metabolic Calculations -

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