



# Metabolic Calculations Simplified

*David L. Swain, Brian C. Leutholtz*

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The authors of this work present a simplified approach to the ACSM metabolic equations that can cause problems for students and certification candidates. They explain their proven technique and provide practice problems. Material on related ACSM mathematics is also explained, including calculating a target heart rate prescription and maximal oxygen consumption from a submaximal bike test. An appendix outlines the derivation of both the ACSM formulas and the simplified versions from the authors.

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