

EXHIBIT AJ

11/11/2021 1:44:27 PM

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Solved: How is my Cardio Fitness score so high? x +

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How is my Cardio Fitness score so high? ANSWERED



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sfurry

Recovery Runner

7 0 6

05-11-2017 22:59



I'm not trying to brag, but my Cardio Fitness score seems way too high. I started running two months ago, and I could only run for a mile and half before being exhausted. I knew I had to build endurance. In the beginning of this month I bought the Charge 2 to really track my progress, and I discover the app has a cardio fitness score. My score is already above 55, excellent for a man of my age. How is it so high when I was never really athletic until two months ago? Also, I can now run 3.4 miles for 30 minutes.

Answered! [Go to the Best Answer.](#)

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1 BEST ANSWER



DBS504

Runner

47 2 22

05-12-2017 08:33



Well Done!

Cardio Fitness is a lot about your vO2 Max, and vO2 Max is in large part hereditary. Exercise and healthy eating can greatly influence it, but only to an extent. Elite marathon runners and other endurance athletes were born to run, in a sense. They achieve a vO2 Max that would be simply impossible for most people, no matter how hard they work at it.

So it looks like you've had running genes all along and just never knew it!

[View best answer in original post](#)

Best Answer

5 Votes

Reply

62 REPLIES

**Bill_k**

Hill Runner

270 14 148

05-11-2017 23:38

...

Yeah the body is a miracle machine for sure. A yr ago i couldn't ride an exercise bike for more than 5 minutes and now i ride at a better pace for an hr a day plus walk the 10000 steps.
Just have to get that old heart and lungs pumping .

0 Votes

Reply

**Esya**

Cross-Country Runner

1147 60 1192

05-11-2017 23:53

...

You get that score because you deserve it. Not many people run and you are actually more fit than you realise if you can now run 3.4 miles for 30 minutes.

Karolien | The Netherlands

5 Votes

Reply

**DBS504**

Runner

47 2 22

05-12-2017 08:33

...

Well Done!

Cardio Fitness is a lot about your vO2 Max, and vO2 Max is in large part hereditary. Exercise and healthy eating can greatly influence it, but only to an extent. Elite marathon runners and other endurance athletes were born to run, in a sense. They achieve a vO2 Max that would be simply impossible for most people, no matter how hard they work at it.

So it looks like you've had running genes all along and just never knew it!

[View best answer in original post](#)

Best Answer

5 Votes

Reply

**DBS504**

Runner

47 2 22

05-12-2017 08:41

...

PS. If you enjoy running and want to keep it up, I recommend joining a running group, or finding tips online. It will help you avoid injury, and continue your progression if you so desire.

Hal Higdon is a source I always use. For brand new runners I always recommend the 30-30 Plan or one of the 5K training programs. But you seemed to have progressed beyond that already, so maybe a 10K training plan? You don't even have to be training for an actual race if you don't want to, it could just be a good way to work up to running 6.2 miles safely.

I'm not sure if links work here, I'm going to try to link you to Hal Higdon's 10k Novice plan. (He has free plans and interactive plans which you have to pay for, I've always found the free plans just fine.) If the link doesn't work just Google Hal Higdon and click training plans. Good luck!

1 Vote

Reply



sfurry

Recovery Runner

7 0 6

05-12-2017 08:53

...

DBS504,

Thanks for the tips! I'll check out Hal's website and push forward toward hitting a 6.2 mile mark.

1 Vote

Reply



baitedbadger

Base Runner

26 0 9

05-12-2017 09:54

...

Interesting, 7 weeks ago my cardio score was 38 and I struggled to jog for 60secs ... A few days ago I completed my first ever 5k (28:50) and my cardio score is now 50. Excellent for my age.

My dad once said I was a distant relative of a well known 80s track runner, perhaps I too should of taken up running 30 years ago.

<https://www.fitbit.com/user/5KRRJY>

0 Votes

Reply



wijody

Base Runner

23 0 77

05-12-2017 14:28

...

I wonder what the formula is for this. I'm a 45-yr-old woman and mine is 44 - I recently went up against a 23-yr-old "cross-fitting" intern on the treadmill at work doing the Bruce protocol. (Cardiac Eval dept) and I went longer than her, getting 30 seconds into Stage 6 and 18 mets. Last fall mine was 2 points higher - 46 - when I ran a 12K - got 2nd in my age group - pace was lowish 8 min miles. I don't think I could ever get mine up to 55.

2 Votes

Reply



sfurry

Recovery Runner

7 0 6

05-12-2017 15:15

...

Wijody,

It seems resting heart rate is also a factor, mine is around 56-58bpm according to my tracker.

Your 8min/mile 12k sounds impressive to me. I hope to achieve that endurance in a few months.

-Sfurry

1 Vote

Reply

**wijody**

Base Runner

23 ✓ 0 👍 77

05-12-2017 17:07

...

My resting heart rate is usually low 60's. Sometimes if I'm eating a lot more (carbs) it goes up to upper 60's (metabolism speeding up I guess) and goes down into upper 50's when eating less.

👍 1 Vote

Reply

**Syty**

Recovery Runner

14 ✓ 0 👍 15

05-18-2017 20:44

...

Interesting. I had the opposite. I am 40 and have run outdoors for most of my life. When I got mine I was in the low 'good' range and remained there for the few months I've had mine. I eat well and exercise every day with at least every other day being a run. Running is relaxing for me. Cardio I can do, just not winning any lifting competitions.

This is week I find myself in a hotel with tornados and high wind so I turned to the treadmill. I was watching the news as I did this so I just did a 2 mile run at 18 mins. When I finished the Fitbit read it as .78 miles in 18 mins and my score dropped all the way to mid 'fair'

I don't know the calculation that goes into this, but for it to never improve and then drop 2 whole levels after one poorly recorded run was disappointing.

I love the Fitbit, but disappointed in this area.

Congrats on on getting out there and your impressive improvements.

👍 2 Votes

Reply

**sfurry**

Recovery Runner

7 ✓ 0 👍 6

05-18-2017 20:53

...

Syty,

I recommend checking your stride length settings on your Fitbit. Running outdoors with GPS to map out your distance is more accurate than running in one place if your stride length isn't set properly. I don't expect the cardio scores to be real indicators of health. It's better to judge on how well you are by improved running, working out, and regular physicals from a doctor.

-sfurry

👍 0 Votes

Reply



05-18-2017 22:21

...

@sfurry wrote:

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