

VO2 MAX CHART FOR MEN

Highest death risk (from any cause)		49% lower	64% lower	76% lower	80% lower	
Age	Poor (lowest 21%)	Fair (21-49%)	Good (50-74%)	Excellent (75-97%)	Superior (top 2%)	Elite
18-19	<37.9	38 → 45.4	45.5 → 48.9	49 → 57	>57.1	80+
20-29	<36.3	36.4 → 41.9	42 → 47.9	48 → 54.9	>55	80+
30-39	<35.2	35.3 → 39.1	39.2 → 45.4	45.5 → 52.4	>52.5	80+
40-49	<34.6	34.7 → 38.4	38.5 → 43.7	43.8 → 51.4	>51.5	72+
50-59	<28.9	29 → 34.9	35 → 39.8	39.9 → 48.9	>49	65+
60-69	<24.7	24.8 → 29.7	29.8 → 34.9	35 → 45.4	>45.5	?
70-79	<21.3	21.4 → 24.4	24.5 → 29.7	29.8 → 40.2	>40.3	?
80+	<18.1	18.2 → 22.0	22.1 → 25.5	25.6 → 34.9	>35	?
77%		91%	93.5%	96%	97%	10 year survival rate (from middle age/fit)

Source: Mandager, Harb, Crmer et al 2018.

Comparative references: Kaminsky, Arena et al 2015,
Imboden, Harber et al 2018

Test Yourself For Maximum Health

Victor M. Corman



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