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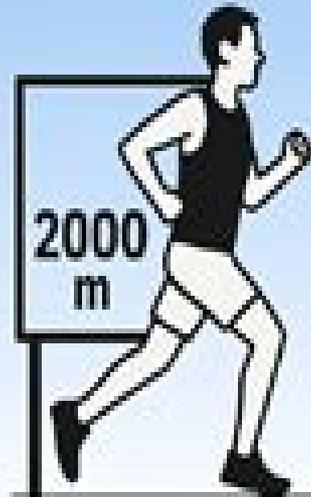
## The Rockport walk test

A 1-mile walk with time and heart rate



## The Cooper Test

Measures the distance covered in 12 minutes



## The Astrand-Rhyming cycle test

Riding a stationary bike with heart rate monitoring



## The YMCA step test

Requires stepping exercise followed by heart rate recovery.



# Submaximal Exercise Volume10

**Chao Zhang**



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