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**Mengapa Pelaburan
Emas Menjadi Pilihan?**

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*you
are
what
matters*

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What is the VO2 Max and How Does It Work?

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The greatest quantity of oxygen the body can use during exercise is known as VO2 max.

It is a mix of your heart's ability to pump oxygen and its efficiency in absorbing and utilising oxygen. VO2 max, also known as oxygen uptake, is a measurement of how much oxygen your body takes and uses while exercising.

The letters V, O₂, and max stand for volume, oxygen, and maximum. Because oxygen is so important when running fast, a high VO2 max can be a good indicator of your fitness. In other words, the faster your body can handle oxygen, the faster you will be able to run. VO2 max is usually expressed in millilitres of oxygen consumed per kilogramme of

body weight per minute (mL/kg/min). The VO2 max figure varies from person to person. Your VO2 max number is affected by factors such as age, gender, and fitness level. VO2 Max Values

Based on activity level, below are the VO2 max averages for men and women aged 18 to 45:

Level of activity	VO2 max average	
	Men	Women
Sedentary	35-40 mL/kg/min	27-30 mL/kg/min
Active	42.5-46.4 mL/kg/min	33.0-36.9 mL/kg/min
Very active	≤ 85 mL/kg/min	≤ 77 mL/kg/min

What factors concerns VO2 max

Age	VO2 max drops at a rate of 1-2 percent every year beyond the age of 30
Training	Training causes your body to become more aerobically powerful, which affects your VO2 max scores
Gender	Men's VO2 maxes will be higher than women. Men have more muscle mass and haemoglobin levels than women, which can alter VO2 max results
Elevation	At higher elevations, aerobic capacity is lessened. As a result, performance times are reduced

How to improve VO2 max

In theory, any workout that pushes you to your limits can raise your VO2 max. Muscles will not grow until they are subjected to workloads that are difficult. For example, you will never get stronger if you never increase the weight on the barbell. The same can be said for VO2 max. It is like a muscle of its own. You will not get faster or better at running if you run at the same easy pace for the same amount of time every day. If running is not for you, the same ideas can be applied to swimming, cycling, rowing, or any other cross-training exercise. High-intensity interval training should be done. Performing several minutes of vigorous cardiovascular workouts, such as static cycling, then reducing the intensity for a few minutes before increasing it again. Switch up aerobic activities in a single workout. For example, start with cycling, then swimming, then running, and so on. Rest in

between each activity.

Daily advantages that you may notice within days or weeks to enhance your VO2 max include:

- becoming less weary or winded when engaging in activities such as stair climbing
- lowering your stress levels
- strengthening your immune system and reducing the number of times you become ill

To summarise, increasing your VO2 max and keeping track of it can significantly improve your health and serve as an excellent indicator of your fitness level. However, VO2 max is merely one of many factors that go into effective endurance training. It is a useful picture of aerobic conditioning. It should not, like every other aspect of training, be the primary emphasis of your preparation, but rather a minor part of the greater picture. As you get older, your VO2 max is also a

good predictor of your quality of life. It is worthwhile to keep track of your VO2 max score to stay healthy throughout your life.

References

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