

# Vcirc

## The 4 min O'Neill Fitness Test.

[https://www.youtube.com/watch?v=v-MSXl3k\\_ro](https://www.youtube.com/watch?v=v-MSXl3k_ro)

### Determine Your Resting Heart Rate

You can use your PM monitor to determine your RHR (Resting/Basal Heart Rate) Disconnect your monitor, put it by your bed and then first thing in the morning with your Hrt Rate Belt on, turn on the monitor and take a reading. This is your RHR . If you already know it, no need.

<https://www.concept2.co.uk/indoor-rowers/training/tips-and-general-info/training-heart-rate-range>

### The Warm up: 6 minutes minimum

Put on your Heart Rate monitor: on the Main Menu **Select: More Options**; Then **Connect Heart Rate Be** patient; it takes a minute for the monitor to register your belt; when it does you will see your belt # appear; **Select the button next** to your Hrt # and then **Confirm Selection**.

**Btw:** it also helps to moisten the belt part that touches your skin.

Monitor : Select **Just Row**:

Display: at **WATTS**

**You will see your Hrt Rate appear;**

start warming up:

Keep your **s/m = 18 to 20 stroke per minute**: your /500=around **3:00/**

Keep this slow pace for at least 6 minutes or until your **Heart rate** is twice your **RHR**.

**Now you are ready to do the test either on line or off-line.**

### The Test:

Monitor: **Select Workout** then Select **New Workout** : then Select: **Single Time**; set for **0:04:00** using buttons on side then select the **Check Button** and your **4 min screen** will appear

You are ready to start:

Start with **10 strokes at 30 spm high power**; then settle in at **22/24 spm moderate power** until **1-minute** remaining; increase to **30 spm high power focusing with ever lower 500/splits to end**

. **Note your Heart Rate at the middle and end**

### Cool Down:

drop your power to **Warm Up** level, reduce your rate to 18/16 spm and calmly row until your **heart rate** returns to 2x your **Resting Heart Rate** once again.

Email us to let us know you have posted your results on the C2 Logbook

[Vcirc@RowAA.org](mailto:Vcirc@RowAA.org)