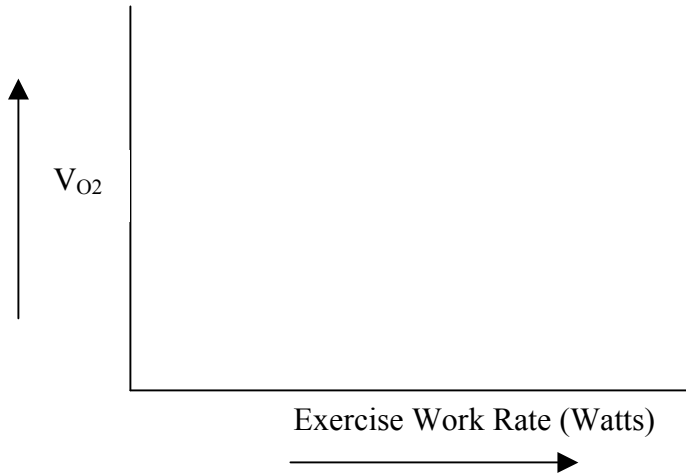
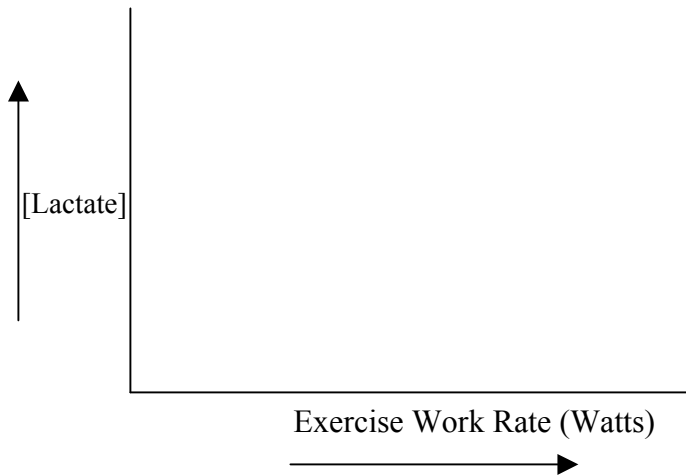


- 1) Draw a line showing the relationship between oxygen consumption and exercise work (assume this is a recording from a progressive exercise test that stopped before VO₂max):



- 2) Draw a line showing the relationship between blood lactate concentration and exercise work (assume lactate samples were taken throughout a progressive exercise test):



- 3) What does EPOC stand for?

- 4) True / False [circle one]: “If blood lactate levels are high during exercise, then EPOC volume will be correspondingly high; if blood lactate levels are low during exercise, then EPOC volume will be correspondingly low. In other words, blood lactate during exercise determines (correlates directly with) EPOC”