

121 / MR. ANKIT SARASWAT
 34 Yrs / Male
 85 Kg / 170 Cms
 01-Jan-2022 11:03:00 AM

Protocol : BRUCE

Ref.By : BOB

Objective : FOR TESTING PURPOSE ONLY.

Stage	StageTime (Min:Sec)	PhaseTime (Min:Sec)	Speed (mph)	Grade (%)	METs	H.R. (bpm)	B.P. (mmHg)	R.P.P. x100	PVC	Comments
Supine					1.0	83	120/80	99	-	
Standing					1.0	84	120/80	100	-	
HV					1.0	85	120/80	102	-	
ExStart					1.0	80	120/80	96	-	
Stage 1	2:31	2:32	1.7	10.0	4.1	130	130/80	169	22	
PeakEx	0:46	3:18	2.5	12.0	5.3	180	130/80	234	7	
Recovery	1:00		1.1	0.0	1.0	120	130/80	156	1	
Recovery	1:40		1.1	0.0	1.0	95	140/90	133	-	

Medication : Nil

History : Nil

Test End Reason : Heart Rate cheived

Findings :

The patient exercised according to BRUCE for 3:18, achieving a work level of Max METS:5.3. Resting heart rate initially 83 bpm, rose to a max heart rate of 180 bpm which represents 106% of maximum age predicted heart rate. Resting blood pressure 120/80 mmhg, rose to a maximum blood Pressure of 130/80 mmhg. The exercise stress test was stopped due to Heart Rate cheived

Parameters :

Exercise Time :03:18
 Max HR Attained :180 bpm 106% of Target 170
 Max BP : 130/80(mmHg)
 Max WorkLoad attained :5.3(Fair Effort Tolerance)

Advice/Comments:



12 Lead + Comparison



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HR: 84 bpm
 METS: 1.0
 BP: 120/80

Trgt HR: 49% of 170
 Speed: 0.0 mph,
 Grade: 0.0%

(0.05-100)Hz

Ex Time 00:07
 BLC :On
 Notch :On

Standing
 1.0 Cm/mV
 25 mm/Sec.



12 Lead + Comparison



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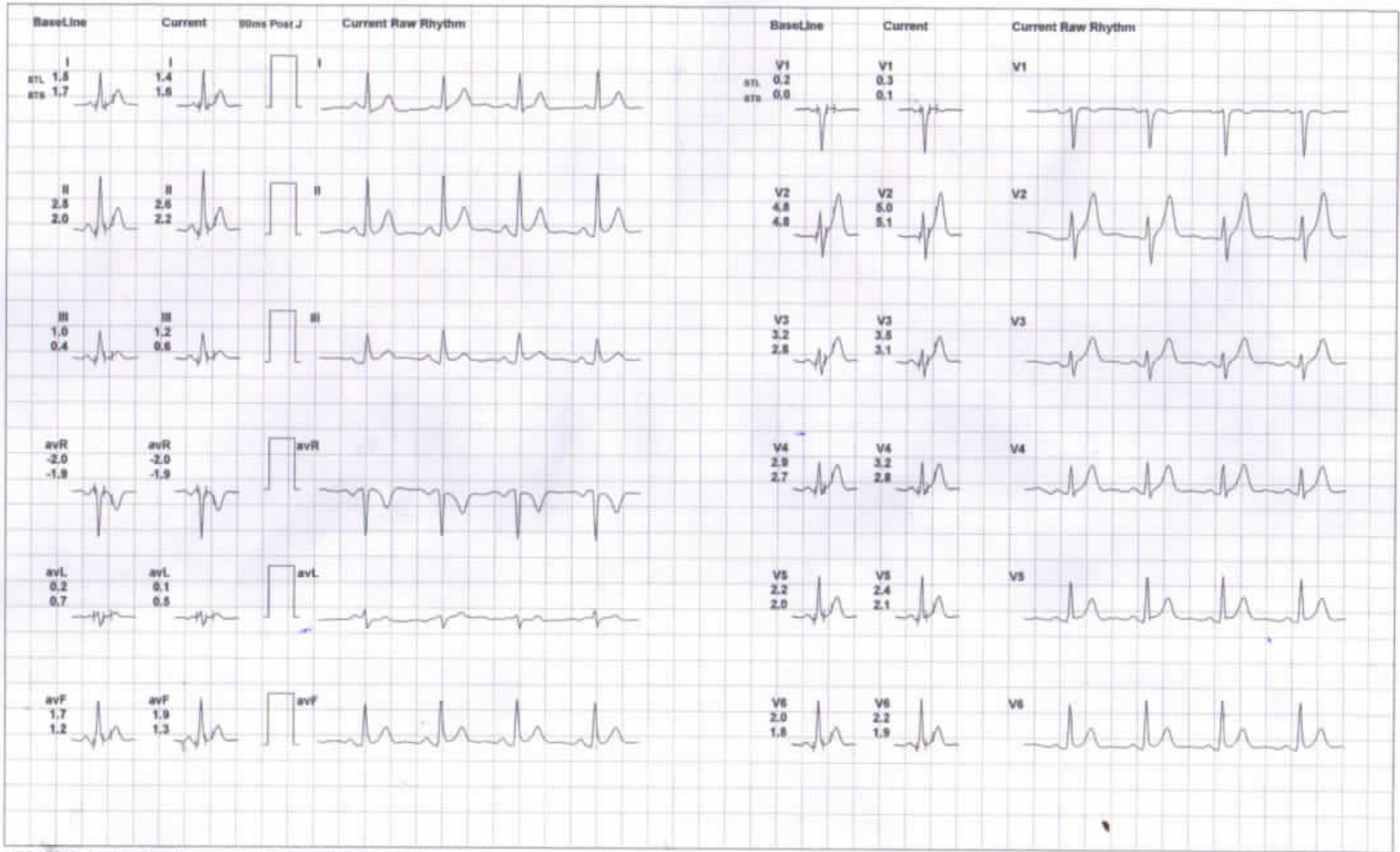
HR: 85 bpm
 METS: 1.0
 BP: 120/80

Trgt HR: 50% of 170
 Speed: 0.0 mph,
 Grade: 0.0%

(0.05-100)Hz

Ex Time 00:18
 BLC :On
 Notch :On

HV
 1.0 Cm/mV
 25 mm/Sec.



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HR: 80 bpm
 METS: 1.0
 BP: 120/80

Trgt HR: 47% of 170
 Speed: 0.0 mph,
 Grade: 0.0%

(0.05-100)Hz

Ex Time 00:22
 BLC :On
 Notch :On

ExStart
 1.0 Cm/mV
 25 mm/Sec.



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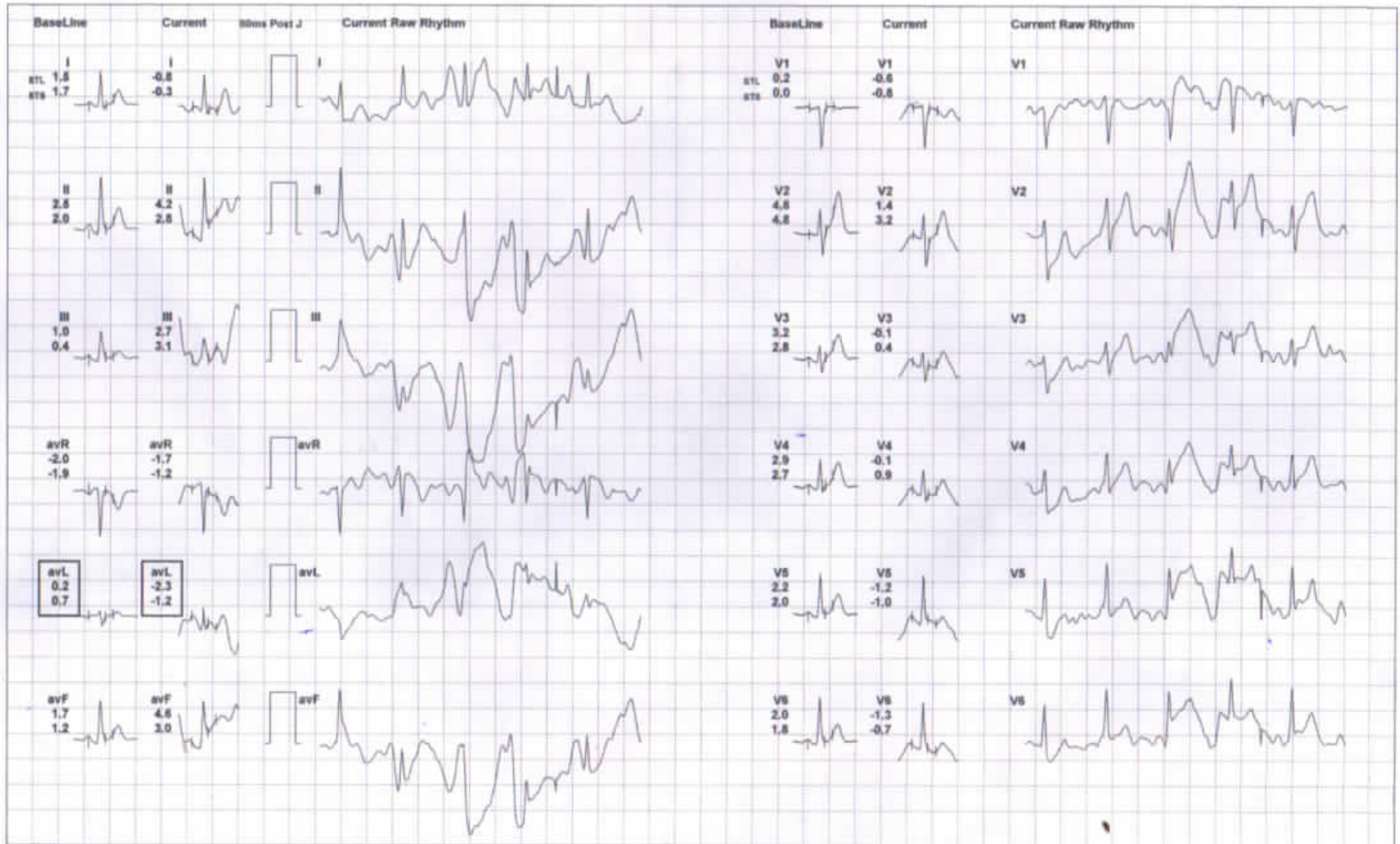
HR: 130 bpm
 METS: 4.1
 BP: 130/80

Trgt HR: 76% of 170
 Speed: 1.7 mph.
 Grade: 10.0%

(0.05-100)Hz

Ex Time 02:31
 BLC :On
 Notch :On

BRUCE:Stage 1
 1.0 Cm/mV
 25 mm/Sec.



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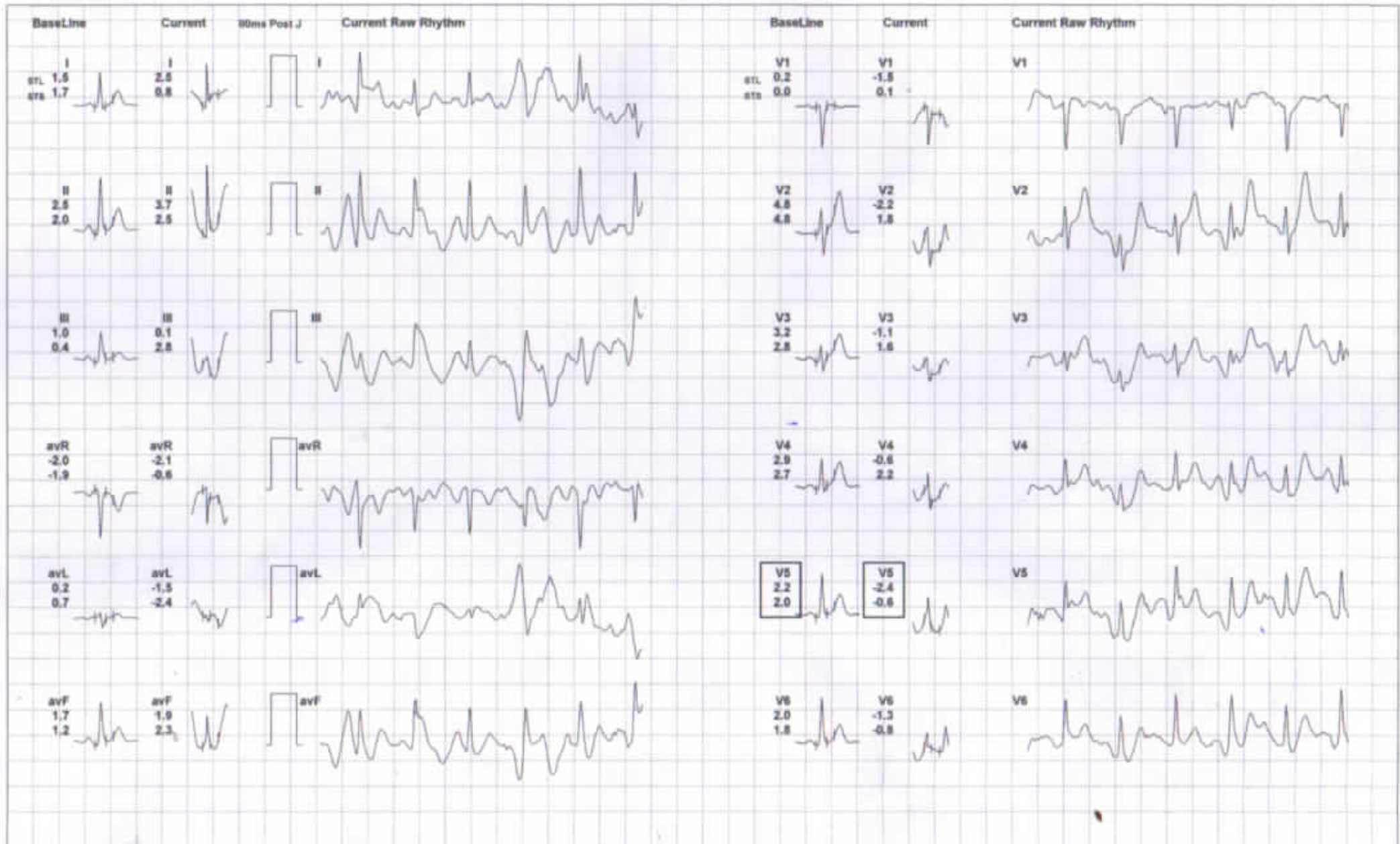
HR: 180 bpm
 METS: 5.3
 BP: 130/80

Trgt HR: 105% of 170
 Speed: 2.5 mph
 Grade: 12.0%

(0.05-100)Hz

Ex Time 03:17
 BLC :On
 Notch :On

BRUCE:PeakEx(0.46)
 1.0 Cm/mV
 25 mm/Sec.

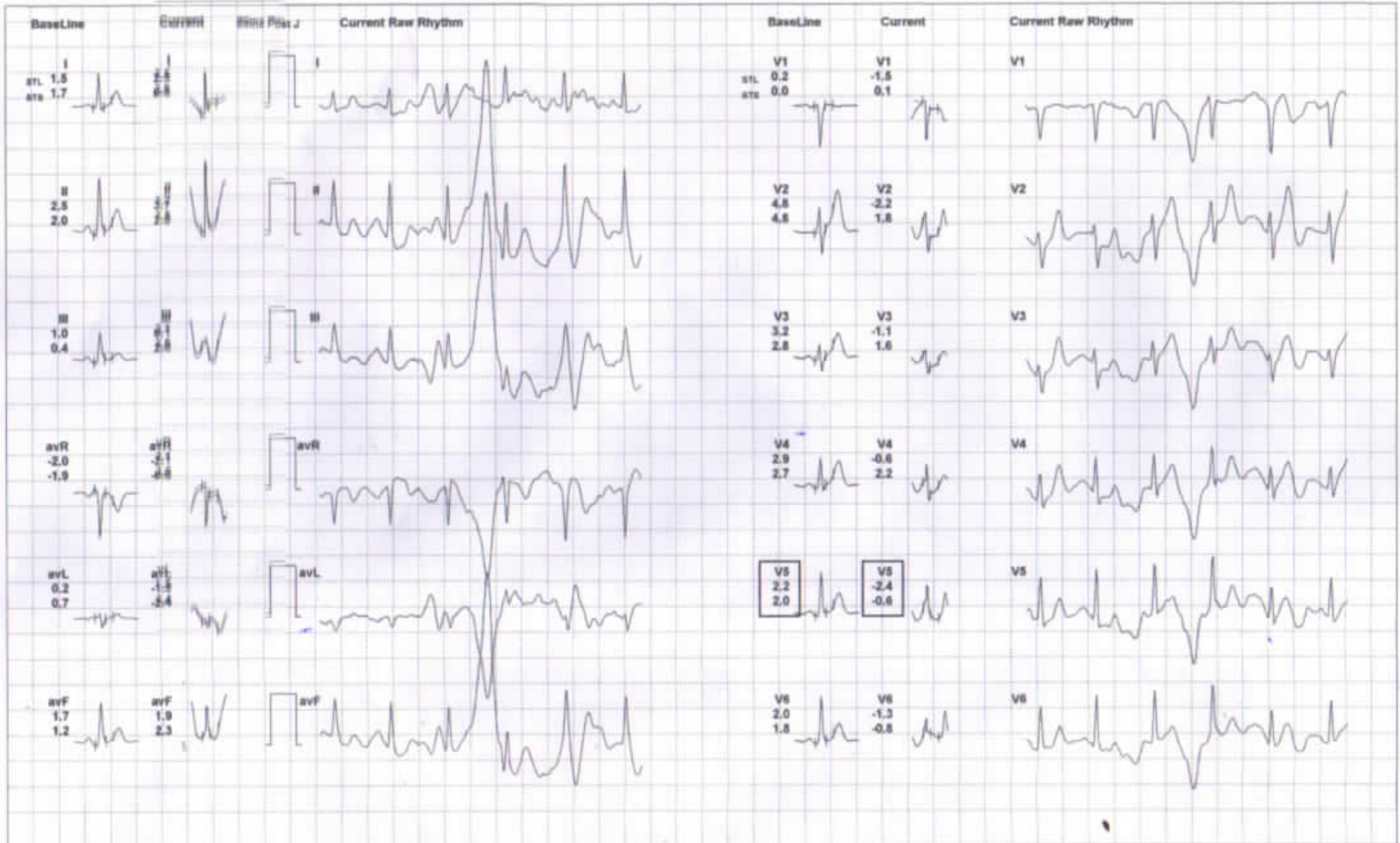


HR: 110 bpm
 METS: 2.7
 BP: 130/80

Trgt HR: 64% of 170
 Speed: 11.0 mph,
 Grade: 0.0%
 (0.05-100)Hz

Ex Time 03:17
 BLC :On
 Notch :On

Recovery : (00:19)
 1.0 Cm/mV
 25 mm/Sec.







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Supine :	PhTime 0:02	StageTime 0:01	0.0 mph	0.0%	1.0 METs	84 bpm	120/80	@80ms Post J
PeakEx :	PhTime: 3:18	StageTime: 0:01	1.1 mph	0.0%	5.3 METs	153 bpm	130/80	@80ms Post J

