



भारत सरकार
Government of India


बालकृष्ण शर्मा
Balkrishan Sharma
जन्म तिथि / DOB : 15/01/1988
पुरुष / Male



6235 2649 7164


मेरा आधार, मेरी पहचान



आधार
भारतीय विशिष्ट पहचान प्राधिकरण
Unique Identification Authority of India


पता:
आत्मज: बालमुकंद शर्मा, 93, जाटों
का मोहल्ला गुदावली, कुम्हेर,
गुदावली, भरतपुर, अस्तावन,
राजस्थान, 321201

Address:
S/O: Balmukand Sharma, 93,
jaton ka mohalla gudawali,
kumher, Gudawali, Bharatpur,
Astawan, Rajasthan, 321201

6235 2649 7164

 1947

 help@uidai.gov.in

 www.uidai.gov.in

LETTER OF APPROVAL / RECOMMENDATION

To,

The Coordinator,
Mediwheel (Arcofemi Healthcare Limited)
Helpline number: 011- 41195959

Dear Sir / Madam,

Sub: Annual Health Checkup for the employees of Bank of Baroda

This is to inform you that the following employee wishes to avail the facility of Cashless Annual Health Checkup provided by you in terms of our agreement.

| PARTICULARS | EMPLOYEE DETAILS |
|---------------------------------|-----------------------|
| NAME | MR. SHARMA BALKRISHAN |
| EC NO. | 92859 |
| DESIGNATION | RECOVERY |
| PLACE OF WORK | KAMAN |
| BIRTHDATE | 15-01-1988 |
| PROPOSED DATE OF HEALTH CHECKUP | 25-06-2023 |
| BOOKING REFERENCE NO. | 23J92859100062532E |

This letter of approval / recommendation is valid if submitted along with copy of the Bank of Baroda employee id card. This approval is valid from **22-06-2023** till **31-03-2024**. The list of medical tests to be conducted is provided in the annexure to this letter. Please note that the said health checkup is a **cashless facility** as per our tie up arrangement. We request you to attend to the health checkup requirement of our employee and accord your top priority and best resources in this regard. The EC Number and the booking reference number as given in the above table shall be mentioned in the invoice, invariably.

We solicit your co-operation in this regard.

Yours faithfully,

Sd/-

Chief General Manager
HRM Department
Bank of Baroda

(Note: This is a computer generated letter. No Signature required. For any clarification, please contact Mediwheel (Arcofemi Healthcare Limited))

SUGGESTIVE LIST OF MEDICAL TESTS

| FOR MALE | FOR FEMALE |
|-------------------------------------|---|
| CBC | CBC |
| ESR | ESR |
| Blood Group & RH Factor | Blood Group & RH Factor |
| Blood and Urine Sugar Fasting | Blood and Urine Sugar Fasting |
| Blood and Urine Sugar PP | Blood and Urine Sugar PP |
| Stool Routine | Stool Routine |
| Lipid Profile | Lipid Profile |
| Total Cholesterol | Total Cholesterol |
| HDL | HDL |
| LDL | LDL |
| VLDL | VLDL |
| Triglycerides | Triglycerides |
| HDL / LDL ratio | HDL / LDL ratio |
| Liver Profile | Liver Profile |
| AST | AST |
| ALT | ALT |
| GGT | GGT |
| Bilirubin (total, direct, indirect) | Bilirubin (total, direct, indirect) |
| ALP | ALP |
| Proteins (T, Albumin, Globulin) | Proteins (T, Albumin, Globulin) |
| Kidney Profile | Kidney Profile |
| Serum creatinine | Serum creatinine |
| Blood Urea Nitrogen | Blood Urea Nitrogen |
| Uric Acid | Uric Acid |
| HBA1C | HBA1C |
| Routine urine analysis | Routine urine analysis |
| USG Whole Abdomen | USG Whole Abdomen |
| General Tests | General Tests |
| X Ray Chest | X Ray Chest |
| ECG | ECG |
| 2D/3D ECHO / TMT | 2D/3D ECHO / TMT |
| Stress Test | Thyroid Profile (T3, T4, TSH) |
| PSA Male (above 40 years) | Mammography (above 40 years) and Pap Smear (above 30 years). |
| Thyroid Profile (T3, T4, TSH) | Dental Check-up consultation |
| Dental Check-up consultation | Physician Consultation |
| Physician Consultation | Eye Check-up consultation |
| Eye Check-up consultation | Skin/ENT consultation |
| Skin/ENT consultation | Gynaec Consultation |

CONSULTATION SUMMARY

Patient MRN : 15010000465879
Patient Name : Mr Balkrishan Sharma
Gender/Age/Dob : Male , 35 Years , 15/01/88
Patient Phone No : 9828412153
Patient Address : GUDAWALI,KUMHER,Bharatpur,
Rajasthan,India,-321201

Unit of Narayana Health
Consultation Date : 26/06/2023 01:04 PM
Consultant : Dr. Anil Goyal
(OPHTHALMOLOGY)
Consultation Type : OP , NEW VISIT



CHIEF COMPLAINTS & HISTORY OF PRESENT ILLNESS

- ROUTINE CHECKUP :

PAST MEDICAL HISTORY

- No significant past medical history

SYSTEMIC EXAMINATION

- Eyes : VN WITH GL 6/6 N6 BE S/L NAD BE

MEDICATION ORDER

DRUG NAME

- 1) CARBOXYMETHYLCELLULOSE-DROPS-0.5% 10ML-TEAR DROP

PATIENT INSTRUCTION

Thrice Daily (1 - 1 - 1 - 0) Drops As Instructed For 1 Month |
Qty: 1 | Start Date: Jun 26, 2023 | End Date: Jul 25, 2023

PROCEDURE HISTORY

- No known surgical history

ALLERGY

- No known allergies

FAMILY HISTORY

- No significant family history

SOCIAL HISTORY

- No significant social history

CONSULTANT DETAILS



Dr. Anil Goyal , VISITING CONSULTANT , OPTHALMOLOGY

Dr. ANIL GOYAL
M.B.B.S, M.S. (Ophthalmology),
Registration No. (RMC - 17444)
Narayana Multispeciality Hospital. JAIPUR

Narayana Multispeciality Hospital

(A unit of Narayana Hrudayalaya Limited) CIN: L85110KA2000PLC027497

Registered Office: 258/A, Bommasandra Industrial Area, Anekal Taluk, Bangalore 560099

Hospital Address: Sector-28, Kumbha Marg, Pratap Nagar, Jaipur 302033

Tel: +91 141 7122 233 | Email: info.jpr@narayanahealth.org | www.narayanahealth.org

GST No. 08AABCN1685J1Z8



Appointments

1800-309-0309 (Toll Free)

Emergencies

99837-32222

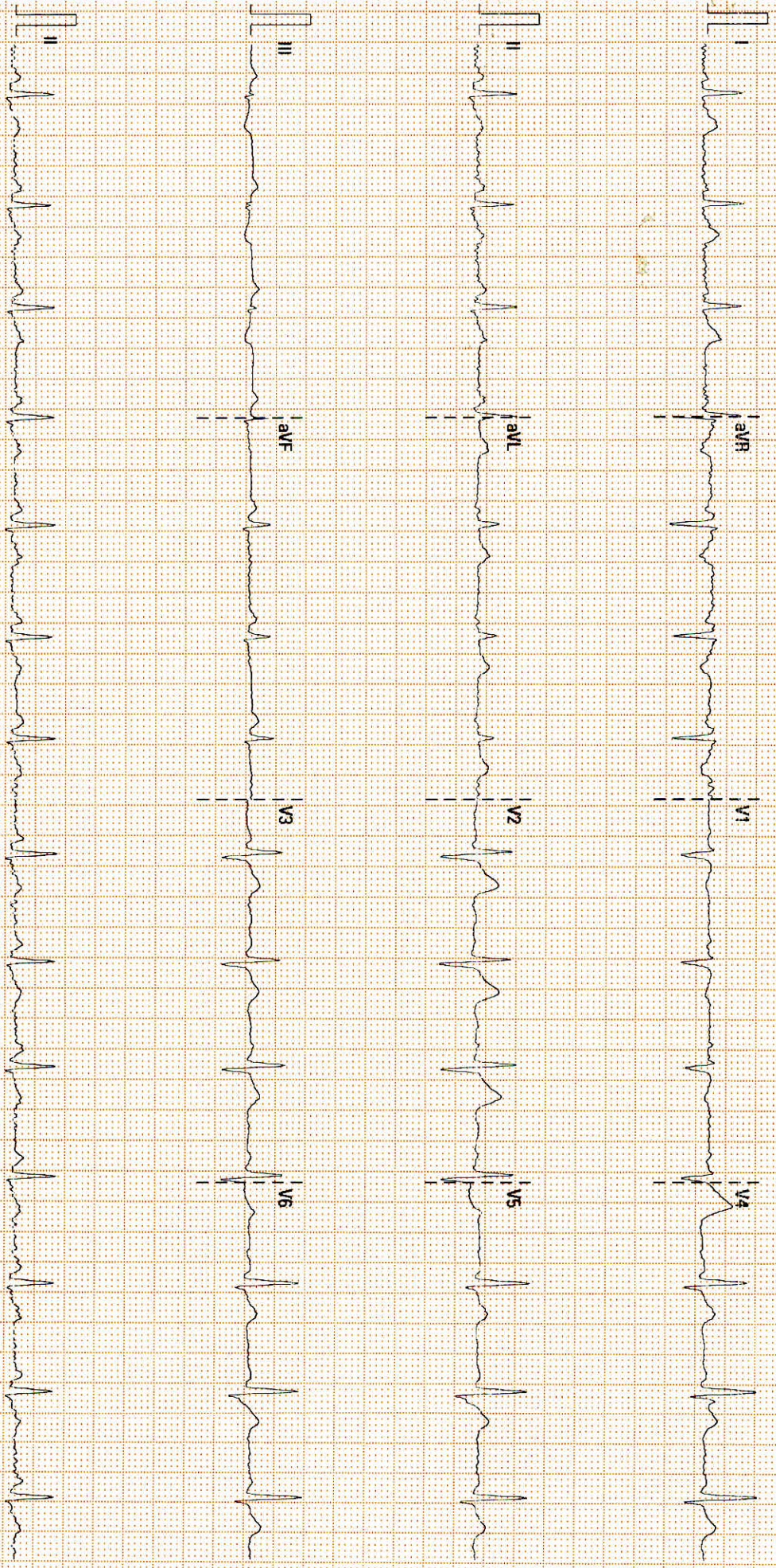
ID: 15010000605075
Name: BALKISHAN
Age: [redacted]
Center: [redacted]

06-20-2023 07:30:43 PM

Heart Rate: 84 bpm
PR Interval: 117 ms
QRS Duration: 64 ms
QT/QTc Interval: 330/372 ms
P/QRS/T Axis: 95/28/3 deg
QTc/QTd/QTp: [redacted]

Sinus rhythm
Interpretation made without knowing patient's gender/age
Normal ECG

Unconfirmed Diagnosis



25 mm/mV

10 mm/msec

sinus rhythm

06-20-2023 07:30:43 PM

06-20-2023 07:30:43 PM

MRN No: 15010000465879 Date: 26/06/2023
PATIENT'S NAME: MR. BALKRISHAN SHARMA Age/Sex: 35 Yrs./M
DR. NAME: DR. SITARAM GUPTA

ULTRASOUND STUDY OF ABDOMEN & PELVIS (PHC)

Liver: - Normal in size & mildly bright in echotexture. No evidence of any mass lesion is seen. Bilobar Intrahepatic biliary radicals are not dilated.

Gall Bladder: - Is distended. Lumen is clear. Wall thickness is normal.

CBD: - Normal in calibre. No calculus is seen in visualized part of CBD.

Portal Vein: - Normal in calibre.

Pancreas: - Normal in size & echotexture. No focal lesion is seen. MPD is not dilated.

Spleen: - Normal in size & echotexture. No focal lesion is seen.

Right Kidney: - Normal in shape, size & location. Echotexture is normal. Corticomedullary differentiation is maintained. There is no evidence of calculus or hydronephrosis.

Left Kidney: - Normal in shape, size & location. Echotexture is normal. Corticomedullary differentiation is maintained. There is no evidence of calculus or hydronephrosis.

Urinary Bladder: - is distended. No calculus or mass lesion is seen. Wall thickness is normal.

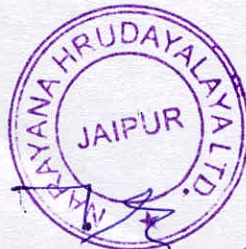
Prostate: - is normal in size, shape and echotexture

Others: - No free fluid is seen in abdomen.

Impression: *USG findings are suggestive of:* -

- *Mild fatty changes in liver.*
- *No other sonographic abnormality is seen.*

Correlate clinically & with other related investigations.



Dr. Swati Jain
Consultant Radiologist

Dr. Vijay Kumar Sharma
Consultant Radiologist

Dr. Sunny Maharwal
Consultant Radiologist

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GST No. 08AABCN1685J1Z8



Appointments

1800-309-0309 (Toll Free)

Emergencies

99837-32222

DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988)

Collected On : 26/06/2023 01:38 PM Received On : 26/06/2023 01:39 PM Reported On : 26/06/2023 03:08 PM

Barcode : 412306260175 Specimen : Whole Blood - ESR Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 9828412153

HAEMATOLOGY

| Test | Result | Unit | Biological Reference Interval |
|---|---------------|--------------------|-------------------------------|
| Erythrocyte Sedimentation Rate (ESR) (Westergren Method) | 07 | mm/hr | 0.0-10.0 |
| COMPLETE BLOOD COUNT (CBC) | | | |
| Haemoglobin (Hb%) (Photometric Measurement) | 14.8 | g/dL | 13.0-17.0 |
| Red Blood Cell Count (Electrical Impedance) | 4.78 | millions/ μ L | 4.2-6.0 |
| PCV (Packed Cell Volume) / Hematocrit (Calculated) | 44.0 | % | 40.0-54.0 |
| MCV (Mean Corpuscular Volume) (Derived) | 92 | fL | 80.0-100.0 |
| MCH (Mean Corpuscular Haemoglobin) (Calculated) | 31.0 L | pg | 32.0-35.0 |
| MCHC (Mean Corpuscular Haemoglobin Concentration) (Calculated) | 33.6 | g/L | 27.0-34.0 |
| Red Cell Distribution Width (RDW) | 14.6 | % | 12.0-18.0 |
| Platelet Count (Electrical Impedance Plus Microscopy) | 236 | Thousand / μ L | 150.0-400.0 |
| Total Leucocyte Count(WBC) (Electrical Impedance / Flow Cytometric) | 7.4 | Thous/cumm | 4.0-10.0 |
| DIFFERENTIAL COUNT (DC) | | | |
| Neutrophils | 61.9 | % | 40.0-75.0 |
| Lymphocytes | 35.6 | % | 15.0-45.0 |
| Monocytes | 1.2 L | % | 4.0-13.0 |
| Eosinophils | 1.3 | % | 0.5-7.0 |



| | | | |
|---|---------------|--------------------|---------|
| Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988) | | | |
| Basophils | 0.0 | % | 0.0-2.0 |
| Absolute Neutrophil Count | 4.59 | Thousand / μ L | 1.5-7.0 |
| Absolute Lymphocyte Count | 2.64 | Thousand / μ L | 1.0-4.0 |
| Absolute Monocyte Count | 0.09 L | Thousand / μ L | 0.2-0.8 |
| Absolute Eosinophil Count | 0.1 | Thousand / μ L | 0.0-0.2 |

Manish

Dr. Manisha Agarwal
MBBS, DNB Pathology and DCP
Consultant

BIOCHEMISTRY

| Test | Result | Unit | Biological Reference Interval |
|--|----------------|---------------------------|---|
| SERUM CREATININE | | | |
| Serum Creatinine | 0.96 | mg/dL | 0.66-1.25 |
| eGFR | 89.2 | mL/min/1.73m ² | Both: <60 indicative of renal impairment Both: Note:eGFR is inaccurate for Hemodynamically unstable patients eGFR is not applicable for less than 18 |
| Blood Urea Nitrogen (BUN) (Colorimetric (Urease UV)) | 10.25 | mg/dL | 9.0-20.0 |
| Serum Uric Acid (Colorimetric - Uricase,Peroxidase) | 8.49 | mg/dL | 3.5-8.5 |
| LIPID PROFILE (CHOL,TRIG,HDL,LDL,VLDL) | | | |
| Cholesterol Total (Enzymatic Method (cholesterol Oxidase, Esterase, Peroxidase)) | 265.3 H | mg/dL | Both: Desirable: < 200 Both: Borderline High: 200-239 Both: High: > 240 |
| Triglycerides (Enzymatic Method (lipase, Kinase, Oxidase And Peroxidase)) | 168.6 H | mg/dL | Both: Normal: < 150 Both: Borderline High: 150-199 Both: High : 200-499 Both: Very High: => 500 |

| | | | |
|--|----------------|--------|---|
| Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988) | | | |
| HDL Cholesterol (HDLC) (Direct Measure, PTA /MgCl ₂) | 42.6 | mg/dL | Low: < 40 High: => 60 |
| Non-HDL Cholesterol | 222.71 | - | - |
| LDL Cholesterol (Friedewald Formula) | 189.0 H | mg/dL | Both: Desirable: < 100 Both: Optimal: 100-129 Both: Borderline High: 130-159 Both: High: 160-189 Both: Very High: > 190 |
| VLDL Cholesterol (Friedewald Formula) | 33.72 | mg/dL | 10.0-50.0 |
| Cholesterol /HDL Ratio | 6.3 H | - | 0.0-5.0 |
| Total Protein (Biuret (alkaline Cupric Sulfate)) | 8.91 H | gm/dL | 6.3-8.2 |
| SGOT (AST) (Enzymatic Colorimetric) | 54 | U/L | 17.0-59.0 |
| SGPT (ALT) (UV With P5P -IFCC) | 110 H | U/L | <50.0 |
| Alkaline Phosphatase (ALP) | 91 | U/L | 38.0-126.0 |
| Gamma Glutamyl Transferase (GGT) (L-gamma-glutamyl-4-nitroanalide/glycylglycine Kinetic Method) | 57 | U/L | 15.0-73.0 |
| THYROID PROFILE (T3, T4, TSH) | | | |
| Tri Iodo Thyronine (T3) (Enhanced Chemiluminescence) | 1.36 | ng/ml | 0.97-1.69 |
| Thyroxine (T4) (Enhanced Chemiluminescence) | 10.6 | ug/dl | 4.3-12.5 |
| TSH (Thyroid Stimulating Hormone) (Enhanced Chemiluminescence) | 2.33 | uIU/ml | 0.35-5.5 |

Anil

Dr. Anil Sharma
 MBBS , MD (Microbiology)
 Senior Consultant

CLINICAL PATHOLOGY



Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988)

| Test | Result | Unit | Biological Reference Interval |
|------|--------|------|-------------------------------|
|------|--------|------|-------------------------------|

URINE ROUTINE & MICROSCOPY

PHYSICAL EXAMINATION

| | | | |
|------------|-------------|----|---------|
| Volume | 15 H | ml | 0.0-0.0 |
| Colour | Pale Yellow | - | 0-0 |
| Appearance | Clear | - | 0-36500 |

CHEMICAL EXAMINATION

| | | | |
|---------------|----------|---|------------|
| pH(Reaction) | 6.0 | - | 4.5-9.0 |
| Sp. Gravity | >=1.030 | - | 1.002-1.03 |
| Protein | Negative | - | 0-0 |
| Urine Glucose | Negative | - | 0-0 |

MICROSCOPIC EXAMINATION

| | | | |
|------------------|-----|------|---|
| Pus Cells | 1-2 | /hpf | - |
| RBC | Nil | /hpf | - |
| Epithelial Cells | 1-2 | /hpf | - |
| Crystals | Nil | - | - |
| Casts | Nil | - | - |

--End of Report--



Dr. Manisha Agarwal
MBBS, DNB Pathology and DCP
Consultant

Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988)

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



DEPARTMENT OF LABORATORY MEDICINE

Final Report

Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988)

Collected On : 26/06/2023 01:38 PM Received On : 26/06/2023 01:39 PM Reported On : 26/06/2023 03:08 PM

Barcode : 402306260267 Specimen : Whole Blood Consultant : Dr. Sitaram Gupta(NON INVASIVE DIAGNOSTIC SERVICES)

Sample adequacy : Satisfactory Visit No : OP-001 Patient Mobile No : 9828412153

BIOCHEMISTRY

| Test | Result | Unit | Biological Reference Interval |
|---|--------|-------|---|
| Fasting Blood Sugar (FBS) (Colorimetric (Glucose Oxidase Hydrogen Peroxidase)) | 83 | mg/dL | 65.0-110.0 |
| HBA1C | | | |
| HbA1c | 5.4 | % | <= 5.7%-NORMAL 5.7-6.4% - PREDIABETES >=6.5% - DIABETES |
| Estimated Average Glucose | 108.28 | mg/dL | <140.0 |

Interpretation:

- HbA1C above 6.5% can be used to diagnose diabetes provided the patient has symptoms. If the patient does not have symptoms with HbA1C>6.5%, repeat measurement on further sample. If the repeat test result is <6.5%, consider as diabetes high risk and repeat measurement after 6 months.
- HbA1C measurement is not appropriate in diagnosing diabetes in children, suspicion of type 1 diabetes, symptoms of diabetes for less than 2 months, pregnancy, hemoglobinopathies, medications that may result sudden increase in glucose, anemia, renal failure, HIV infection, malignancies, severe chronic hepatic, and renal disease.
- Any sample with >15% should be suspected of having a haemoglobin variant.

| | | | |
|---|------|-------|---------|
| Bilirubin Total (Dyphylline, Diazonium Salt) | 1.15 | mg/dL | 0.2-1.3 |
| Albumin To Globulin (A/G)Ratio | 1.31 | - | 1.0-2.1 |



Dr. Anil Sharma
MBBS , MD (Microbiology)
Senior Consultant

CLINICAL PATHOLOGY

| Test | Result | Unit |
|----------------------------------|----------|------|
| Urine For Sugar (Fasting) | Negative | - |

Page 1 of 2

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GST No. 08AABCN1685J1Z8



Appointments
1800-309-0309 (Toll Free)

Emergencies
99837-32222

Patient Name : Mr Balkrishan Sharma MRN : 15010000465879 Gender/Age : MALE , 35y (15/01/1988)

--End of Report--



Dr. Manisha Agarwal
MBBS, DNB Pathology and DCP
Consultant

Note

- Abnormal results are highlighted.
- Results relate to the sample only.
- Kindly correlate clinically.



| | | | |
|---------------------|-------------------|---------------------------|---------------------|
| Patient Name | Balkrishan Sharma | Requested By | Dr. Sitaram Gupta |
| MRN | 15010000465879 | Procedure DateTime | 2023-06-26 13:31:30 |
| Age/Sex | 35Y 5M / Male | Hospital | NH JAIPUR |

X-RAY CHEST P.A. VIEW

Both lung fields are clear. No parenchymal lesion noted.

Both CP angles are clear.

Cardiac shadow is within normal limits.

Bony thorax & soft tissue appears normal.

Domes of diaphragm are normally placed.

Correlate clinically & with other related investigations.



Dr. Sunny Maharwal
Consultant (Radiology)

This is a digitally signed valid document. Reported Date/Time: 2023-06-26 14:52:12

EXERCISE STRESS TEST REPORT

Patient Name: MR BALKRISHAN SHARMA,
Patient ID: 465879
Height:
Weight:

DOB: 15.01.1988
Age: 35yrs
Gender: Male
Race: Indian

Study Date: 26.06.2023
Test Type: Treadmill Stress Test
Protocol: BRUCE

Referring Physician: DR.SITA RAM GUPTA
Attending Physician: DR.SITA RAM GUPTA
Technician: MR.KULDEEP MEGHVANSHI

Medications:

--

Medical History:

--

Reason for Exercise Test:

Screening for CAD

Exercise Test Summary

| Phase Name | Stage Name | Time in Stage | Speed (km/h) | Grade (%) | HR (bpm) | BP (mmHg) | Comment |
|------------|------------|---------------|--------------|-----------|----------|-----------|---------|
| PRETEST | SUPINE | 00:15 | 0.00 | 0.00 | 82 | 120/80 | |
| | STANDING | 00:15 | 0.00 | 0.00 | 81 | | |
| | HYPERV. | 00:15 | 0.00 | 0.00 | 77 | | |
| | WARM-UP | 00:38 | 1.60 | 0.00 | 87 | | |
| EXERCISE | STAGE 1 | 03:00 | 2.70 | 10.00 | 130 | 130/80 | |
| | STAGE 2 | 03:00 | 4.00 | 12.00 | 148 | 140/80 | |
| | STAGE 3 | 01:31 | 5.50 | 14.00 | 164 | | |
| RECOVERY | | 03:00 | 0.00 | 0.00 | 105 | 130/80 | |

The patient exercised according to the BRUCE for 7:31 min:s, achieving a work level of Max. METS: 10.20. The resting heart rate of 81 bpm rose to a maximal heart rate of 164 bpm. This value represents 88 % of the maximal, age-predicted heart rate. The resting blood pressure of 120/80 mmHg, rose to a maximum blood pressure of 140/80 mmHg. The exercise test was stopped due to Target heart rate achieved.

Interpretation

Summary: Resting ECG: normal.

Functional Capacity: normal.

HR Response to Exercise: appropriate.

BP Response to Exercise: normal resting BP - appropriate response.

Chest Pain: none.

Arrhythmias: none.

ST Changes:

Overall impression:

Conclusions

NO ST-T CHANGES SEEN DURING EXERCISE & RECOVERY PERIOD.
PLEASE CORRELATE CLINICALLY.

Physician _____ Technician _____

Narayana Multispeciality Hospital
 (A) Narayana Multispeciality Hospital
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1800-309-0309 (Toll Free)
99837-32222
 Emergency

MR. BAL KRISHAN SHARMA,
 465879
 Male
 35yrs Indian
 Meds:

Test Reason: Screening for CAD
 Medical History:

Ref. MD: DR.SITA RAM GUPTA Ordering MD:
 Technician: MR.KULDEEP MEGHVANSHI Test Type: Treadmill Stress
 Comment:

Tabular Summary

NARAYANA MULTISPECIALITY HOSPITAL

BRUCE: Total Exercise Time 07:31
 Max HR: 164 bpm 88% of max predicted 185 bpm HR at rest: 81.
 Max BP: 140/80 mmHg BP at rest: 120/80 Max RPP: 19740 mmHg*bpm
 Maximum Workload: 10.20 METS
 Max. ST: -1.45 mm, 0.00 mV/s in III; EXERCISE STAGE 3 07:00
 Arrhythmia: A:5, PCAP:1
 ST/HR index: 1.49 μ V/bpm
Reasons for Termination: Target heart rate achieved
Summary: Resting ECG: normal. Functional Capacity: normal. HR Response to Exercise: appropriate. BP Response to Exercise: normal resting BP - appropriate response. Chest Pain: none. Arrhythmias: none. ST Changes: Overall impression: ...

Conclusion: NO ST-T CHANGES SEEN DURING EXERCISE & RECOVERY PERIOD.
 PLEASE CORRELATE CLINICALLY.

| Phase Name | Stage Name | Time in Stage | Speed (km/h) | Grade (%) | Workload (METS) | HR (bpm) | BP (mmHg) | RPP (mmHg*bpm) | VE (/min) | ST Level (III mm) | Comment |
|------------|------------|---------------|--------------|-----------|-----------------|----------|-----------|----------------|-----------|-------------------|---------|
| REST | SUPINE | 00:15 | 0.00 | 0.00 | 1.0 | 82 | 120/80 | 9840 | 0 | -0.60 | |
| | STANDING | 00:15 | 0.00 | 0.00 | 1.0 | 81 | | | 0 | -0.55 | |
| | HYPERV. | 00:15 | 0.00 | 0.00 | 1.0 | 77 | | | 0 | -0.50 | |
| | WARM-UP | 00:38 | 1.60 | 0.00 | 1.4 | 87 | | | 0 | -0.65 | |
| EXERCISE | STAGE 1 | 03:00 | 2.70 | 10.00 | 4.6 | 130 | 130/80 | 16900 | 0 | -0.35 | |
| | STAGE 2 | 03:00 | 4.00 | 12.00 | 7.0 | 148 | 140/80 | 20720 | 0 | -1.25 | |
| | STAGE 3 | 01:31 | 5.50 | 14.00 | 10.2 | 164 | | | 0 | -1.40 | |
| RECOVERY | | 03:00 | 0.00 | 0.00 | 1.0 | 105 | 130/80 | 13650 | 0 | -0.70 | |

