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ACSM's Guidelines for Exercise
Testing and Prescription, 10th ed.
Philadelphia (PA): Lippincott Williams
& Wilkins; 2017, p. 195-202. Author:
Katie Hake is a registered dietitian
nutritionist and an ACSM certified

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personal trainer. In addition to her private practice, Katie Hake Health & Fitness (KatieHake.com), LLC, she works as a metabolic ...

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Her research on topics including exercise and hypertension, physical activity interventions and exercise genomics (among other topics) has been widely published. She was the recipient of an ACSM Citation Award

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in 2011, and served as the Senior Editor for ACSM's Guidelines for Exercise Prescription and Testing, 9th edition. References. 1.

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Participant instructions before exercise testing 1) at minimum participants should refrain from ingesting food, alcohol, or caffeine or using tobacco

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products within 3 h of testing 2)

Participants should be rested and avoid significant exertion or exercise on the day of the assessment

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ACSM's Guidelines for Exercise Testing and Prescription. 9th Ed. 2014. Linda S Pescatello, Ross Arena, Deborah Riebe, Paul D Thompson
Wolters Kluwer/Lippincott Williams & Wilkins, Philadelphia, PA. 456 pp; \$43.99. CAD ISBN: 978-1-6091-3955-1. The ninth edition

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www.acsm.org of oxygen uptake
reserve ($V \cdot O_2 R$), heart rate reserve
(HRR), oxygen consumption ($V \cdot O_2$),

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heart rate (HR), or metabolic equivalents (METs) (see Box 6.2 E). Each of these methods for describing the intensity of PA has strengths and limitations.

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