



Book Review: VO2 Max Essentials: The comprehensive guide to aerobic fitness, how to improve it, and what it means for health, performance, and longevity

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VO2 Max Essentials: The comprehensive guide to aerobic fitness, how to improve it, and what it means for health, performance, and longevity.

Holmer, B (2023)

Kindle £7.45 from www.amazon.co.uk

Comprising 7 concise and easy-to-read chapters VO2 Max Essentials offers a swift and engaging read. The book serves as a valuable foundational resource for comprehending the science behind VO2max - the maximum amount of oxygen an individual can use during intense exercise! Its well-organised structure begins with an introductory chapter emphasising the significance of VO2max as a vital health and longevity indicator. Subsequent chapters delve into the physiology governing VO2max, its changes with aging, and its interactions with other performance metrics (e.g., lactate threshold). Additional topics covered include the factors influencing VO2max trainability and predictive test protocols. The final chapter outlines various training approaches for enhancing VO2max. The inclusion of diagrams aids in understanding, and each chapter concludes with a reference section. It's worth noting that the book is currently only available in digital format, which may not cater to everyone's preference, but a physical copy may be released in the future. I recommend VO2 Max Essentials for first-year undergraduates studying physiology or anyone interested in health and fitness.

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Rating 9/10