

FUNCTIONAL CLASS	CLINICAL STATUS				O ₂ COST mL/kg/min	METs	TREADMILL PROTOCOLS					
NORMAL AND I	HEALTHY, DEPENDENT ON AGE, ACTIVITY						BRUCE Modified 3 min Stages		BRUCE 3 min Stages			
							MPH	%GR	MPH	%GR		
							6.0	22	6.0	22		
							5.5	20	5.2	20		
							5.0	18	5.0	18		
							56.0	16				
							52.5	15				
							49.0	14				
							45.5	13				
							42.0	12				
	38.5	11	3.4	14	3.4	14						
	35.0	10										
	31.5	9										
	28.0	8										
	24.5	7	2.5	12	2.5	12						
II				SYMPTOMATIC	21.0	6						
III					17.5	5	1.7	10	1.7	10		
					14.0	4						
					10.5	3					1.7	5
					7.0	2					1.7	0
					IV	3.5	1					

Abbreviations: GR, grade; MPH, miles per hour.

Source: Reproduced with permission from GF Fletcher et al: Exercise standards for testing and training. *Circulation* 104:1694, 2001.