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## Acsm Guidelines Book

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### **Physical Activity Guidelines Resources - ACSM**

American College of Sports Medicine. (2000). ACSM's guidelines for exercise testing and prescription. Philadelphia :Lippincott Williams & Wilkins,

### **Citation - ACSM's guidelines for exercise testing and ...**

ACSM's Metabolic Calculations Handbook. Pages 39-40, Example 4, Steps 3 and 4 should be adjusted as follows:  $35.57 - 3.5 = 32.07$  so that the answer in the final step is 5.98 miles/hr. Page 81, Detailed Solutions 1 initial equation is missing one number. The equation should be  $120 \cdot 6.12 = 734.4$ .

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