

CARDIOVASCULAR GRUDGE MATCH

Let the games begin!!

**BLEEP
TEST**



VS

**COOPER
TEST**



Positives:

- Easy to set up
- Good reliability
- Cheap

Negatives:

- Affected by motivation
- Participants can walk
- Not maximal

Positives:

- Maximal effort achieved
- Easy to measure/record
- High validity

Negatives:

- Affected by social factors
- Low reliability if not performed correctly

and the winner is.....