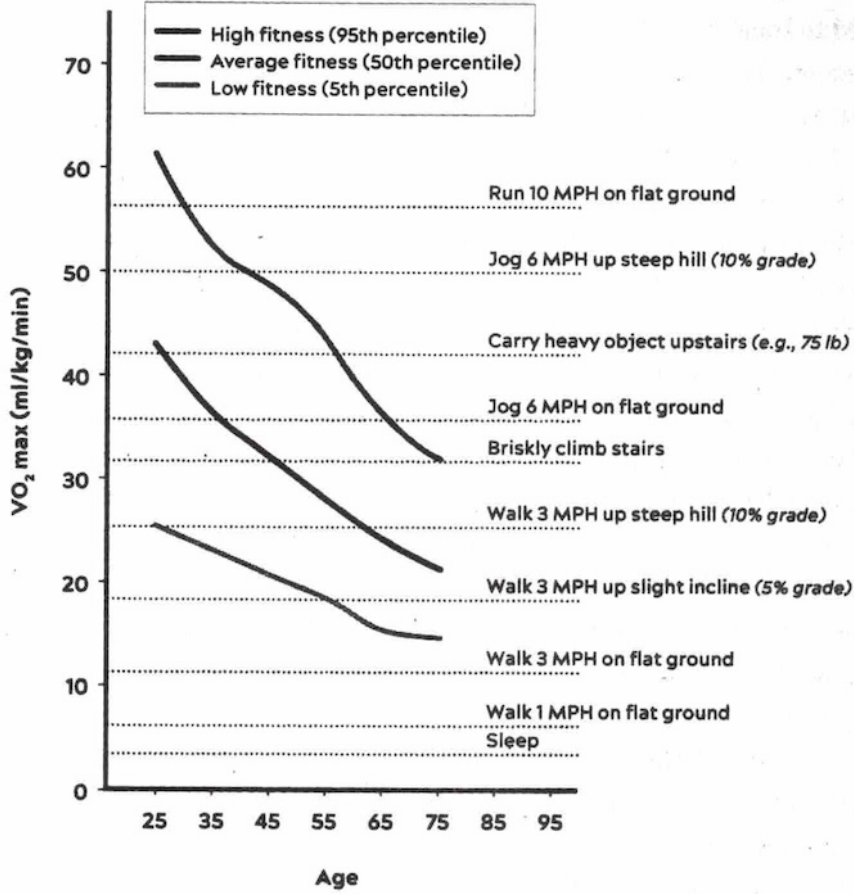


Figure 11. How VO₂ Max Declines with Age



Source: Graph by Jayson Gifford, Brigham Young University, based on data from Ligouri (2020).