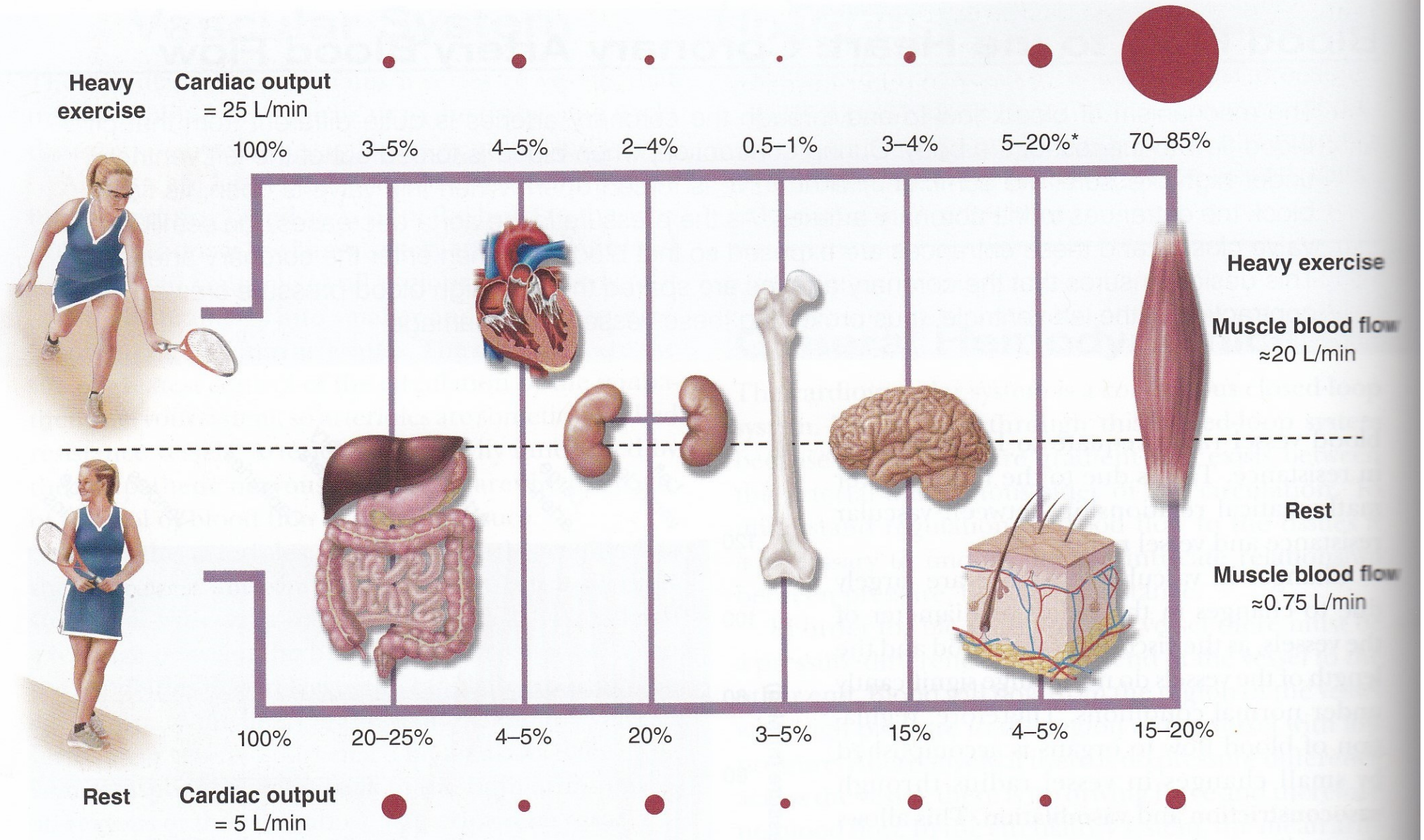


FIGURE 6.12 Distribution of cardiac output at rest and maximal exercise. *Depends on ambient and body temperatures.

Reprinted, by permission, from P.O. Åstrand et al., 2003, *Textbook of work physiology: Physiological bases of exercise,* 4th ed. (Champaign, IL: Human Kinetics), 143.

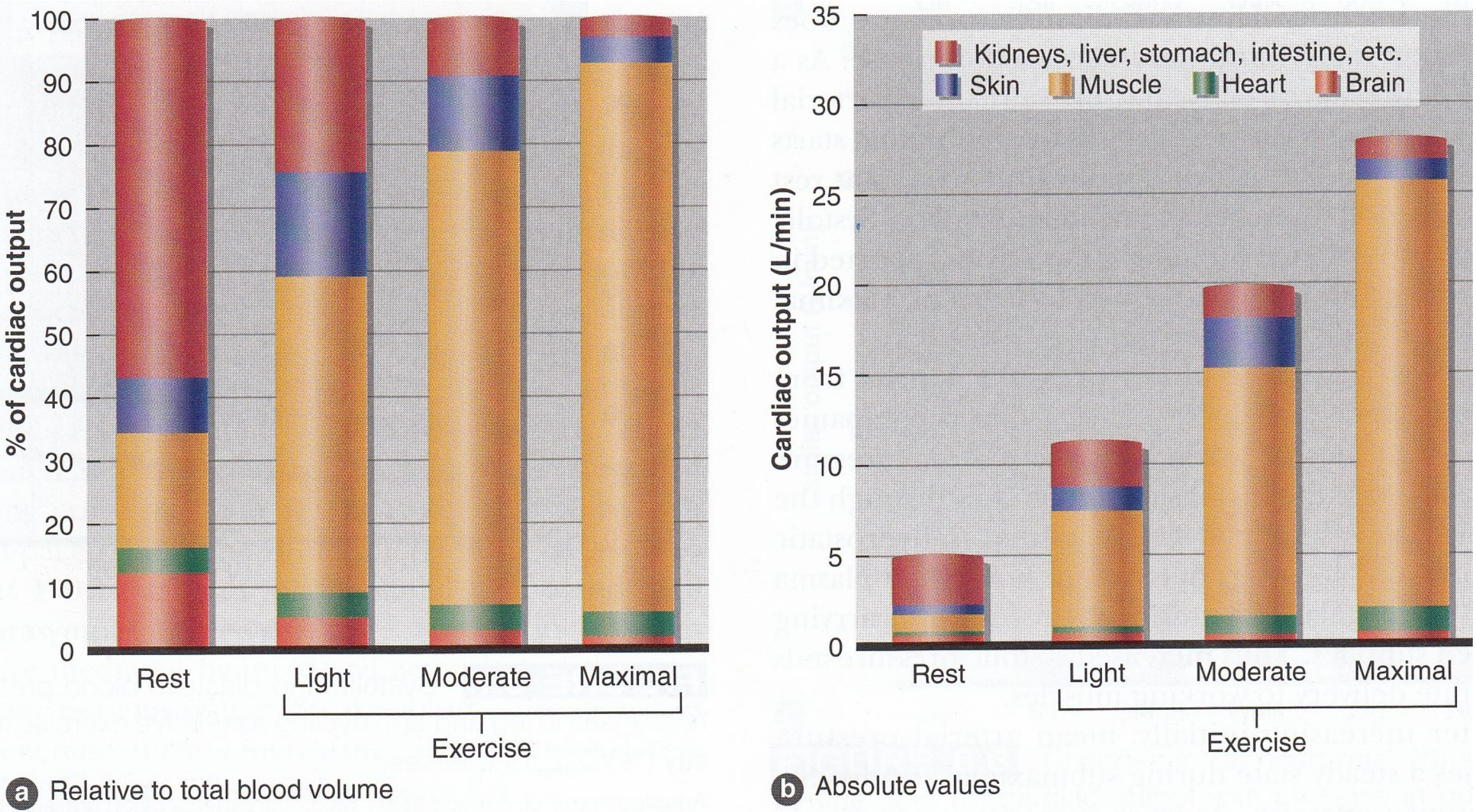


FIGURE 8.8 The distribution of cardiac output at rest and during exercise.

Data from A.J. Vander, J.H. Sherman, & D.S. Luciano, 1985, *Human physiology: The mechanisms of body function,* 4th ed. (New York: McGraw-Hill).

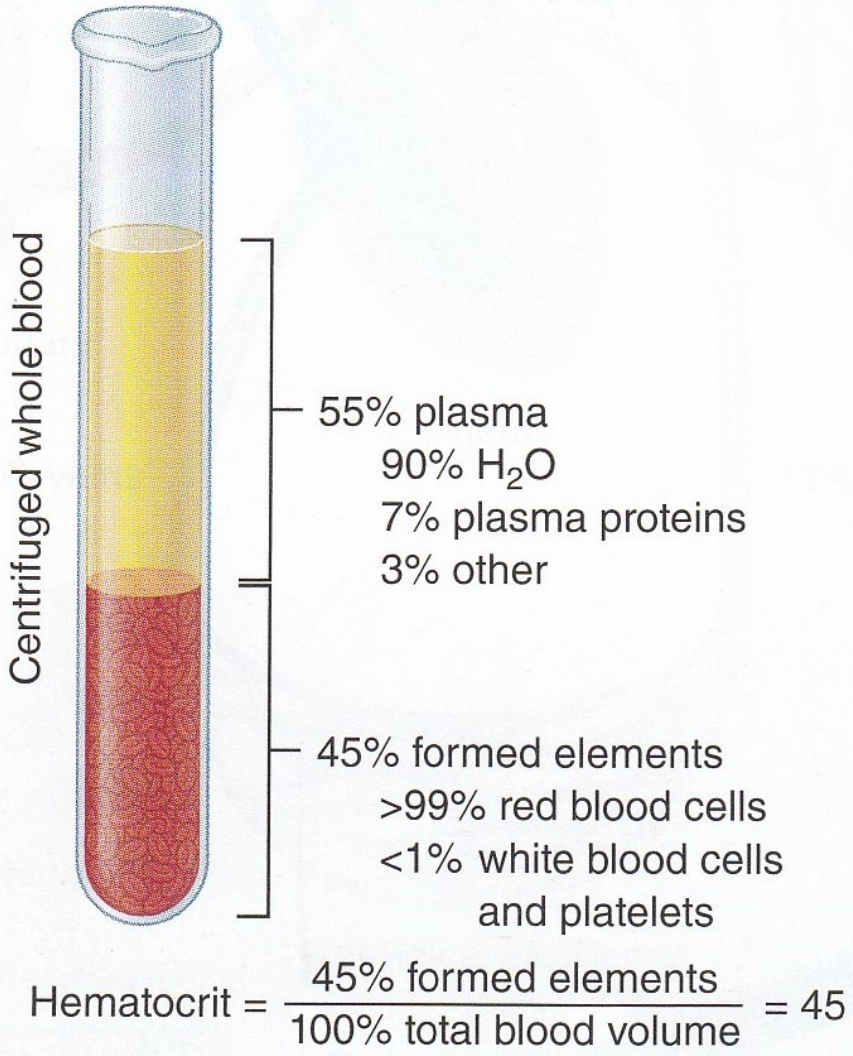


FIGURE 6.16 The composition of whole blood, illustrating the plasma volume (fluid portion) and the cellular volume (red cells, white cells, and platelets) after the blood sample has been centrifuged. A centrifuge is shown at right.

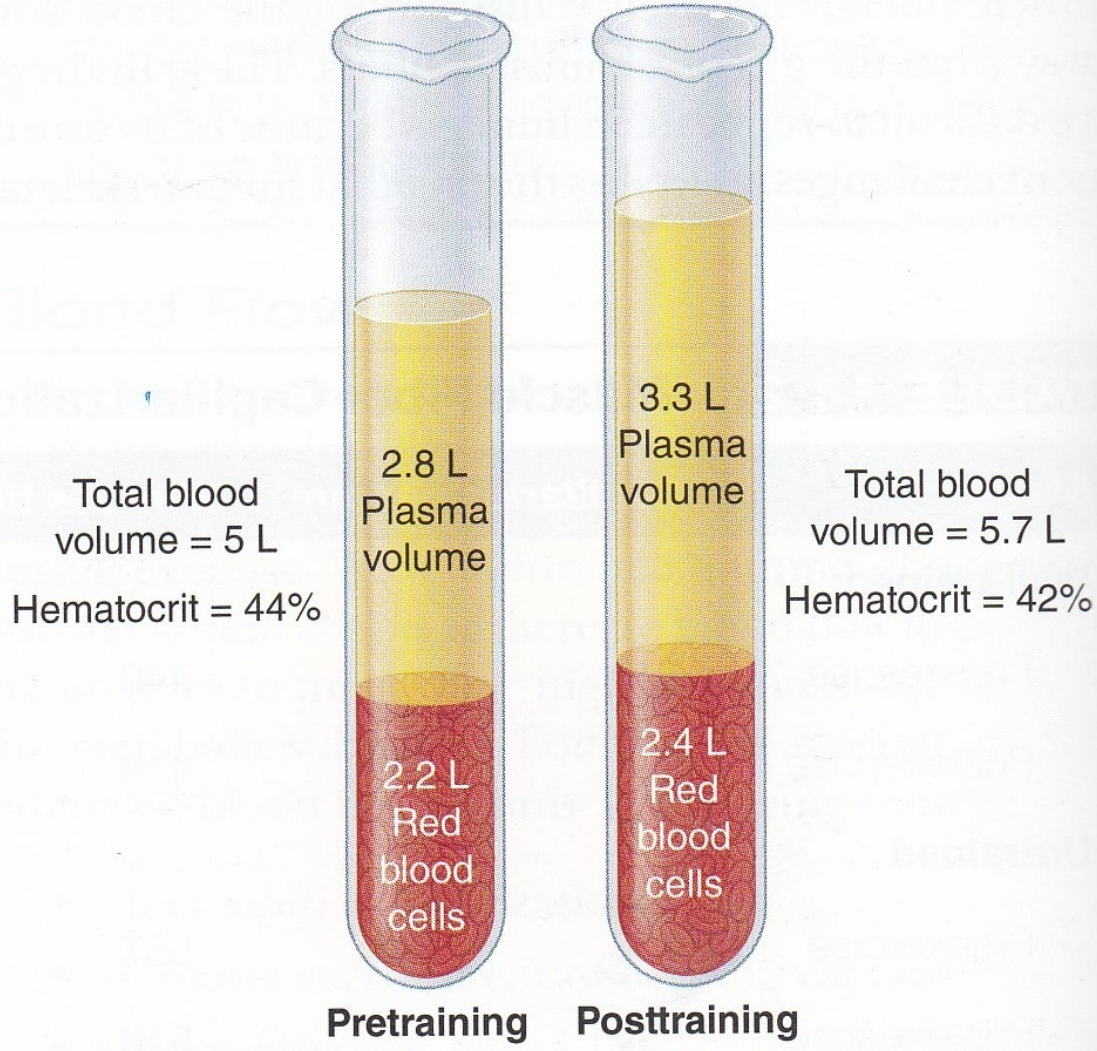
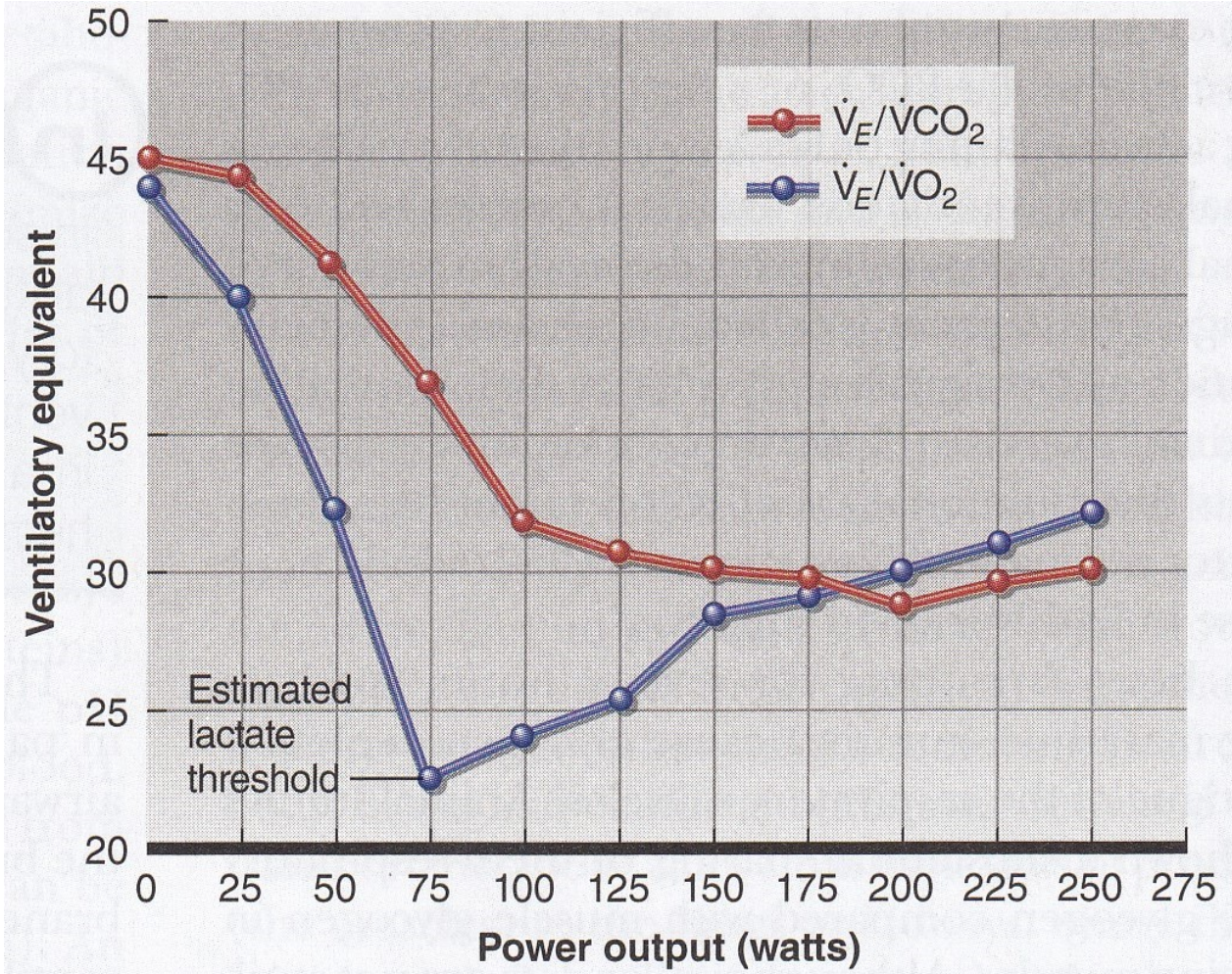


FIGURE 11.7 Increases in total blood volume and plasma volume occur with endurance training. Note that although the hematocrit (percentage of red blood cells) decreased from 44% to 42%, the total volume of red blood cells increased by 10%.



Changes in the ventilatory equivalent for carbon dioxide ($\dot{V}_E/\dot{V}CO_2$) and the ventilatory equivalent for oxygen ($\dot{V}_E/\dot{V}O_2$) during increasing intensities of exercise on a cycle ergometer. Note that the breakpoint of the estimated lactate threshold at a running velocity of 14.4 km/h (8.9 mph) is evident only in the $\dot{V}_E/\dot{V}O_2$ ratio.

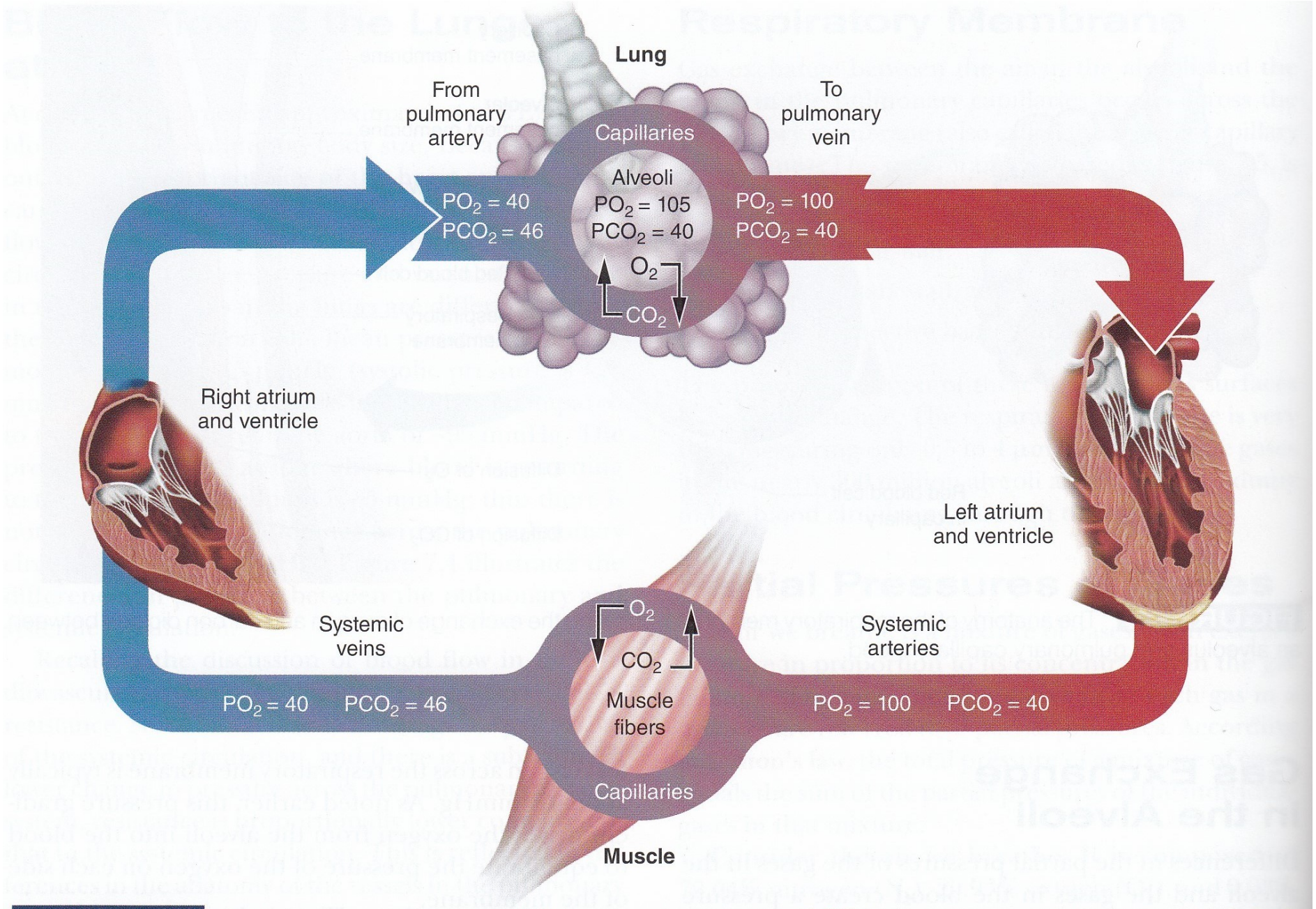


FIGURE 7.6 Partial pressure of oxygen (PO_2) and carbon dioxide (PCO_2) in blood as a result of gas exchange in the lungs and gas exchange between the capillary blood and tissues.