

**Table S1.** Comparison with previous studies to evaluate a reference cardiorespiratory fitness of healthy population.

Study		Shim et al. [20]	Morris et al. [10]	Kaminsky et al. [14]	Loe et al. [13]	Eriksen et al. [19]		
<b>Male</b>	<b>Country</b>	<b>Korea</b>	<b>Korea</b>	<b>USA</b>	<b>USA</b>	<b>Norway</b>	<b>Denmark</b>	
	<b>Recruitment date</b>	<b>2014–2015</b>	<b>1986</b>	<b>1984–1989</b>	<b>2014</b>	<b>2006–2008</b>	<b>2007–2008</b>	
	<b>Methods</b>	<b>Treadmill</b>	<b>Cycle</b>	<b>Treadmill</b>	<b>Treadmill</b>	<b>Treadmill</b>	<b>Cycle</b>	
	<b>Assessment</b>	<b>Indirect</b>	<b>Direct</b>	<b>Direct</b>	<b>Direct</b>	<b>Direct</b>	<b>Direct</b>	
	<b>VO<sub>2max</sub></b> (mL/kg/min)	20–29	42.3	39.6	49.9	47.6	54	43.4
		30–39	42.0	37.1	44.6	43	48.6	40
		40–49	41.4	34.2	39.4	38.8	46.6	38.9
		50–59	38.0	33.5	34.1	33.8	41.9	36.4
60–69		32.4		28.9	29.4	38.4	33.2	
70–79		27.2		23.6	25.8	34.2	29.6	
<b>Female</b>	<b>Study</b>		<b>Gulati et al. [11]</b>	<b>Kaminsky et al.</b>	<b>Loe et al.</b>	<b>Eriksen et al.</b>		
	<b>Country</b>	<b>Korea</b>	<b>USA</b>	<b>USA</b>	<b>Norway</b>	<b>Denmark</b>		
	<b>Recruitment date</b>	<b>2014–2015</b>	<b>1990–1995</b>	<b>2014</b>	<b>2006–2008</b>	<b>2007–2008</b>		
	<b>Methods</b>	<b>Treadmill</b>	<b>Treadmill</b>	<b>Treadmill</b>	<b>Treadmill</b>	<b>Cycle</b>		
	<b>Assessment</b>	<b>Indirect</b>	<b>Direct</b>	<b>Direct</b>	<b>Direct</b>	<b>Direct</b>		
	<b>VO<sub>2max</sub></b> (mL/kg/min)	20–29	34.3	40.1	37.6	42.8	35.6	
		30–39	32.2	35.5	30.9	39.6	33.1	
		40–49	30.8	31.0	27.9	37.8	32.1	
50–59		28.3	26.4	24.2	33.7	29.8		
60–69		26.0	21.9	20.7	30.5	26.5		
70–79		23.9	17.3	18.3	26.8	24.1		

VO<sub>2max</sub>, Maximal oxygen uptake