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Comparing the Effects of Indoor versus Outdoor Exercises on the VO2 Max Amongst the Young Healthy Adults: A Narrative Review

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ABSTRACT

Introduction: Indoor and outdoor exercises both positively impacted VO2 max in young healthy adults. Enhanced VO2 max a key indicator of cardiovascular fitness, higher intensity workouts yield greater improved VO2 max compared to moderate or low intensity workouts. Outdoor aerobic exercises provided psychological benefits such as increased motivation and reduced perceived exertion potentially led betterment in their performance and high heart rates in contrast indoor controlled environment helped in maintaining consistent training intensity . VO2 max is gold standard measure of cardiorespiratory fitness strongly predicts cardiovascular health.

Aim: This narrative review study summarises the effect of indoor and outdoor exercises on VO2 max level of young healthy adults in intense or moderate low intensity workouts .

Materials and Methods: The studies included were randomised controlled trials and were published in peer-reviewed journals between 2011-2024. The data was searched in databases like PubMed, Google Scholar and Scopus using the following keywords– indoor versus outdoor, aerobic exercises intense and moderate VO2 max with the help of Boolean operators like AND, OR. Inclusion criteria were studies involving healthy adults aged 18-30 years, with no history of cardiovascular or respiratory diseases, and not currently engaged in regular exercise.

Result: This narrative review found that exercises could be joyful in outdoor and indoor environment depending upon performing intense or less intense exercise which can improve psychological condition of the person.

Conclusion: This narrative review concluded that outdoor intense exercises not only boost up VO2 max but also developed athletic strength of endurance who ever taken participation in this randomised controlled trial indoor versus outdoor condition.

Keywords: Cardiovascular fitness, Endurance, Indoor exercise

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