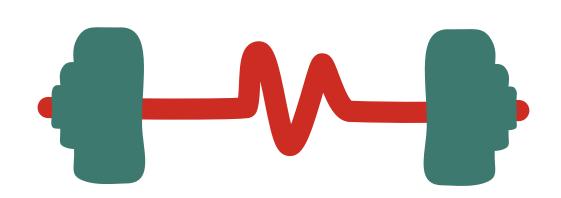
Fitness Assessments 2024



AEROBIC FITNESS TESTING

\$20

\$75

\$75

Approximately 45 minutes

Use a stationary bike, a treadmill or a step to estimate your aerobic fitness. Useful to assess health related fitness, guide exercise and to track progress.

SUBMAXIMAL METABOLIC (VO2) EXERCISE TEST

Approximately 60 minutes

Exercise at a vigorous level using a stationary bike or a treadmill while having your oxygen consumption measured during the test. Beneficial for guiding training intensity and tracking progress of exercise training.

MAXIMAL METABOLIC (VO2) EXERCISE TEST

Approximately 60 minutes

Push yourself to maximum exertion using a stationary bike or a treadmill while having your oxygen consumption measured during the test. Beneficial for athletes or anyone seeking an accurate direct measurement of their aerobic fitness.

COMPREHENSIVE FITNESS

ASSESSMENT

NO METABOLIC CART \$120 | WITH METABOLIC CART \$150

Approximately 75 minutes

A package of tests used to assess: aerobic fitness (predicted based on exercise heart rate), strength, flexibility and body composition. This package includes either a bike or treadmill test, grip strength, sit and reach (flexibility), BodPod, height, weight, and blood pressure. Beneficial to set a base line or check your progress.

Fitness Assesment Form



RESTING METABOLIC RATE \$80 (RESTING VO2)

Approximately 45 minutes

Discover your resting metabolic rate by laying still and breathing into a mouthpiece connected to a metabolic cart. Useful for determining calorie expenditure.

WINGATE TEST (30-SECOND \$25 ANAEROBIC POWER TEST)

Approximately 20 minutes

Measure your power output during a 30-second maximal effort test performed on a Monark cycle ergometer (stationary bike). Beneficial for athletes requiring explosive power in their sport (e.g. jumping, sprinting, etc.).

BLOOD LACTATE THRESHOLD TEST

\$125

Approximately 60 Minutes

This is a test for endurance athletes who are serious about training. The test involves pricking the finger during each stage of the exercise test (on a treadmill or cycle ergo meter) to measure lactate concentration in the blood in response to the increasing exercise intensity. This testing is generally intended for those who are already training regularly and want more information or confirmation about their performance and training thresholds.

BODPOD ADD-ON \$15 | STAND-ALONE \$20

Approximately 10 minutes

Determine your body composition (fat and fat-free mass). A full test requires about 10 minutes, and provides highly accurate, safe, comfortable, and fast test results.



Scan the QR code

to book your test.

Pre-screening forms sent after booking. All clients receive a report with their results.

