

# Fitness Assessments 2024



## **AEROBIC FITNESS TESTING** **\$20** *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 (VO<sub>2</sub>) EXERCISE TEST** **\$75** *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 (VO<sub>2</sub>) EXERCISE TEST** **\$75** *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 Assessment Form

[CLICK HERE](#)



## **RESTING METABOLIC RATE (RESTING VO<sub>2</sub>)** **\$80**

*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 ANAEROBIC POWER TEST)** **\$25**

*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.

