

Performance Clinics and Specialty Offerings

VO2 MAX TESTING

Measures your body's maximum capacity to transport and use oxygen

Determines your aerobic threshold with is used to establish heart rate training zones

Estimates anaerobic threshold

The appointment takes about 45-60 minutes.

- The VO2 Max test will take about 30 minutes.
- Review/Recommendations 15-30 minutes.

Test Procedure

Wear running shoes and your normal workout clothes.

A heart rate monitor (chest strap type) will be used for monitoring purposes.

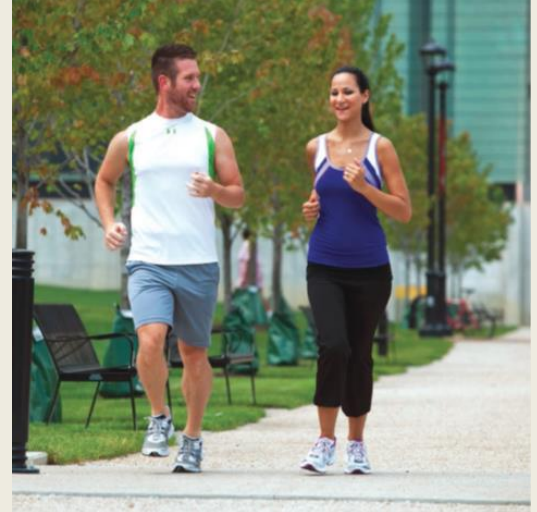
A snorkel-like mouth piece and nose clips will be worn during the test, allowing us to analyze the air that is exhaled.

The test will be done on a treadmill. You will begin walking at a predetermined speed.

Intensity will gradually increase throughout the test until your reach maximum intensity.

Your heart rate will be monitored continuously during the test.

***Changing room, restrooms, and showering facilities are available.**



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NEED MORE
INFO?

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