

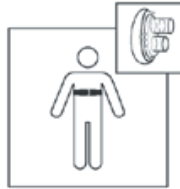
Getting your VO₂ Test



It's a Simple and Affordable test

Our VO₂ test takes 6-20 minutes and will give you the ability to have workouts that are personalized and individual to your physiology.

No more wasting time in the wrong zones! We will provide Personalized Intensity Training Zones based on the test results. These zones will be the foundation for your workouts, which will incorporate low, medium, and high intensities to address all aspects of cardiovascular fitness.



1) Put on a heart rate strap and mask. We explain the test then connect the mask to our equipment.

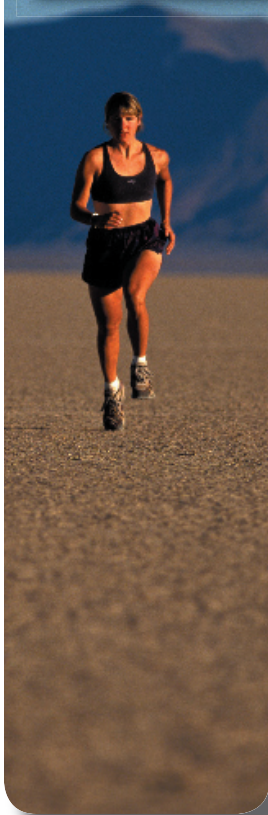


2) Begin to exercise on a stationary device such as a treadmill, cycle, or stairstepper. We will gradually increase your intensity over a period of 6-20 minutes.



3) When the test is complete, you will cool down while your *Target Intensity Zones* are calculated on a simple, insightful report.

Preparing for Your Test



You need to be sure you come to the test well rested and feeling healthy. We will put you through a moderate to hard workout on the treadmill, bike, or other stationary device that will allow us to record your oxygen uptake and heart rate during exercise.

Please allow at least 2 hours between your last meal and your test. A sports drink or gel can be used prior to the test as long as you normally use it during exercise and know it will only have positive effects.

Peak Fitness will help you reach your fitness goals.

It's time to make your workout Personal!