



VO₂ MAX FITNESS TESTING

VO₂ Max is the ULTIMATE indicator of cardiovascular fitness. In the past, VO₂ testing has only been available at hospitals and universities. But now, CardioCoach brings this technology to you!

Get the most out of your workout.

Each person has optimal training zones. Exercise equipment and charts that tell you target heart rates are actually just averages based on age and weight. The CardioCoach measures your precise target heart rate based on anaerobic threshold, then calculates your unique Target Intensity Zones. These Zones give you the precise heart rates necessary to optimize each level of exercise and maximize your results. With Target Intensity Zones, you'll work out smarter, not harder!

Decrease Fatigue and Injury

Frequently we push ourselves thinking, "no pain, no gain." The truth is, pushing beyond one's optimal training zone leads to fatigue and discomfort. It will also cause increased soreness after the workout and may contribute to exercise related injury. When you know your zones and use them for training, cardiovascular exercise is comfortable. Even a beginner can go the distance!

Achieve Your Goals!

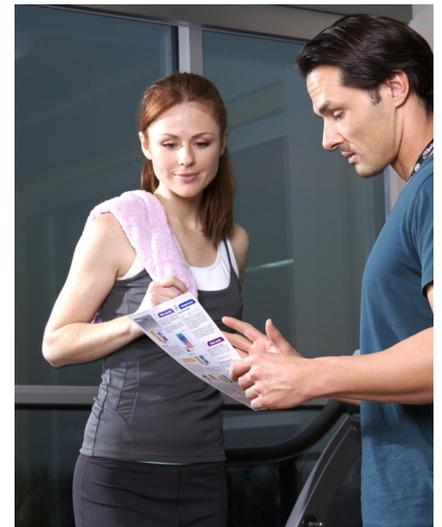
VO₂ testing reveals the exercise level that will optimize a person's training. Without VO₂ testing, fitness professionals have had to rely on estimates to determine what level of exercise intensity would be ideal. Now, with VO₂ testing readily available, you can know the precise level of intensity that will help you reach your goals.

Preparing for the VO₂ test

1. Schedule the test at a time of day when you typically exercise so you will be at your best.
2. Do not consume food or stimulants (i.e. coffee) for 3-4 hours prior to testing.
3. Do not exercise for at least 8 hours prior to testing.

During the VO₂ test

1. You will be fitted for a heart rate strap and face mask.
2. Begin to exercise on a treadmill or cycle. Your trainer will gradually increase your intensity over a period of 6 to 20 minutes.
3. The CardioCoach will indicate when the test is completed. You can cool down while your Target Intensity Zones are calculated and printed.



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