



[HUMAN PERFORMANCE LAB]

providing excellence in sport science

Menu of Services

Physiological Assessments

When an athlete comes into the Human Performance Lab for a physiological assessment, they will not only be put through the paces to find out their individual performance variables, but they will learn why they are going through the assessments and how to apply the data to their training and racing. We offer both gas exchange (VO₂) and blood lactate assessments for the cyclist, runner, triathlete, rower, elite and fitness enthusiast.

VO_{2max} & Thresholds Assessment **\$250/\$150 re-test**

- Measurement of performance variables include:
 - Heart Rate vs. Power and/or Pace vs. Oxygen Consumption
 - Power to Weight Ratio (cycling only)
 - Cycling Efficiency
 - VO₂max & threshold data
- Body Composition through iDXA scan

Blood Lactate Profile Assessment **\$250/\$150 re-test**

- Measurement of performance variables include:
 - Heart Rate vs. Power and/or Pace vs. Lactate
 - Power to Weight Ratio at thresholds
 - Max steady state power/pace
- Body Composition through iDXA scan

Complete Performance Assessment **\$400**

- Combination Lactate & VO₂ Assessment

- Measurement of performance variables include:
 - Heart Rate vs. Power and/or Pace vs. Oxygen Consumption
 - Power to Weight Ratio (cycling only)
 - Cycling Efficiency
 - VO2max & threshold data
 - Power to Weight Ratio at thresholds
 - Max steady state power/pace
 - Fuel Efficiency (fat vs. carbohydrate utilization)
- Body Composition through iDXA scan

Each assessment is completed with a Training Plan Review. In this review we will go over your data and show you how to apply the information to your training and racing plan. The typical appointment takes about 2 hours from start to finish. If you have any questions about the assessments and which is appropriate for you or questions regarding customized and/or group discounts, please call us in the lab.

Weight Management Assessment

\$300

Whether you are trying to gain, maintain or lose weight, knowing your Resting Metabolic Rate will help you dial in your caloric intake to optimize your nutrition plan. Combining the RMR with an analysis of your body composition gives you all the pertinent information regarding body profile and how to manage it. Utilizing the iDXA by GE Lunar Systems we are able to scan the body for an unparalleled analysis of lean body mass versus fat mass. Identifying your body fat percentage is an essential component in maintaining a healthy ratio of functional weight versus non-functional weight and improving general wellness. *The RMR assessment must be done after at least 12 hrs of fasting for the most accurate analysis.

- iDXA-RMR Assessment
 - Body Composition Assessment using GE iDXA scanner
 - Resting Metabolic Rate assessment
 - Nutrition Consult
 - Review of nutrition vs. fueling needs per activity