

Metabolic & Vo2 Testing (short)

Not just for athletes and gym addicts...our body's metabolic profile can identify the training zones that will give you your best results whether you are trying to lose weight, looking to improve performance or simply keeping fit.

One simple assessment will make sure your efforts really count as your metabolic profile is the key to efficient, successful training. We can determine the calories you require daily to maintain or loose weight using our resting metabolic test. We can then perform an exercise test which goes on to discover your individual training zones to improve and make your exercise more effective. Testing is simple and quick and can be done on your favourite equipment we will then interpret the results and guide you for your future exercise. Click on the section below for more detail on specific test.

For Weight Loss

For Runners

For Cyclist

So if you want to be the next Lance, or just don't want to be dropped on the climbs then book your assessment today. [Click here](#) .