



Performance Testing

VO ₂ (maximal or sub-maximal) Initial Test	\$85
Each follow-up VO ₂ test	\$45
Full Body Analysis	\$149
Includes:	
VO ₂ (max or sub-max)	
BF% (skin fold thickness or BIA)	
Strength (1-rep max)	
Power (Vertical Jump)	
Flexibility (Shoulder & Hamstring)	
Individual Tests (not including VO ₂ max)	\$25 each
Choose from:	
BF% (skin fold thickness or BIA)	
Hip-to-Waist Ratio & BMI	
Girth Measurement & BMI	
Strength (1-rep max)	
Power (Vertical Jump)	
Flexibility (Shoulder & Hamstring)	
Strength/Conditioning Program Design	\$35