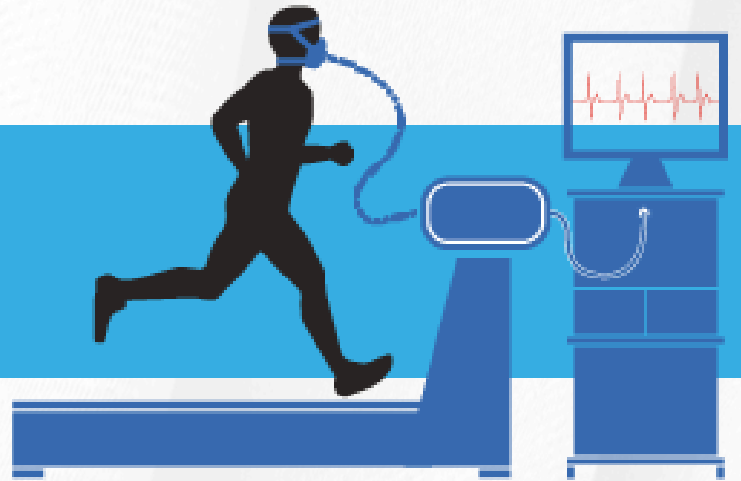


VO2 MAX TESTING



THE SCIENCE

VO₂ max measures the maximum amount of oxygen your body can use during exercise. It reflects cardiovascular efficiency, endurance capacity, and overall aerobic fitness.

A higher VO₂ max means better oxygen delivery to muscles, leading to improved performance and reduced fatigue. This metric is essential for tracking fitness progress, optimizing training, and assessing overall health.

BENEFITS

- **Performance Optimization** – Determines aerobic capacity and helps refine training zones.
- **Training Prescription** – Guides intensity levels for maximizing efficiency and performance gains.
- **Fitness Tracking** – Establishes a baseline and monitors improvement over time.
- **Personalized Training** – Helps optimize workouts for endurance and heart health.
- **Longevity Indicator** – Higher VO₂ max is associated with reduced mortality risk.
- **Functional Health** – Predicts the ability to perform daily activities without excessive fatigue.

INSIGHTS

- **VO₂ Max** – Measures your body's maximum oxygen utilization.
- **VO₂ Max Percentile** – Compares your score to others in your age and gender group.
- **Maximum Heart Rate** – The highest heart rate reached during the test.
- **Heart Rate Training Zones** – Personalized zones based on your max heart rate.
- **Ventilatory Threshold** – Identifies the point where your body shifts from aerobic to anaerobic effort, useful for optimizing endurance training.

DETAILS

TIME ~ 1 HOUR

- 15 mins explaining test procedures
- 6-15 min test
- 30 min going over results

COST

- \$199

LOCATIONS

- El Segundo
- Pasadena
- Ranch Santa Margarita

Scan the QR code
to book OR email
shayna@k2sciences.com

