**FITNESS TESTING SERVICES**

**Body Composition Testing** - BOD POD or Hydrostatic Weighing Test Options
BOD POD assessment also includes estimated resting caloric expenditure (RMR) and skin-fold measurements for comparison. Consultation includes discussion of healthy body composition and strategies for maintenance.

- **$40** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$50** - Community

**Resting Metabolic Rate Testing**
Measurement of daily caloric requirements and energy expenditure. Consultation includes weight management strategies and goal setting.

- **$40** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$50** - Community

**Metabolic Profile Testing – MPT**
Find your unique heart rate zones for specific training goals along with your fuel utilization (fat vs. carbohydrate) at various intensities, Ventilatory Threshold and your VO² max.

- **$80** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$100** - Community Members

**Anaerobic Power Testing**
Measured peak anaerobic power, anaerobic capacity and fatigue index using the Wingate Anaerobic Test.

- **$40** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$50** - Community

**Aerobic Fitness Assessments**
Measured VO² max, cardiovascular fitness testing on treadmill, rower or bicycle. Consultation includes discussion of normal VO² max & LT ranges, strategies for improved performance and training plans based on test results.

**Maximal Measured VO2 testing**

- **$80** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$100** - Community

**Measured Blood Lactate/Aerobic threshold testing**

- **$20** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$30** - Community

*Prices are in addition to Max VO² test costs

**Complete Fitness Assessment Package**
Package includes aerobic fitness assessment, body composition test, muscular endurance, flexibility measurements and consultation to review all results.

- **$120** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$150** – Community

**Race Ready Package**
Package includes Aerobic Fitness assessment to set up your training, fueling & recovery plan then a follow-up assessment at race pace to determine current readiness & fuel utilization approx. 2-3 weeks before your race.

- **$150** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$180** – Community

**Integrated Movement Assessment**
The IMA is designed to identify inefficient movement patterns & postural imbalances. After reviewing your results you will be given a personalized corrective exercise plan tailored to your specific needs.

- **$80** - Fitness Partner: Includes Faculty, Staff, & Alumni
- **$100** – Community

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**Contact the Fitness Testing Lab, OSC141 for appointments**
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