

FITNESS TESTS AVAILABLE

VO₂ Max **\$50.00**

The VO₂ Max test is an aerobic endurance assessment of the maximum amount of oxygen your body is able to utilize during high intensity aerobic activity. We also test your blood lactate levels to assess your individual lactate threshold, which we can use to determine proper training intensities for maximal training benefits.

Test time: 30–45 minutes

Fitness Age Testing **\$15.00**

The fitness age test is a comprehensive assessment of muscular strength/endurance, cardiorespiratory endurance, flexibility, and body composition. Individual test results are compiled to give you an overall fitness “age”.

Test time: 20 minutes

Body Composition **\$10.00**

Body composition assessment consists of measurements of % body fat and lean mass using calipers to measure skinfold.

Test time: 5–10 minutes

Fitness Age & Body Composition Package **\$20.00**

Wingate Anaerobic Power **\$10.00**

The wingate power test is an assessment of anaerobic power. It consists of a 30 second maximal effort on a cycle ergometer.

Test time: 10–15 minutes



DON'T MISS OUT...

Take advantage of the variety of fitness tests our fully equipped Human Performance lab has to offer.

For an additional \$20.00 our students will develop a personalized fitness program based on your fitness goals,

ADAMS STATE UNIVERSITY

C O L O R A D O TM

Great Stories Begin Here

HPPE HUMAN PERFORMANCE LAB

This is your chance to develop a healthier lifestyle!

Let the Human Performance and Physical Education students and faculty help identify your current fitness level and assist in developing fitness goals and lifestyle modifications that will help you become the healthier and fitter person you always wanted to be!

Fitness Tests are available to all ASU and community members in the San Luis Valley!



Testing Sessions will be available every **Thursday** evening from **5–7 p.m.** starting **September 10, 2015.**

By Appointment Only!

ASU East Campus
Human Performance Lab
Room 106



CONTACT

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