



# PERFORMANCE ANALYSIS

<b>Fitness Assessment</b>	<b>Body Composition Analysis</b>	<b>Powerbreathe Assessment</b>	<b>Functional Threshold Power Test</b>	<b>Lactate Profile + Maximal Aerobic Power</b>
<b>Price</b>	<b>£14.99</b>	<b>£29.99</b>	<b>£25.00</b>	<b>£85.00</b>
<b>Brief Descripton</b>	Assess body fat and muscle mass	Assess and set-up IMT power and training.	Use FTP Power and HR to determine personalised training zones. A good introduction to testing.	Use Lactate Profile, MAP and maximum heart rate to accurately identify and benchmark specific training zones.

## Body Composition

Measurements are taken using Skinfold Calipers to determine body composition. This is useful for those wanting to improve their Power to Weight ratio using interventions to maximise muscle mass and reduce body fat, while maintaining a healthy balance as well as monitoring that changes in body composition are reflected by improvements in performance.

## Powerbreathe IMT Assessment

POWERbreathe training develops your inspiratory muscles. The IMT assessment will assess and benchmark the performance of your inspiratory muscles, the diaphragm and intercostals. Although we breathe continuously we don't challenge these muscles to adapt. The assessment requires you to perform a 30 breathe training sequence using the POWERbreathe K5 training unit. The unit determines your training load and records your training data. Following the assessment we will be able to advice on appropriate training device, initial training load and how to progress your training. Following 6-8 weeks continuous training we review your training adaptations.

## Functional Threshold Power

This 40 minute appointment provides a basic introduction to fitness testing and a good estimate of your training zones. Following a 10 minute warm up, you will complete a time trial type effort for 20minutes. This will estimate your FTP. Your 20 minute power and HR will be used to calculate your personalised training zones.

## Lactate Profile

This 90 minute appointment is specifically designed to determine your personalised training zones. Many people are apprehensive about this procedure, however, since the test is sub-maximal they are pleasantly surprised that it wasn't as hard as they imagined. After a purposefully light start, the intensity ramps incrementally throughout the test. During the test we closely monitor your blood lactate, power output, heart rate and rating of perceived exertion, terminating the test once you have exceeded your threshold.

## Maximal Aerobic Power (MAP)

VO2 max is the accepted measure for endurance performance. While we may stop you in the lactate threshold test, the MAP test is a maximal effort over a 5 minute period. This test determine how much power you can produce when your body is working at its maximum rate of oxygen consumption. The suffering is short and worthwhile because the data is important to determine top end personalised training zones and physiological weaknesses. This provides Maximum Heart Rate and MAP, which are used to determine specific zones in conjunction with a Lactate Profile Test.