

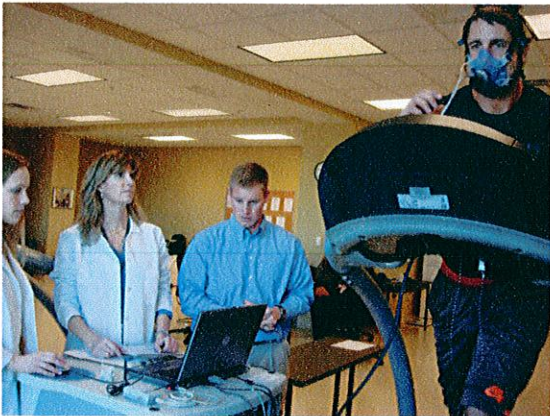


# NORTH CAROLINA RESEARCH CAMPUS ASU HUMAN PERFORMANCE LABORATORY

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## Community Adult Fitness Testing Program

### PHYSICAL FITNESS TEST BATTERY \$125



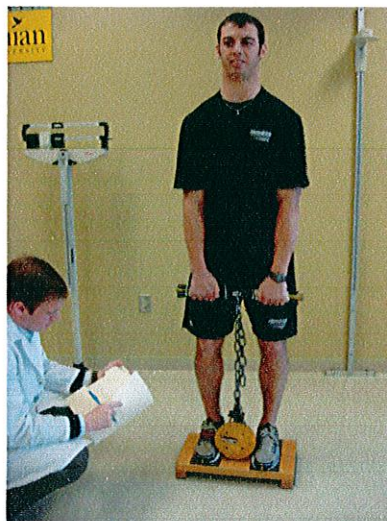
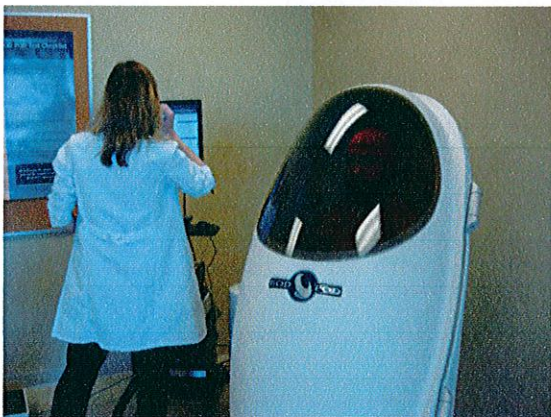
1. **Aerobic Power Test:** Treadmill-VO<sub>2</sub>max test, with speed and grade increased until exhaustion. Oxygen consumption and ventilation measurement with a research-level metabolic cart. \$80

2. **Anaerobic Power Test:** 30-second Wingate cycle ergometer test. Cycle as hard as possible, with continuous measurement of anaerobic power. \$40

3. **Body Composition and Resting Metabolic Rate (RMR):** Assessment of percent body fat and calories burned at rest through the Bod Pod (research-level analysis of lean body mass, fat mass, and RMR). \$40

4. **Muscular Strength:** Leg-back strength, measured with a research dynamometer. \$15

5. **Counseling:** Trained counselor will interpret results.



**Find out the truth about your aerobic endurance, power, body fat percent, and strength.**

**Data collected from this testing program will be included in a research study establishing new fitness norms for adults.**