

# Active Metabolic Testing

The team at [company name here] are very pleased to now be able to offer you leading edge portable VO2 testing for your personalized fitness journey!

Active VO2 testing is leading edge in the development of **personalized training plans**. By knowing your aerobic capacity through the test results, we can tailor workouts so you can **reach your personal health goals**.

VO2 testing can also be used to **monitor** your **progress** over time. By conducting

regular tests, we can track your improvements and adjust your training regimen to reach your goals long-term.

Overall, VO2 testing plays a vital role in making **informed training decisions**, monitoring progress, and **optimizing outcomes**.

- **Maximal Metrics (VO2Max, HRmax)**
- **Ventilatory Thresholds (VT1, VT2)**
- **Training Zones**
- **Breathing Metrics**

## Why would I do this type of testing?

VO2 active and resting tests provide invaluable specific insights into your cardiovascular **fitness** and **longevity** – and we can help you use those numbers by creating a training program **specific for your goals** whether you're just starting out, a long-term fitness enthusiast or a competitive athlete.

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