Offer your clients:
■ Baseline fitness data
■ Quantitative analysis of current diet and exercise regimens
■ Identification of areas where performance gains are attainable
■ Setting individualized target heart rate and power zones for training
■ Customizable, quantitative, reporting showing gains over time to demonstrate the plan is working

The Complete Fitness System
■ Compact and portable
■ Affordable
■ Quick set up
■ Easy report generation
■ Customizable reports, including your logo
■ No service contract
■ Free online training

Metabolic Measurements
■ VO₂ Max
■ Basal Metabolic Rate (BMR)
■ Resting Metabolic Rate (RMR)
■ Respiratory Exchange Ratio (RER)
■ Sedentary to light activity VO₂ and VCO₂
What is Metabolic Testing?
Metabolic testing measures an individual’s physiological response to exercise.

Why Metabolic Testing?
Metabolic testing will help you provide the edge your clients need to achieve their goals, whether it be elite performance, fitness, or diet. The iWorx PEAK will help you establish baselines and provide a targeted, quantifiable plan for improvement.

What is VO2 Max?
VO2 Max is an accurate measure of maximum rate of oxygen consumption as measured during incremental exercise. It is a key indicator of potential of an endurance athlete, as endurance depends upon the ability to consume oxygen at a high rate for a sustained period of time.