



Portable, Affordable Metabolic Cart

Help your clients reach their racing, fitness or weight goals!

Help your business peak!

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



Customizable Reports

- Track, quantify, and show clients their progress

Your Logo Here

Your Address
1 Any Street
Any Town, USA

Fitness Assessment Report

provided by
iworx

John Smith Male, 40 yrs

Height:182.88 cm (72 in) Weight:72.7273 kg (160 lb)

Date:9/20/2016

Introduction
Congratulations, you have just taken the first step towards making your metabolism work for you!.

Test Conditions
Protocol: Gerkin
Average Every: 10 (sec)

Insp. O2	20.90 %
Insp. CO2	0.04 %
Baro. Pressure	761.0 mmHg
Chamber Temp	25.0 deg
Chamber Humidity	23.8 mmHg
STPD to BTPS	1.066

Zones

	Zone1	Zone2	Zone3	Zone4	Zone5
Color					
Heart rate (bpm)	114 - 131	132 - 151	154 - 175	176 - 182	-
VO2 (ml/kg/min)	17 - 29	24 - 38	35 - 48	47 - 50	-
VCO2 (ml/kg/min)	12 - 22	20 - 32	30 - 47	48 - 54	-
Fat utilized (%)	55 - 87	44 - 61	1 - 50	0 - 0	-
Carbs utilized (%)	13 - 45	39 - 56	50 - 99	100 - 100	-
Calories (kCal/min)	5.9 - 10.2	8.7 - 13.6	12.4 - 17.7	17.5 - 18.7	-

Heart Rate

Heart Rate - number of beats per minute

VO₂

Volume of Oxygen in ml consumed per minute per Kg of body weight.
The higher your VO₂ the more efficiently your body is burning fat

VCO₂

Volume of Carbon-dioxide in ml produced per minute per Kg of body weight

fat utilized

Percentage of total fat calories burned during workout.
The more fat you burn at higher intensities the easier your workout feels.

carbs utilized

Percentage of carbohydrate calories burned during your workout.

Calories

Calories burned during your workout in kCal.min

Results

Calculation	2016-09-20	Units
Maximum Heartrate	185	beats per min
Heartrate at Threshold	163	beats per min
Heartrate at aerobic base	133	beats per min
VO2 max	50.8	ml/kg/min

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.



iWorx Systems, Inc.

www.iworx.com

