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Athlete Testing Services

Our lab based tests measure your fitness scientifically in a controlled environment so your test results can be accurately compared from session to session. By testing every six to twelve weeks, you can track changes in fitness and make the necessary adjustments to your training.

Please contact us for specific details on each test and for help in determining which would best suit your needs.

Athlete Testing

Cycling All-out 3-min	\$35
Ventilatory Threshold	\$55
Lactate Profile + Ventilatory Threshold	\$100
Gas Exchange Profile + VO2max	\$150
Lactate + Gas Exchange Profile + VO2max	\$225
Body Composition	\$35
Resting Metabolic Rate	\$75
Body Composition + Resting Metabolic Rate	\$100

Testing is performed at Speed Merchant Aero Research & Testing, Plaistow, NH.