

Test Day Preparations

1. Do not exercise 36 hours prior to testing. The workout the day before, even if it is 36 hours prior to the testing, should not be intense. A hard workout too close to test time can cause the test results to be erroneous due to premature muscle fatigue.
2. Bring a Towel.
3. Bring a Water Bottle.
4. Please download and fill out all forms and waivers from the website and bring them with you to your appointment.
5. Please arrive 10-15 minutes prior to your appointment.
6. Do NOT eat 2 hours prior to testing.
7. Do NOT drink soda or any other caffeinated beverages/foods 2 hours prior to testing. This includes carbonated and/or flavored waters
8. Do NOT take any medications (advil, tylenol, sudafed, dayquil, etc), inhalers, etc prior to the test as they can cause the test results to be erroneous. If you are on a prescribed medication, please let us know prior to your appointment, so we can make sure it will not have a direct effect on the test results.
9. Please bring your own heart rate monitor, if you have one.
10. Reminder..we do NOT take credit cards, please bring cash or check for payment. Payment is expected at the time of visit.