PROFESSIONAL FITNESS TESTING!

Become the best you can!

LOGO

Understand your fitness.....

Achieve peak performance

Cardiovascular efficiency

Lactate threshold

VO2 max

Qualified exercise specialists

Tele: 01225 812816

Web: www.firststepukgym.com

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How do you get to where you want to be without knowing where you are...........

At First Step UK we care about your fitness goals, which is why we have introduced our new and exciting comprehensive fitness assessment. Our qualified exercise specialists are on hand to take you through our four stage process. Furthermore, the variety of testing protocols we utilise are all used by professional athletes. With our help, you can achieve your desired success and continuously develop. This is achieved through a combination of energy and direction as well as a balance between hard work and recovery.

Our four stage process.....

4

12 week programme

2

Fitness test

(Cycling, Running or rowing)

Vo2 max (ml/kg/g)

Lactate threshold

Cardiovascular efficiency

Pedalling assessment for cyclists

Flexibility tests

1

Pre Test analysis

Includes.....

Body fat percentage

Lean mass calculation

Blood Pressure (ml/kg)

Pulse (bpm)

Cholesterol (measure)

Lung function assessment (FEV1)

3

Post test report

Consultation with your assigned specialist

Detailed test results

Comparisons made with normative data

Concluding with areas to develop

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Professional fitness testing at affordable prices

Single test for just £55.00

Or

One test every 12 weeks for £150.00

Discover your potential today

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