

ONE 2 ONE

FITNESS

Pre Assessment Instructions

EMR-Exercise Metabolic Rate

- Do not workout 24 hours before the assessment
- Do not eat within 3 hours of the assessment
- No alcohol 24 hours before the assessment
- On test day, avoid smoking, drinking alcohol, tea, coffee; and taking any substances that are known to affect or may be suspects of affecting human physiological functions.
- Please wear appropriate workout clothes and shoes.

Women, if possible please wear a sports bra

without a wire.

You will be able to chose if you perform your exercise on a treadmill, bike or elliptical. The exercise will gradually get more difficult. Typically a EMR assessment takes between 8 and 15 minutes. Total appointment time is about an hour.

The primary marker the test is designed to find is the anaerobic threshold (AT). AT is the point where lactate begins to accumulate in the bloodstream. The position of AT is a key indicator of fitness and the basis for establishing your training zones.

After completing the test a cardiovascular training program will be put together for you. You will be emailed the workouts on a daily basis. Or you can log into enewleaf.com to see your workouts as well as your test results.

