

UCS *Active* members get £50 off Sport Science Consultants Testing

VO₂ Max Test

Time: 90 minutes

Cost: £249

The gold standard assessment of aerobic fitness. Using state-of-the art computerised breath-by-breath gas analysis to determine oxygen use this test can also provide a non-invasive prediction of Lactate Threshold and Lactate Turnpoint. The test can be performed on a Lifefitness Treadmill or on the Wattbike, an elite training bike designed by British Cycling and Team Sky. A comprehensive report is provided which can serve as the basis for an effective and expert training program in order to bring down your race times and improve your fitness.

Lactate Profile Test

Time: 60 minutes

Cost: £149

A highly personalised test which involves taking blood at regular intervals during an incremental exercise test on a Lifefitness Treadmill or Wattbike. Blood is taken at the ear or the forefinger using a tiny lance and analysed instantly using one of the quickest and most accurate blood analysers in the world. Blood lactate is plotted against heart rate and perceived exertion to provide an accurate assessment of anaerobic work. Essential for cyclists and runners looking to improve race times and improve power output.

Wattbike Functional Threshold Test

Time: 60 minutes

Cost: £179

Find out your essential Training Zone figures with 2 Wattbike tests. Following a 10 minute warm-up Test 1 is 3 minutes long and provides your VO₂ Max as well as heart-rate and power training zones. Test 2 lasts 20 minutes and provides you with your Functional Threshold Power the gold-standard fitness measure for cyclists.



SEMG Low Back Assessment**Time: 60 minutes****Cost: £199**

A highly detailed and accurate assessment of neuromuscular function in the most important muscles of the lower back. Using wireless surface electrodes which send a Bluetooth signal instantly to the SSC Smart Station neuromuscular function can be measured and quantified. Movement can be analysed and the data can provide important information which can be used to design a program to reduce the incidence and severity of back pain and restore normal daily function.

SEMG Biofeedback Training Session**Time: 90 minutes****Cost: £249**

Whether you are rehabilitating an injury, have joint or muscle pain or are looking to improve strength, power or speed using SEMG can help provide an accurate picture of your neuromuscular activation. Surface electrodes provide real-time feedback whilst you perform certain movements.

Find out how to work the gluteal muscles correctly to get a firmer bottom, see how your abdominal muscles are working and how to flatten your stomach and find out which muscles are working around the neck and shoulders and how you can relax them to help combat pain.

UCS *Active*

members get £50 off the list prices shown above.

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