



## Preparation Instructions VO<sub>2</sub> peak testing

VO<sub>2</sub> peak testing is considered the gold standard for assessing cardiovascular fitness. Data from this test assists in determining appropriate training ranges. During the test, the participant is progressed from low intensity exercise to their “maximal effort”. On average the participant will exercise for 10-15 minutes.

Given the sensitivity of the test it is CRITICAL that the following preparation guidelines are followed.

1. Avoid food, caffeine, alcohol and tobacco products for 2-3 hours prior to testing.
2. Participants should avoid exercise or moderate physical activity on the day of the test. Light daily living activity is acceptable (dressing, driving etc.)
3. Participants should avoid vigorous activity for at least 12 hours prior to testing. Muscles soreness or fatigue will affect test results.
4. Participants should be thoroughly hydrated prior to testing.



Due to the nature of these preparation guidelines, VO<sub>2</sub> peak testing is generally scheduled in the morning.

**Please note that if these guidelines are not followed, the accuracy of the test will be compromised.**