



VO2 MAX TESTING

**IS THE GOLD STANDARD CARDIOVASCULAR
FITNESS AND HEALTH TEST.**

Here at the SSC we use the latest **Cortex Metalyser** which allows us to conduct breath by breath analysis for the most accurate results. The test can be conducted on our specialist treadmill's, bikes and rowers.

This allows us to give you invaluable feedback on your health status, cardiovascular fitness and where you sit relative to your age.

Contact us at fitnesslab@sportssurgeryclinic.com or **01 526 2050** to book in for VO2 Maximum testing.