



Performance Testing Instructions

Pre-test Instructions:

- Come to the test well rested
- Have at least 2-3 days of easy activity prior to your performance test date
- Your last full meal should be 3 hours prior to the performance test
- However, you should graze on light carbohydrate foods up to the performance test time
- Make sure all your equipment is in good working order
- Be on time
- Be prepared for a 1.5 - 2 hour stay
- **NOTE: Resting Metabolic Rate Assessments: no food/exercise 3-4 hours prior to test**

What equipment do I need to bring for my performance test?

Cyclist:

- Bike
- Indoor Trainer (if applicable)
- Cycling Shorts
- Cycling Top or Performance T-shirt
- Cycling Socks
- Sports Bra (if applicable)
- Water Bottle
- Towel
- Change of cloths
- Payment in cash (unless you paid online)

Runners / Walkers / Rowers:

- Running Shoes
- Running Shorts
- Running Top or Performance T-shirt
- Running Socks
- Sports Bra (if applicable)
- Water Bottle
- Towel
- Change of cloths
- Payment in cash (unless you paid online)

Questions? Call 443-528-4685