

**Preparatory information before your metabolic tests**

The order of the RMR and VO2Max session will be as follows:

- RMR 10mins

- Spirometry test (5mins)

- VO2Max test (30mins, including paramater check and prep)

- Discussion of results over zoom call at later date

The video below will take you through what happens for the VO2Max ramp test.  
The video is of a VO2 Ramp test on treadmill but same principle for bike <https://youtu.be/SSPbImrMHzo>

Main thing to know here is how we carry out the parameter test/check before the actual test and if you normally eat something before exercise, then repeat the same approach for the test rather than doing it fasted if it's not your usual style.

This is the prep vid for the RMR test  
<https://youtu.be/SnN4Y81-W0s>

NB: No food or caffeine for 6 hours before the test and no intense exercise for 24hours before.

**Can you download the app “MIR Spirobank”** (orange colour logo) and fill in your details on it before your apt. This will be used for your lung capacity test pre VO2Max ramp test. Just pop the first letter of your first name in the first name window and the first letter for your surname in the surname window.  
  
Please fill out the training history form and email back to me when you can.

Can you complete the Par -Q medical clearance form and email back also.

The clinic is called Life fit studio in upper Ballygarvan, eircode T12p981. I'm sharing the same location as Cork Bar Furniture and there is a sign for both businesses at the gate entrance. You can follow the driveway around to the right when you come in and park on the left. The dogs are absolutely harmless!!.

Bring a towel, a snack and your gear for the test, whether it is on the treadmill or bike.