PEAK CENTRE
FOR HUMAN PERFORMANCE

Pre-assessment instructions

?? Do not exercise on the morning or within 24 hours of the assessment.

?? Do not perform a hard workout within 48 hours of the assessment.

?? Do not perform a workout exceeding 90 minutes within 48 hours of the assessment.

?? Don't eat or drink (except water) at least 3 hours prior to the test.

?? Avoid any thermogenic aids (weight loss products/metabolic enhancers) 24 hours prior to the test.

?? Do not consume any alcohol 24 hours prior to the test.

?? If you are taking beta-blockers, you should schedule the assessment at the time of the day that you typically exercise, if possible.

?? Take all other medications as usual. Bring all your medications with you to the assessment.

?? Avoid scheduling an assessment during menstrual cycle (women)

?? You will be asked to read and sign 3 forms an informed consent that explains the purpose, benefits, and risks associated with the assessment. You will be given an opportunity to ask questions.

?? The fitness professional will provide in details the assessment procedures, including how to communicate during the assessment.

?? Please be aware that your height and weight may be measured prior to this test.

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Check list for Fitness Testing

Checklist for Cycling Test

?? Personal bicycle you want to be tested on

?? Cycling shoes used to train/race in

?? Cycling shorts and shirt/sports top

?? Water bottle and Hand towel

?? Hair Elastic (long hair)

?? Medications (i.e. inhalers)

Checklist for Treadmill and Rowing Test

?? Closed toed athletic shoes comfortable to run in.

?? Athletic shorts and shirt/sports top.

?? Water bottle and Hand towel

?? Hair Elastic (long hair)

?? Medications (i.e. inhalers)

Checklist for Hockey Testing

?? Closed toed athletic shoes comfortable to cycle/train in.

?? Athletic shorts and shirt/sports top.

?? Water bottle and Hand towel

?? Hair Elastic (long hair)

?? Medications (i.e. inhalers)