

Elderly Health Package

	Description	Price
Cardiovascular Study	Basal ECG, doppler echocardiogram and cardiovascular & arterial hypertension risk study	212€
Risk indicators	Specific parameter analysis to determine health status (cardiovascular, renal, hepatic, prostate, colon, cholesterol, diabetes)	106€
Nutrition programme	Nutritional study, nutrition habits analysis and diet adaptation by a specialist (nutritionist or endocrinologist depending on the patient)	71€

**Once the study of risk factors is done, an appointment is set with a specialist depending on the profile area and medical insurance of the patient.*

Sport Performance Assessment

SPORT TESTS AND MEDICAL SUPPORT

	Description	Price
Complete Cardiovascular Study with Stress test, Echocardiogram and exchange gases analysis	Basal ECG, doppler echocardiogram and cardiovascular & arterial hypertension risk study. VO2 max. and aerobic & anaerobic thresholds assessment to determine 5 zones of aerobic wattage-based (W) and heart rate-based (bpm) training.	259€
Echocardiogram	Echocardiographic study of heart morphological features. (UCI requirement)	141€
Stress ECG test.	A complete stress test whereby potential heart conditions related to electric impulse, morphology or effort are thoroughly studied.	212€
Nutrition	Diet and sports nutrition consultation.	59€

CARDIORESPIRATORY ENDURANCE ASSESSMENT

CYCLING	Description	Price
Increasing test with gases analysis.	VO2 max. and aerobic & anaerobic threshold assessment to determine 5 zones of aerobic wattage-based (W) and heartrate-based (bpm) training.	118€
Maximum Stable Status Test.	Maximum Stable Status intensity determination by lactate kinetics analysis	118€
Aerobic Efficiency Test.	Pedaling aerobic efficiency assessment to determine the energy output ratio vs producedwork. Fast/slow muscular tissue percentage assessment.	106€
Slope Test	Hill field test to determine aerobic and anaerobic thresholds by lactate kinetics to determine 5 zones of aerobic training and vertical ascent rate.	94€
Functional Threshold Test.	Functional threshold and 5 zones of aerobic/anaerobic training for cycling assessment.	95€
Anaerobic Wingate Test	Assessment of anaerobic capacity and power for cycling as well as anaerobic training zones.	118€
Biomechanical Study	Biomechanical study and bike fitting in response to morphological and functional features of the cyclist.	141€
RUNNING	Description	Price
Increasing test with gases analysis.	VO2 max. and aerobic & anaerobic threshold assessment to determine 5 zones of aerobic speed-based(min/1km; km/h) and heartrate-based (bpm) training.	118€
Increasing test with lactate analysis.	Maximum Aerobic Power and aerobic/anaerobic threshold determination to establish 5 aerobic training zones based on speed (min/1km; km/h) and heart rate (bpm)	118€
Running Efficiency Test	Running efficiency assessment to establish the energy output vs produced work rate while running.	106€
Maximum Speed Aerobic Test	Maximum Aerobic Power and aerobic/anaerobic threshold determination to establish 5 aerobic training zones based on speed (min/1km; km/h) and heart rate (bpm)	94€
Limit Time Test	Limit time at Max Aerobic Speed and/or anaerobic threshold.	94€
Intermittent Yo-Yo Test	Specificforteam sports. Max Aerobic Power and aerobic/anaerobic thresholdto establish 5 aerobic training zones based on speed (min/1km; km/h) and heart rate (bpm)	94€
SWIMMING	Description	Price
Increasing Test with lactate	Maximum Aerobic Speed and aerobic/anaerobic threshold determination to establish 5 aerobic training zones based on speed (min/1km; km/h) and heart rate (bpm)	141€

SWIMMING	Description	Price
30' Test	Functional Threshold and aerobic training zones determination for the swimmer.	118€
Critical Swimming Speed Test.	Critical swimming speed and aerobic training zones determination for the swimmer.	118€

HEALTHY CARDIO	Description	Price
VO2max Extrapolation Test	Subject's aerobic power estimation in a sub-maximum pedaling test. Training zones and improvements of the intervention programmes assessment.	106€
UKK Test	Subject's aerobic power estimation in a sub-maximum jogging test. Training zones and improvements of the intervention programme safe assessment	106€

MUCULAR STRENGTH AND POWER ASSESSMENT

Test	Description	Price
Progressive Weight Test	Workload curve – speed and workload – Power to know neuro-muscular adaptation and strength training intensity prescription (bench press / rowing / Olympic exercises)	88€
Speed Loss and Fatigue Test	Performance loss test for state exams applicants (bench press, pull ups, etc.)	88€
Loaded And Unloaded Platform Jump Test	Test to determine explosive strength and elastic-explosive reflex of the lower body.	88€

SPEED ASSESSMENT

Test	Description	Price
Race Phases Test	Study of speed-race phases in distances of 100, 200 and 400 m with photoelectric cell.	88€

Test	Description	Price
Speed And Acceleration Capacity Test	Speed And Acceleration Capacity Test in distances of 20, 30, 40 and 50 m with photoelectric cell.	88€

BIOMECHANICAL ASSESSMENT

CYCLING	Descripción	Price
Ideal dimensions and geometry analysis before buying a bicycle (B1)	Biomechanical analysis of the cyclist with posture simulation (no own bike needed), so as to consult upon frame size selection and ideal cycling posture. It includes cleat adjustment (1 pair of shoes)	118€
Advanced Biomechanical Analysis (B2)	Pedaling biomechanical analysis on own bike with advice, bike and posture fitting depending on the discipline and level with video-analysis and knee movement dynamics. It includes cleat adjustment (1 pair of shoes)	212€
Professional Biomechanical Analysis (B3)	Biomechanical analysis for high performance cyclists analysis on own bike with advice, bike and posture fitting depending on the discipline and goals whereby plantar analysis, video-analysis 360° and knee movement dynamics. It includes cleat adjustment (1 pair of shoes), saddle analysis and cycling footprint.	235€