



Run faster, swim longer, bike farther . . .

Let **VO₂** testing show you how! ←

Each person has an optimal training zone-sometimes called target heart rate. The CardioCoach measures your precise target heart rate based on an anaerobic threshold, then calculates your unique Target Intensity Zones. These Zones give you the precise heart rates necessary to optimize each level of exercise & maximize your results. The only way to accurately identify intensity zones is with an individualized VO₂ test.

The key to becoming a lean, mean fat burning machine is regular cardio workouts of low to moderate intensity.



Work out *smarter* not harder!

Call to Schedule your Appointment today: 760-632-1426