



PEAK PERFORMANCE

RETUL Bike Fit, Running Analysis, VO²Max & EKG

Exercise Stress Test – Treadmill

Prior to the exam:

- Eat a light meal; at least two hours prior to the exam
- Drink 8oz of water within one hour of the exam
- Take medication as usual
- Abstain from tobacco and caffeine prior to the exam

Testing Procedures:

Electrodes will be applied to the chest and torso

- Electrode placement is best with clean skin
- Please do not apply lotion/moisturizer prior to the exam

You will be walking/jogging on a treadmill and exercising to a high intensity

- Wear comfortable/athletic clothing
- Wear rubber soled/athletic shoes
- Women: Wear supportive bra (sports bra preferred)

Please allow at least one hour for the exam