



Vo2 Max Testing

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

Avoid caffeine and alcohol for 24 hours before the test.

No heavy meals within 2-3 hours of testing; a light snack is fine.

Stay hydrated, but avoid excessive water right before testing.

Wear comfortable clothing and supportive shoes suitable for exercise.

Rest from strenuous activities the day before to ensure peak performance.

POST- TREATMENT CARE:

You can continue your daily life.

Cool down with light activities and stretching immediately after the test.

Rehydrate to replenish fluids lost during the test.

Monitor your body for any unusual symptoms like dizziness or chest pain.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.
