

Fitness Testing Program for Cyclists

Targeting cyclists of all ages

1. Bike assessment- targeting lactic acid threshold and ventilator threshold
2. Fat % calculations
3. Body Mass Index (BMI)
4. Trunk Flexibility Test
5. Huber Strength and coordination test
6. Neuromuscular assessment (including Postural Assessment and Thermal Scanning)
7. Blood pressure



Cost per assessment is \$160. Fees may be subject to change without prior notice.

To book in contact the PIHC Northern Districts Centre on **92405266** for an appointment first with Ian Wee (Occupational Therapist) followed immediately on the same day with Julian Mancini (Exercise Physiologist).