



MetaFit - Software

Exercise Testing for Health, Sport & Athletic Clubs



The **MetaFit - Software** gives you now the possibility to offer easy, quick and affordable Maximum Exercise, Fat Burning and Resting Metabolic tests in only 4 steps in your club and for your customers.

Software comprises following software licenses:

Maximum Exercise Test

- Measurement of VO_2 max
- Creation of individual and performance oriented exercising schedules

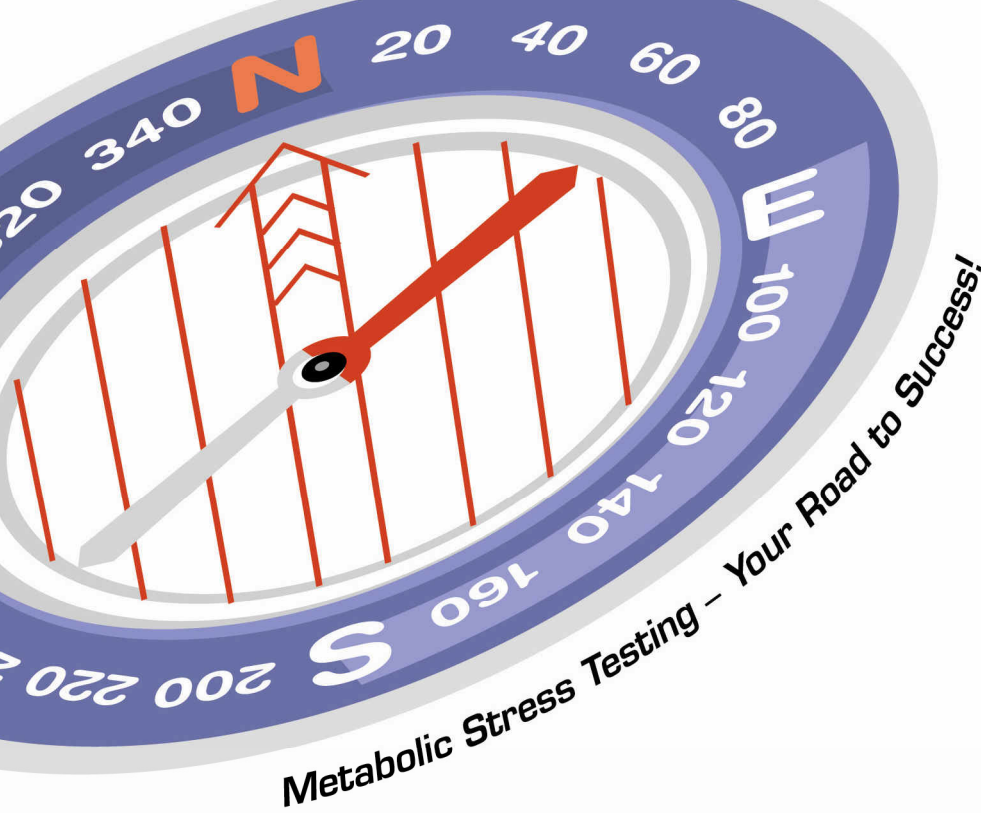
Fat Burning Test

- Determination of accurate heart rate range for maximum fat burning
- Controlled weight loss through effective metabolic fat exercising

Resting Metabolic Rate Test

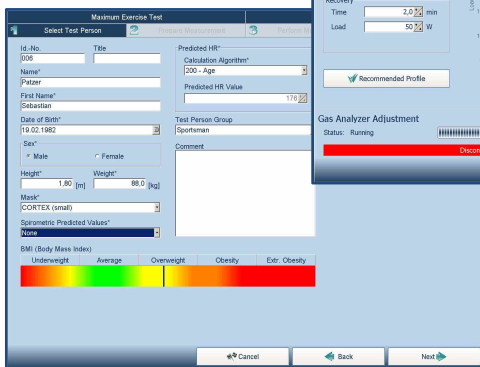
- Measuring the metabolic rate at rest for controlled energy uptake
- Nutritional recommendations to optimize body weight





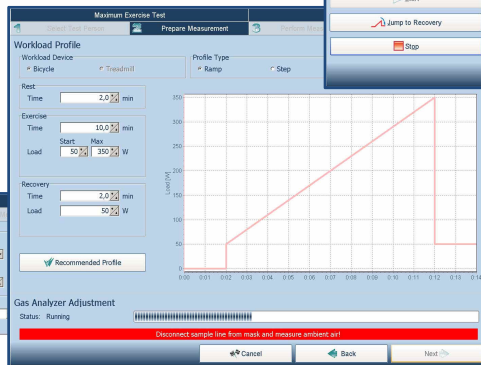
Metabolic Stress Testing - Your Road to Success!

Exercise Testing in only 4 Steps

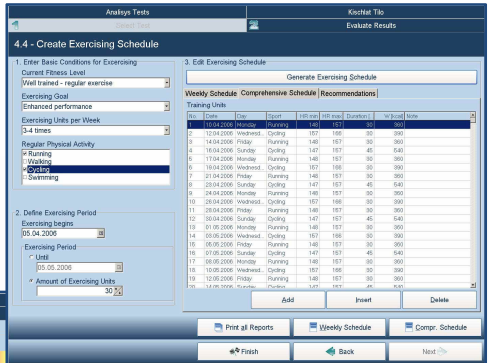


Step 1: Enter Data

Before starting a test, you enter the data of the new test person or select the test person from the data base.



**Step 2:
Select Workload**
In the next step, a workload profile is automatically recommended for the test person selected. Of course it is possible to manually alter this profile.



Step 4: Evaluate

Depending on the test performed, METAFIT offers the relevant results, comments and recommendations accordingly.

Step 3: Perform Test

During the test, the most significant parameters, incl. predicted values, are shown for monitoring purposes.



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