



RMSS Teams Up With New Leaf® to Bring Metabolic Testing to Mountainside Fitness

Resting Metabolic Rate\$155
(includes reusable testing kit for repeat and advanced testing)

Peak VO₂ (sub max) or
Peak VO₂ Max\$180
(includes reusable testing kit for repeat and advanced testing)

- ✓ How many/what type of calories to intake in order to metabolize the most fat.
- ✓ Exercise at a precise (lower) heart rate range to maximize stored fat energy.
- ✓ Establish and improve your aerobic base which is the foundation of all athletic performance.
- ✓ Increase your highest sustainable aerobic exercise intensity.
- ✓ Delay aerobic fatigue which improves endurance.
- ✓ Reach your target performance body weight and body composition goals with more accuracy and efficiency.
- ✓ Compare performance feedback to determine progress.
- ✓ Create realistic goals for metabolic/performance adaptation based on personalized data.

New Leaf® Cardiorespiratory & Metabolic Testing

