

iMett™ Cardiovascular Testing System Coming to - Tiger Coaching & Personal Training

Now everyone can experience the benefits of Anaerobic Threshold and VO2 testing.

The iMett from Woodway is an easy to use, inexpensive metabolic testing system that evaluates and monitors aerobic fitness by determining each individual's anaerobic threshold and VO2. You can determine fitness levels and create individualized weight loss or aerobic fitness programs for your clients. It's personal. It's effective. It's affordable.



iMett is used to test professional athletes at the world renowned Athletes Performance Center's. iMett is the leading portable AT/VO2 Testing and Periodization training system.

iMett is utilized by the following:

- Athletes Performance Center Arizona*
- Athletes Performance Los Angeles*
- Anaheim Mighty Ducks Hockey Club
- Los Angeles Kings Hockey Club
- Phoenix Coyotes Hockey Club
- San Jose Sharks Hockey Club
- U.S. Navy Seals
- Plus many more.

*Athletes Performance utilizes the iMett System to test and design training protocols for athletes from just about every sport - including Running, Football, Hockey, Basketball, Soccer, Tennis, and Baseball. Visit Athletes Performance website:

www.athletesperformance.com

In about 10 to 15 minutes you will be able to determine:

- AT (Anaerobic Threshold)
- VO2 at AT
- HR at AT
- VT at AT
- Estimated MAX HR
- Estimated VO2 Max

With Anaerobic Threshold determined you will have the ability to determine the exact heart rate training protocol based on the individual's current fitness level and desired fitness goals.

Athletic programs:

Athletes and trainers use iMett as a quick and effective way to determine cardiovascular fitness strength. The data is used in a variety of ways including baseline testing to determine current condition, effectiveness of existing training protocols and determining future training protocols.

Fitness professionals:

After the test you will have accurate heart rate training zones. Combine the test results with the Periodization program and create personalized workout programs.

The workout cards breakdown down day to day cardio workouts for your clients in an easy to read format and can be printed standard size paper or on perforated business card stock (a great way to provide day to day workouts in an easy to use format).

The workouts are specific to each individual's goals and cardiovascular fitness level.

Incorporate the iMett, assessment into your existing training programs and experience new levels of success.

Call Today for your Individual Testing

Special Introductory Rates

Available

Call 402-488-8280

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