



# COMMUNITY FITNESS TESTING PROGRAM

North Carolina Research Campus  
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Learn about your fitness level and your body composition to reach new peaks!



**Body composition:** Throw out your scale and get a meaningful test that will reveal your body fat %, lean body mass, and caloric expenditure. (\$40)

**Aerobic Fitness:** The VO2 max test will assess your maximum endurance in either running or cycling. Beginners wanting to set fitness goals and athletes training for long distance events can benefit from this test. (\$80)



**Anaerobic Power:** The Wingate test measures quick power output. Perfect for sprinters and explosive type athletes! (\$40)

**Leg/Back Strength:** An important indicator of proper posture and overall strength. (\$15)



Save on a **Total Physical Fitness Test Battery!** Find out the truth about your aerobic endurance, power, body fat percent, and strength with research quality equipment! (\$125) Each session will conclude with a counseling session with a trained counselor. Data collected from this testing program will be included in a research study establishing new fitness norms for adults.

