

PERSONAL TRAINING & VO2 MAX MEASUREMENT

TRAIN WITH
KNOWLEDGE
GET IN TOUCH
TODAY

WHAT IS

VO₂max?

the optimum rate at which the heart, lungs, and muscles can effectively use oxygen during exercise, measuring a person's individual aerobic capacity

- DON'T WASTE TIME DOING *JUNK* EXERCISE
- REMOVE GUESSWORK FROM YOUR TRAINING
- ACCURATE SCIENTIFIC ANALYSIS

CALL CLIVE
07977 491979

OR VISIT
CARDIOHUB.UK