Wingate Anaerobic Cycling Preparation Guidelines

In order to assure that the results of your test are as accurate as possible, please review the following guidelines. Your test will be given on the assumption that you have followed these recommendations.

1. Wear loose fitting clothes (jogging attire, shorts, training shoes, etc.)
2. Avoid eating or drinking for 3 hours before your test.
3. Avoid alcohol, tobacco, and coffee for at least 3 hours before your test.
4. Avoid exercising on the same day as your test. Exercise will elevate your blood pressure and resting heart rate - invalidating these measures.
5. Try to get a good night's sleep the night before your test.
6. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.

Your fitness test will consist of a maximal bout of anaerobic activity and it is not uncommon for participants to feel extremely fatigued at the conclusion of this test. This will be accomplished through the use of a stationary cycle ergometer. Subsequent tests will provide milestones to help you evaluate your progress.

Please complete all online questionnaires when scheduling your appointment. We look forward to working with you!

Best,

The Fitness Lab Team