

Crosstrainer Endurance Test

SPECIFIC TARGETS:

Quick check of basic endurance in a standing position, motivation to complete regular physical activity

CONTENTS:

- 4 minute test in the submaximal region using the IPN test mode
- can be performed in work / everyday clothes
- Calculation and analysis of aerobic capacity based on age and gender specific reference data
- Calculation of individual training pulse recommendations, differentiated for a range of endurance activities
- QR-Code: Results and special exercises digitally available

SPECIFIC REQUIREMENTS:

Follow safety instructions (separate), flat shoes recommended

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: $\geq 6 \text{ m}^2$, power socket: 230 V

Special note: barrier-free access required

Dimensions: : 170 x 60 x 140 cm (altitude, wide, length), weight 80 kg

PREVENTION PRINCIPLE:
Preventing and reducing work-related strains of the musculoskeletal system



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BACKGROUND:

The basic endurance represents the **basic cardiovascular** capacity. Good endurance is considered as a **protective health factor** from a health prevention perspective while deficits in this area are associated with significantly higher **cardiovascular risks**. Specifically for people who are sedentary at work, the very common **lack of activity** results in reduced performance capacity in the long term. This explains why only a minority of adults currently meet the **recommendations for physical activity required for good health**.

PROCESS:

The crosstrainer test is a new procedure which first tests the basic endurance level **in a standing position, in an everyday scenario with good back positioning**. This test is moderately strenuous in nature and is intended to provide a contrast with continuous seated posture, it takes **only a few minutes** and can be performed in **normal attire**.

RESULTS:

The analysis shows the individual's level of endurance adjusted for age, gender and weight. The results are derived from the increase in heart rate in relation to the level of exertion on the crosstrainer. The analysis is based on the approved and trusted **IPN Test**. In particular reference values from cycle ergometry using spiroergometric measurements were applied to the specific conditions of a high quality crosstrainer. The participants receive a record of their **assessment containing their personal performance results**, together with **individual recommendations** to develop their endurance and their cardiovascular capacity in a specific and sustainable manner.

