Ergometer Endurance Test

PREVENTION PRINCIPLE:
Reduction of inactivity through regular sport for health activities

SPECIFIC TARGETS:

Quick check of the base endurance levels on the bicycle ergometer, motivation for individually customised 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

SPECIFIC REQUIREMENTS:

Follow safety instructions (separate), flat shoes recommended

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: ≥ 6 m², power socket: 230 V
Special note: barrier-free access required
Dimensions: : 140 x 60 x 120 cm (altitude, wide, length), weight 60 kg

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BACKGROUND:

Good endurance performance is the basis for health and performance capacity. It can be increased through regular exercise: This means not only through endurance sport but also through everyday activities such as fast walking or taking the stairs. Current studies provide evidence that movement in everyday life is in fact an important factor in preventing cardiovascular and metabolic problems in the long term. Anyone who also wishes to increase their endurance levels in their leisure time should ensure that the training is conducted in the optimum pulse range. In so doing they increase their level of fitness and you develop effective health protective factors.

PROCESS:

Our computerised test on the bicycle ergometer delivers valid results after only 4 minutes. The test requires moderate effort - it is adapted on the basis of age, gender, weight and current level of fitness.

RESULTS:

The heart rate is analysed in relation to aerobic capacity (watts per kilogram of body weight). Based on the results individual training recommendations are provided for different endurance sport types. All results are documented in a computer printout, which also provides some individual tips for the participant.