



HEALTHY FIREFIGHTERS USA, INC.
A 501 (C) NON PROFIT CORPORATION
DBA SKY HIGH TRAINING
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EUREKA, CA 95501
760-525-8298
E-MAIL fitapp@yahoo.com

HUMAN PERFORMANCE LAB PROGRAM SERVICE EXPLANATION

COMBAT COMPETITION READINESS PROFILE

This profile will assess your readiness to compete in combat activities like MMA, wrestling, boxing, jui jitsu, etc. This profile will also assess your readiness to defend yourself. Furthermore, if you are a competitive athlete, this profile will provide pertinent information concerning your aerobic/anaerobic capabilities (measured Max VO2 test), upper/lower body power and body composition that are necessary for success in a variety of activities. Resting EKG is optional.

FITNESS ASSESSMENT PROFILE

This profile will assess your overall health and fitness. The EKG treadmill stress test will determine your cardiovascular capacity and observation concerning heart rhythm or blood pressure abnormalities will be noted. Moreover, resting blood pressure, oxygen saturation and lung function testing will be provided.

The Physical Fitness Age assessment will compare your fitness profile (cardiovascular, strength, endurance, flexibility and body composition) to a national age related data base. You will receive individual fitness parameters age score and an overall Physical Fitness Age. Measured Max VO2 is optional.

PREPARATION AND RE-EVALUATION

The total process of testing, computer report processing, program development and consultation takes 2 hours. Before your assessment you will complete a risk stratification form with medical and family history and sign an informed consent form. Refrain from eating a heavy meal, drink plenty of fluids and if you are taking medication, continue on your normal schedule. Wear comfortable exercise clothing. Females, wearing a sports bra will be helpful for placement of the EKG electrodes.

Your initial test is a baseline to determine your present fitness profile. It will be used to determine if your current exercise routine is effective and what adjustments need to be made. Furthermore, re-testing in 12 weeks is recommend to assess your progress.



Located At
IOC
820 N St.
Arcata

Call/text or email
to schedule an
appointment. →

Bob Antonacci, MSED
Exercise Physiologist
760-525-8298
fitapp@yahoo.com

COMBAT COMPETITION READINESS PROFILE

- Resting blood pressure and O₂ saturation
- Max VO₂ Test-Maximum aerobic capacity determination, aerobic and anaerobic threshold heart rate training zones, fat burning heart rate training zones and mechanical efficiency. **Optional- 12 Lead EKG**
- Body Composition Analysis-Skin fold and bioelectrical impedance technique. Determination of body fat percentage, lean body weight and ideal body weight
- Anaerobic Capacity Testing-
 - Assault Bike Arm Crank Test
- Anaerobic Power Testing-
 - Upper Body-Seated Medicine Ball Throw
 - Lower Body-Vertical Jump
- Strength Testing-
 - Bicep Strength- Cable Dynamometer
 - Grip Strength-Grip Dynamometer
- Report processing and consultation

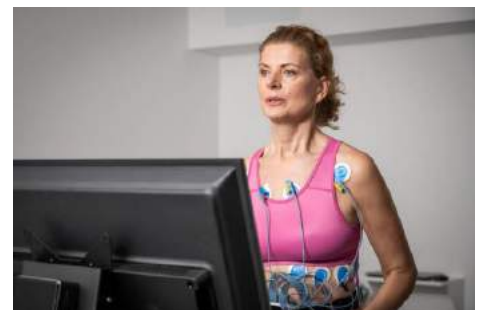


Price: \$175 (\$200 with 12 lead EKG)

FITNESS ASSESSMENT PROFILE

- Resting blood pressure and O₂ saturation
- 12 Lead EKG treadmill stress test. A prognostic test to screen for heart related abnormalities and assessment of cardiovascular function (blood pressure response to exercise and predicted Max VO₂ assessment)
Optional Measured Max VO₂
- Body Composition Analysis-Skin fold and bioelectrical impedance technique. Determination of body fat percentage, lean body weight and ideal body weight
- Respiratory Assessment- Vital capacity, FEV₁ and flow rates.
- Heart Disease Risk Profile
- Physical Fitness Age Determination-
 - Results of stress test (Max VO₂ and body composition) Plus
 - Plank test
 - Push-up test
 - Flexibility test-Sit & Reach
- Report processing and consultation

Price: \$175 (\$200 with measured Max VO₂ test)



Individualized Training And Conditioning Program Development: \$75/hr
Wrestling Technique Training Sessions: \$75/hr