

VO2 Max Testing

€30

VO2 Max is the 'gold standard' measure for Cardiorespiratory fitness. Using our Cosmed Pro Gas analyser, our sport scientists can provide a direct measurement of the amount of oxygen your body can process at maximum capacity.

This provides you with an accurate measure of current fitness, and provide you with personalised Heart rate Zones to train VO2 max.

Blood Lactate Testing

€30

Watt Bike Funcional Threshold Power

€15

FTP is one of the most common training metrics used in cycling and is frequently used by coaches as a benchmark metric and to determine training zones when using a power meter. Our sport scientist will use the Watt Bike cycle ergometer to ensure accuracy.

Watt Bike Peak Power

€15

Using the Watt Bike, we can establish your peak power output, which can also be used to work out other training zones and metrics, whilst providing an accurate measure of peak leg power.

Functional Movement Screen (FMS)

€20

The Functional Movement Screen (FMS) is a screening tool used to evaluate seven fundamental movement patterns in individuals with no current pain complaint or musculoskeletal injury. FMS can help you understand where weakness may exist in your movement, and help to predict the chances of injury. This also include the use of cutting edge technology, the VALD Dynmo, allowing us to measure strength and ROM directly.

VALD Foredeck Force plate analysis

€15

Force plate data is a valuable asset in the realm of sports performance analysis. It provides crucial insights into an athlete's kinetics, balance, and power production. This information aids coaches and athletes in:

- **Enhancing Performance:** By identifying strengths and weaknesses.
- **Injury Prevention:** Detecting imbalances and movement patterns that can lead to injuries.
- **Training Optimization:** Tailoring workouts for more efficient and effective results.
- **Talent Identification:** Spotting potential in athletes.

Overall, force plate data empowers athletes and teams to reach their full potential and stay injury-free.

Reaction Tests

€15

Reaction testing is a pivotal component of sports performance, offering a multitude of benefits. It enhances an athlete's decision-making skills, allowing for quicker, more precise choices in the heat of competition. Improved reaction times directly translate to enhanced on-field performance, giving athletes a competitive edge.

Furthermore, it aids in identifying potential areas of vulnerability, enabling tailored injury prevention strategies. Skill refinement is another advantage, as honing reflexes and reaction speed is crucial in many sports, contributing to overall success and safety.

VALD light gate Speed & Agility (Team Specific)

€150*

Using the VALD system, used in the Premier League, we provide speed and agility testing. In sports reaps numerous benefits. It enables coaches and athletes to gauge and track improvements, resulting in enhanced performance. By pinpointing areas for development, it fosters targeted training regimens and more efficient skill refinement. Moreover, it aids in talent identification and helps in injury prevention, ensuring that athletes can perform at their best while minimizing the risk of injuries.

Field based Cardiovascular testing (Team Specific)

€50*

For larger team over 5, we can offer a wide range of Cardiovascular fitness testing procedures using our 4G pitches and state of the art full size athletics track. This can be part of a full team package.

Force Deck Flexibility and Balance

€15

Using the Y-balance equipment and sit and reach, our sport scientist can provide athletes with a measure of full body balance and lower limb flexibility. Sport scientist can also provide Goniometer reading for upper body and lower body range of motions.

Tanita Body composition

€5

The body fat mass is the weight of fat in your body. The body fat percentage is the weight of the body fat mass in relation to the total body weight. Our body analysis scale helps measure body fat percentage, by calculating your body fat in relation to your total body weight. Using Tanita we can measure body fat % and muscle mass %. Alongside bone density and water weight.

* - price per team.

Health MOT



Bronze

€10

Blood pressure

Height

Weight

Body composition



Gold

€30

Inc. all Silver MOT, plus:

Functional Movement Screen

Y-Balance & Flexibility



Silver

€20

Inc. all Bronze MOT, plus:

Body circumference measures
(Arms, legs, hips, waist)

Total blood cholesterol

Fitness Testing Packages

All of our team support packages can be delivered in our state-of-the-art facilities, or at a venue of your choice. All packages include the full testing procedures over 1 selected day & a full analysis of each player outlining how that player compares to the other in the squad, and the norms for the selected sport.



Pro Team Package

€200
RRP €500

1x Speed field test
1x Agility field test
1x Cardiovascular field test
Bronze MOT
Flexibility testing

UP TO 20 ATHLETES



Elite Team Package

€300
RRP €1080

1x Speed field test
1x Agility field test
1x Cardiovascular field test
Bronze MOT
Flexibility testing
Full force plate analysis
(countermovement jump, bound test, shoulder testing etc.)

UP TO 20 ATHLETES



Running Package

€60
RRP €70

Bronze Health MOT
VO2 Max
Blood Lactate threshold



Cycling Package

€60
RRP €70

Bronze Health MOT
Functional Threshold Power
Peak Power & Minute Power
Blood Lactate threshold



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