



CENTER FOR
**Movement &
Wellbeing**

Individual Test Items

*Many of these are included in various assessment options at a discounted price

Item	Price	Description
Human Trak	\$25	Unlock precision movement data. Utilizing VALD technology, this session analyzes your range of motion and symmetry to provide a detailed roadmap for optimizing your body's mechanics.
InBody - Body Composition Scan	\$25	Go beyond the scale. In just 60 seconds, get a non-invasive breakdown of your muscle mass, body fat percentage, and metabolic rate to fine-tune your nutrition and training.
VO2 Max	\$50	The gold standard for aerobic fitness. This 100% maximal-effort test measures your peak cardiovascular capacity and identifies your true metabolic limits.
Submax VO2	\$30	Benchmark your endurance without the "all-out" fatigue. We measure your heart rate response at 85% intensity to estimate your fitness level and set effective training zones.
Functional Movement Screen (FMS)	\$50	Identify the "weak links" in your kinetic chain. This screen detects limitations or asymmetries and includes a personalized corrective exercise plan to keep you injury-free.
Fundamental Capacity Screen (FCS)	\$60	For the competitive athlete. We evaluate your ability to produce power, store energy, and maintain posture under load to ensure your "athletic foundation" can handle high-intensity demands.
Vertical Jump	\$20	Measure explosive power with laboratory precision. Use our force plates to calculate your Power, Strength, and Eccentric Utilization Ratio (EUR) to optimize your plyometric training.

Anti-Gravity Treadmill - 30 Minutes	\$30	Train without the impact. Whether you're returning from injury or adding "active recovery" mileage, the Anti-gravity allows you to run at a fraction of your body weight.
Speed Testing	\$20	Speed is a skill. Using laser-timed 10-yard and 30-yard sprints, we capture your peak velocity to help you get faster, more efficiently.
Agility Testing	\$20	Test your "change of direction" efficiency. We utilize high-precision lasers to clock your 5-10-5 and L-Drill performance—essential for field and court athletes.
Personal Recommendation Exercises	\$50	Based on your results, we'll provide a few targeted exercises to take home and focus on key areas for improvement.