



"A club committed to its members"™

METHOD CRA-TESTING INFORMATION

Medicine and Exercise both strive to provide you with your path to maximize health and physical performance; but the connection between the two can be difficult to understand. This often leads towards inefficient and ineffective exercise prescription and programs.

With METHOD; Exercise and medicine can work together! METHOD allows us to look at an individual's unique metabolic fingerprint at the cellular level. This allows us to prescribe the best training protocol for individuals based on their test results, resulting in optimization of physical performance in every aspect in life.

INTENDED USE

The METHOD software and CRA Testing is intended to be used by trained, certified health professionals for the purpose of optimizing weight loss, enhancing athletic performance, preventing injury, improving exercise results, and maximizing recovery.

WHO CAN BENEFIT?

Everyone can benefit by incorporating METHOD into their exercise program/prescription.

- Athletes trying to increase sports performance (speed, strength and endurance).
- Those wanting to prevent injury during exercise by ensuring they are not breaking down muscle tissue for energy during exercise.
- Patients recovering from a medical condition/injury.
- Those who are trying to live a healthy life style.
- Post-Op & Pre-Op patients.
- Individuals trying to lose weight.

THE TEST

In order to determine an individual's metabolic fingerprint; the participant must complete the METHOD CRA-Testing Protocol. METHOD CRA is an incremental exercise test used to determine your Prime, Anaerobic, and Peak heart rate zones. You can then use these heart rate zones to maximize the benefits of your workout while avoiding injury.

- **Prime:** the point where your body is most efficient and the place where you are most likely to realize performance improvements. When you are in your Prime Zone, your body is maximizing its use of oxygen and is burning the greatest amount of fat as a fuel source.

- **Anaerobic:** your body is exclusively using stored carbohydrates and is no longer burning body fat.
- **Peak:** Exercising in your Peak Zone significantly increases the risk of injury and can decrease performance. When you are in your Peak Zone, your body is depleted of stored fuels and actually begins burning muscle mass. Therefore, the Peak Zone is your top end for developing output (intervals, lifting or high intensity work).

What to expect

- 60 min session to include setup, testing, and review of results.
- Graded incremental exercise test following a specific protocol that will provide a metabolic profile.
- A drop of blood will be taken at protocol intervals.
- You will be wearing a heart rate monitor with a chest strap. (Please bring your own MyZone or Polar HR Monitor if you have one.)
- Test Results representing YOUR unique metabolic fingerprint and exercise recommendations to help you achieve your goals and maximize your workouts.

Prior to the Test

- Be sure your healthcare provider medically clears you to participate in strenuous exercise. The Method CRA-Test is considered to be maximal exercise testing and can be strenuous.
- Drink plenty of water/fluids the day before and on the day of the test.
- Be well fueled throughout the entire day before the start of your test.
- Have a healthy, well-balanced meal at least 2 hours before your test consisting of Proteins, Fats, and Carbohydrates.
- No exercise 24 hours prior to your test. (This may affect your test results and/or cause a need to cancel the test if your starting Lactate Level is too high.)
- Be well rested. Please get at least 7-9 hours of sleep the night before test.
- Show up to your testing appointment feeling rested and healthy. If you have been sick during the week prior to the test please reschedule. In order to receive accurate results you must be feeling healthy and in your regular eating and exercise routine for at least the week prior to your test.
- Taking medications for cold or flu within 48 hours of testing will result in an inaccurate result. Please notify your Method Tester if you experience any changes in medications or health within 1 week of your scheduled test.
- If you take regular, medically necessary medications, we recommend that you take them as you normally would on the day of your scheduled test. For the most accurate testing results these medications need to be part of your routine for at least 6 weeks prior to testing. If you have any questions about this please do not hesitate to ask.
- Be sure to be dressed appropriately for a workout. Example: Shorts, t-shirt and sneakers.
- Bring a water bottle and a healthy snack for after the test.

After

After completion of the Method CRA- Test the participant and test administrator will discuss and review the results representing YOUR unique metabolic fingerprint and exercise recommendations to help you achieve your goals and maximize your workouts.

A Follow Up/Re-Evaluation will be recommended based on your Method-CRA Test results.

METHOD CRA-TEST PRICING

- MAC/TriMAC Member, \$199
- Non-Member, \$229