### - FEATURES -





Wearable VO2 indoors or outdoors Live data display Free app download





Accurate and repeatable



Connect Bluetooth







4+ hours on a single AAA battery

You can now take the most sophisticated physiologic measurements outdoors to collect data in a more meaningful way.

## **VO2** M∧ST≣R







#### THE FUTURE OF VO2 IS HERE

VO2 is a simple measurement based on a complex physiologic system of oxygen supply and demand. The term VO2 refers to the Volume of Oxygen consumed by the body at any given intensity. The number value given by the VO2 Master represents the amount of oxygen used by the working muscles during exercise.



THE ULTIMATE PORTABLE VO2 ANALYZER



# (7)

### PERFORMANCE TESTING -



Regular performance assessments ensure efficient planning for consistent improvement in any sport.

Accurately determine training zones Track economy, efficiency, VO<sub>2</sub> Max Measure Rf, Tv, Ve, FeO<sub>2</sub>, VO<sub>2</sub>, EqO<sub>2</sub>



### RESTING METABOLIC TESTING



The safest and most effective way to manage weight is by measuring energy balance to create a nutritional plan conducive to weight gain, loss, or maintenance.

Individualized, safe nutritional planning

Determine daily caloric expenditure and consumption needs

Breath- by-breath analysis

Track changes over time

Export data as CSV Single-use filters ensure sanitation between users



VM Pro can be used to gain interesting and applicable knowledge about the cardiac, respiratory and muscular systems.



### **GUIDED APP PROTOCOLS**



Free phone app guides you through customizable testing protocols, and generates a personalized PDF report.



RMR

Intervals





VO2 (



**MEASURE EVERYTHING** 





VO2 Master







