



PREPARATION PROTOCOL Compleat TRI-ATHLETE PRO

Proper preparation for diagnostics is an important factor in obtaining consistent and reliable results.

Please arrive in a fasted state and bring a carbohydrate-based snack with you (this can be carbohydrate gel, banana or fruit mousse) to eat before the ACTIVE test, as well as a meal (e.g. shake, sandwich, oatmeal) to eat after all the tests are completed.

Also, bring workout clothes, training shoes, bottle of water and towel.

PART 1: Compleat BODY

Body Composition Analysis (ISAK protocol and BIA analysis)

What will we assess?

- Skinfold thickness (mm, sum of 6 and 8 sites)
- Circumferences
- Height and arm span
- Bone length
- Body fat percentage and muscle mass
- BIA (Bioelectrical Impedance Analysis)

How to prepare for the test?

It's best to perform the test under similar conditions each time.

- Wear sportswear – ideally sports bra and short, tight-fitting shorts for women and short, tight-fitting shorts for men
- Bring flip-flops to avoid walking barefoot (they may also be useful for a shower after the ACTIVE test)
- Skinfold measurements require clean, dry skin (free of lotion or oils)
- Perform the test in a fasted state (if in the morning) or 3–4 hours after the last meal
- Avoid intense physical activity on the day of the test and the day before
- Make sure to be in a similar state of hydration each time (optimal hydration)
- Avoid caffeine intake on the day of the test
- Avoid alcohol consumption 24 hours prior to the test
- Empty your bladder no later than 30 minutes before the test

PART 2: Compleat REST

About the Test

Resting metabolic rate (RMR) testing is currently considered the "gold standard" for assessing rate of metabolism. It is the most accurate method for analyzing energy requirements. It uses precise data rather than estimates based on commonly accepted formulas. Until now, it has been mainly available in laboratory settings.

Indirect calorimetry uses the metabolic criterion of gas exchange. This method is based on the assumption that energy used by body is derived from oxidation of nutrients (carbohydrates, fats and proteins). In these reactions, oxygen is consumed and carbon dioxide is released in amounts proportional to the energy expended.

Test procedure

- Test is conducted while lying down and lasts about 10-15 minutes.
- Results are provided in the form of a report.

How to prepare for the test?

You can take the RMR test at any time (just ensure that the follow-up test is done at the same time).

Before the test, fasting is required, meaning you can only drink water for at least 5 hours prior to the test:

- do not drink coffee or any other stimulating drinks
- avoid intense exercise (for more than 1 hour) at least 24 hours before the test
- if you are taking any medications, do not change anything
- dress comfortably
- arrive at the test at least 10 minutes earlier to ensure you are properly relaxed when starting the test

PART 3: Compleat ACTIVE

About the Test

The ergospirometry test combined with spirometry provides insights into functioning of three key systems essential for health: cardiovascular, respiratory and metabolic.

Test Procedure

Test is conducted on treadmill and cycle ergometer.

After warm-up and setting the testing parameters, we will proceed with the actual test.

Test lasts approximately 15 minutes, with the final few minutes being high-intensity (maximum effort).

How to prepare for the test?

To participate in the ACTIVE test, we require a signed health questionnaire, just to be sure that you are completely healthy and there are no contraindications to performing a test.

Any Questions?

If you have any questions, feel free to contact us:

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