

The iMETT test is quick, easy & accurate. Results are obtained in 10 minutes.



1

A trainer will discuss personal goals and results to customize personal workouts.



2

No matter what goals, or fitness challenge the iMETT has the program.



Customized workout cards with daily cardio workouts are printed and handed to participants.

3

## Improve Retention and Increase Revenues Through Personal Training & Evaluations.

### *Training Programs Not Just Testing Results.*

Woodway's iMETT metabolic system takes a person's actual V02 submax test results and automatically creates individualized personal workouts and progression comparisons. Other systems stop at reporting these test results, leaving the user or trainer trying to figure out how to apply the data themselves. Only the iMETT automatically provides user friendly training programs based off of test results.

These personalized workouts allow you to quickly and easily structure the client's cardio training to maximize results and help them achieve their goals. These programs will keep your clients coming back for more and bragging to their friends on how successful your program has been.

Not sure how to kick off your iMETT implementation? Ask your representative about Woodway's in club marketing package, or about additional modules such as body composition and flexibility to expand the systems ability to get you headed in the profitable direction.

### *Increased ROI In Less Time.*

With a low purchase price, no expensive O2 or CO2 cartridges to replace and no re-occurring per test fee, the iMETT system allows a facility to increase revenues and profits faster than any other similar system.

The implementation of the iMETT system can increase your facility's perceived value subsequently increasing retention and ultimately the profitability of your facility.

The iMETT system offers proven programs used by 100's of clubs, professional athletes, and weight loss programs. Call for information today.

**WOODWAY**

Waukesha, Wisconsin Woodway.com 1.800.Woodway (966.3929)



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186



# WOODWAY

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800-966-3929

### Prescription Data

Name: Eric Weber Birth Date: 9/6/1968  
Goal: Gender: Male  
System User: Next Assessment Date: 11/19/2  
Periodization Date: 9/20/2005

### Training Zones

Zone Color	Initial HR (bpm)	Final HR (bpm)
Green	133	149
Yellow	157	170
Red	170	175

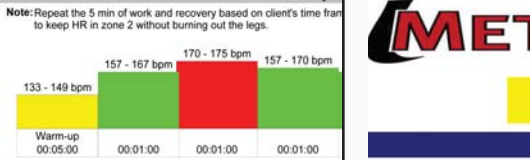
### Recovery Day 1



### Medium Intensity 5

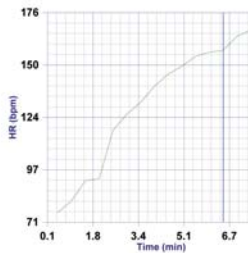
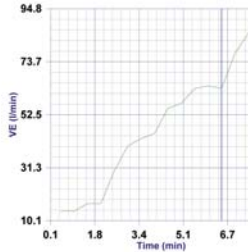


### Interval Day 1



Name: Eric Weber  
Birth Date: 09/06/1968  
Subject: Active

Assessment: 5  
Trainer: Trainers Name  
Test Type: Treadmill



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## VO<sub>2</sub> - Indirect

### Subject Data

Name: Eric Weber ID: 3  
Birth Date: 09/06/1968 Age: 36 years Gender: Male  
Subject: Active Weight: 178.0 lb Height: 5 ft 10 in B.M.I.: 25.8 kg/m.m

### Assessment Data

Assessment: 5 Date: 4/21/2005 Hour: 4:07:00 PM  
Trainer: Trainers Name ID:  
Test Type: Treadmill Protocol: 7 mph

### Ventilometry - Records

Est.	Time (min:ss)	Spd. mph	Incl. (%)	HR (bpm)	VE (l/min)	VO <sub>2</sub> (ml/kg/min)	Cal. Tot (kcal/min)	Cal. CH (kcal/min)	Cal. F (kcal/min)	% Fat (kcal/min)
1	00:30	3	0	76	14.3	17.1	6.5	0.8	5.7	88.0
2	01:00	4	0	82	14.1	21.7	8.3	1.6	6.7	80.8
3	01:30	4	0	92	17.5	21.7	8.4	2.8	5.6	66.6
4	02:00	5	0	93	17.5	26.3	10.2	3.4	6.8	66.6
5	02:30	5	0	117	29.7	26.3	10.4	6.3	4.1	39.2
6	03:00	6	0	125	40.5	31.0	12.3	8.3	4.0	32.5
7	03:30	6	0	131	42.8	31.0	12.4	9.2	3.2	25.9
8	04:00	6.5	0	139	45.0	33.3	13.4	11.3	2.2	16.0
9	04:30	7	0	145	55.1	35.6	14.4	13.1	1.4	9.6
10	05:00	7	1	149	56.8	37.1	15.1	14.1	1.0	6.4
11	05:30	7	2	154	62.8	38.6	15.7	15.7	0.0	0.0
12	06:00	7	3	156	64.2	40.0	16.3	16.3	0.0	0.0
13	06:30	7	4	157	63.0	41.5	16.9	16.9	0.0	0.0
14	07:00	7	6	164	77.1	44.4	18.1	18.1	0.0	0.0
15	07:30	7	8	167	85.3	47.4	19.3	19.3	0.0	0.0

0.0  
42.5  
Recovery



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### Assessment Data

Assessment: 5 Date: 4/21/2005 Hour: 4:07:00 PM  
Trainer: Trainers Name ID:  
Test Type: Treadmill Protocol: 7 mph

### Results

	Actual HR	Predicted HR	Actual VO <sub>2</sub>
Start	76	-	-
VT	157	-	41.5
Peak	171	184	50.5

Fitness Score: Good  
2 Min Recovery: 114  
% Peak VT: 82

HR - bpm  
2/2005  
0  
133 - 141  
Cooldown  
00:05:00

HR - bpm  
5/2005  
0  
133 - 141  
Cooldown  
00:05:00



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### Subject data

**Goal**  
This is where you can enter the clients goal

**Goal physical activity**  
This is where you can enter the clients activities to accomplish this goal

**Smoking**

Actual condition	Cigarettes/day	Smoke for how long
Non smoking		years months

**Current physical activity**

run	Time	Periodicity (days/week)
	years months	4

**Diet**

Meals/day	Comment
3	

**Factors of personal risk**  
This is where you can enter general information regarding the clients medical history. You can also create standard comments to drop in to any area.

**Factors of family risk**  
This is where you can enter general information regarding the clients family medical history. You can also create standard comments to drop in to any area.

**General notes**  
This is an area to enter any general comments or observations about the client's health factors

Note: Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 2 without burning out the legs.

Note:

