HealthPro Academy & Consulting

The Testing Revenue Playbook

How Health Pros Add VO2, RMR and DEXA Services Without Guessing

By Eric Martinez, HealthPro Academy and Consulting (HPAC) · healthpro-a-consulting.com

Free Guide

A Note Before You Start

About the Author



Eric Martinez is a speaker, mentor, author and entrepreneur based in Miami, and the person behind HealthPro Academy and Consulting (HPAC). His path into health started early. Growing up, he was a chunky kid who had a hard time breathing, got sick often and stayed quiet most of the time. Baseball changed that. Determined to be the best, he started reading health textbooks to get healthier, stronger and faster, and before long his teammates noticed the difference and he was training the whole team. That is when he found his calling, his ikigai.

At 15, Eric discovered the ACSM Guidelines and read about the field's hardest certification, one that required a Master of Science, 10,000 hours of clinical programming and carried a 42 percent pass rate. Ten years later, he earned it. Through his teens and twenties he coached while going to school, juggling multiple jobs and internships, and he made a decision along the way: to become the leader, mentor and educator he never had, and to pass that on to the future of the industry.

Today Eric is the retired owner and COO of a multi-million-dollar integrated health facility, where he still consults, and he holds dozens of licenses and certifications. He has given hundreds of presentations and workshops, trained thousands of clients, including cases others had given up on, and taught hundreds of allied health professionals to become better leaders for themselves and others. He continues to travel and teach at conferences, corporations, colleges and other events, helping health professionals start, build and grow their businesses.

About This Guide

This playbook was written for one kind of reader: the health and fitness professional who keeps hearing clients ask about VO2 max, metabolism and body composition, and who has started to wonder whether testing could become a real part of the business instead of a side curiosity. Maybe you own a gym or a clinic. Maybe you are a coach, a dietitian, a chiropractor, a physical therapist or a wellness practitioner with a loyal client base. Either way, you already know how to help people. What you may not know yet is how to turn objective testing into a service that clients value, staff can deliver confidently, and your business can actually profit from.

That is what this guide is about. Over the next seven short chapters I will walk you through why demand for testing is rising, which tests clients will pay for, how to think about equipment without burning money, what the revenue math looks like, the three mistakes I see most often,

and what to do in your first 30 days. I will be honest about one thing up front: this is a free guide, so it focuses on the what and the why, plus one quick win you can act on right away. The complete how, including detailed pricing models, client scripts, standard operating procedures and staff certification, lives inside the HPAC Skool community. You will find a short "Go deeper" note at the end of each chapter pointing you to the matching resource there.



A portable COSMED metabolic unit in action at a live testing demo.

Chapter 1: The Shift

For most of the history of the fitness industry, progress was measured with a bathroom scale, a tape measure and a mirror. Clients came in wanting to "lose weight" or "get in shape," and professionals did their best to guide them with general programs and educated guesses. That model is not disappearing overnight, but it is no longer enough for a growing share of clients. People now expect their health decisions to be backed by data, and they expect the professionals they pay to speak that language.

You can see the shift in the research. The American College of Sports Medicine's annual Worldwide Fitness Trends survey, which polls about 2,000 clinicians, researchers and exercise professionals, ranked Wearable Technology as the number one trend for 2026, the third year in a row it has held the top spot. In ACSM's announcement of those results, one of the report's authors noted that nearly half of U.S. adults now own a fitness tracker or smartwatch. The same report placed Data-Driven Technology in its top ten for 2026 and noted that more than 70 percent of wearable users report using their data to inform their exercise or recovery choices.

Consumer research tells the same story from the buyer's side. McKinsey's Future of Wellness research found that 82 percent of U.S. consumers considered wellness a top or important priority in their everyday lives in 2024, and its 2025 report put that figure at 84 percent. Across countries, McKinsey described a common theme in what consumers said they wanted: effective, data-driven, science-backed health and wellness solutions.

Here is the important part for you. Wearables have trained millions of people to care about numbers like heart rate, sleep scores and estimated VO2 max. But a wrist device produces estimates. Many clients eventually want to know what their real numbers are, measured properly, and explained by someone who can turn those numbers into a plan. That gap between curiosity created by consumer technology and the accuracy of lab-grade testing is exactly where a well-run testing service fits.

There is also a strong health case behind it. Cardiorespiratory fitness, which VO2 max testing measures directly, is one of the most powerful markers of long-term health that we have. In 2016 the American Heart Association published a scientific statement in the journal Circulation arguing that cardiorespiratory fitness should be treated as a clinical vital sign. A large 2018 study by Mandsager and colleagues in JAMA Network Open, which followed more than 120,000 adults who completed treadmill testing at the Cleveland Clinic, found that higher cardiorespiratory fitness was associated with lower long-term mortality, with no observed upper limit of benefit. When you offer VO2 testing, you are not selling a gimmick. You are offering a measurement that serious medical organizations take seriously.

The demographics are moving in the same direction. ACSM ranked Fitness Programs for Older Adults as the number two trend for 2026 and Exercise for Weight Management as number three, its highest position to date, partly reflecting the rise of GLP-1 medications. Both of those groups benefit enormously from objective testing. An older adult wants to know whether their fitness

and muscle are holding up. A client on a weight-loss medication wants to know whether they are losing fat or losing lean mass, and what is happening to their metabolism. Those are questions that RMR, DEXA and body composition testing can answer far better than a scale.

The businesses that recognize this shift early have a real advantage. Testing gives you a reason to start a relationship with a new client, a reason to re-engage an existing one, and a way to show progress that the client can see in black and white. It moves you from "trust me" to "here is your data." In the chapters ahead, we will look at how to capture that opportunity without guessing.

What clients say

> *"Coach E's team is amazing they have been working on my knee. In a few weeks it felt brand new. The best thing is them coming to my office and home. Vo2 max. Resting metabolic test, what they calls an optimal recovery session a mix of stretching' massage, breathing. is the best. They are a one stop shop to you. Amazing!!"*

— jorge V, Google review (5 stars)

> *"I had a stem cell transplant and as a result have graft vs host disease of the musculoskeletal system. Eric used his vast training and knowledge to help improve the function of my hands. I have never learned so much about nor gotten such amazing hand/arm therapy from all angles including myofascial massage and functional neurology. The man is truly a master."*

— Nieke G, Google review (5 stars)

Go deeper: See Free Starter: Launch Testing Services in the HPAC Skool classroom for the business foundations behind sizing your testing opportunity.

Chapter 2: The Four Tests That Sell

There are dozens of assessments you could offer, but four of them consistently create the most interest, the most value for clients and the clearest path into ongoing services. They are VO2 max testing, resting metabolic rate testing, DEXA body composition scanning and bioelectrical impedance analysis. Let me explain each one in plain terms, and more importantly, explain what clients actually value about each, because that is what they are paying for.

VO2 Max: The Engine Test

VO2 max is the maximum amount of oxygen your body can take in and use during hard exercise. Think of it as the size of the client's engine. In a proper test, the client wears a mask while walking, running or cycling at progressively harder levels, and a metabolic analyzer measures the oxygen and carbon dioxide in every breath or sample. The result is a direct measurement of aerobic capacity rather than an estimate from a watch or a formula.

What clients value is not just the single number. They love seeing where they stand compared to people their age and sex, and they love getting personalized heart rate training zones based on their actual physiology, including the points at which their body shifts from mostly aerobic work to harder anaerobic work. For an endurance athlete that means smarter training. For a busy executive or an aging adult, it means knowing exactly how hard to work to improve their health without wasting time. And because VO2 max is so closely linked to longevity, many clients see it as a health investment rather than a fitness purchase.

RMR: The Metabolism Test

Resting metabolic rate is the number of calories the body burns at rest just to keep you alive. Most nutrition plans rely on predictive equations that estimate this number from age, height, weight and sex. Those equations work reasonably well on average, but individuals can differ from the prediction in a meaningful way, and that difference matters when someone is trying to lose fat, gain muscle or understand why their progress has stalled.

An RMR test uses indirect calorimetry. The client rests quietly, usually lying down, while a device measures their breathing through a mask, mouthpiece or a clear canopy hood. Many metabolic devices also report the respiratory quotient, which indicates whether the body is burning more fat or more carbohydrate at rest. What clients value here is clarity and relief. For the person who has dieted for years without results, finally seeing their real number, and getting a calorie target built from it, is often the moment they start to trust the process again. For nutrition professionals, RMR turns a guess into a starting point you can defend.

DEXA: The Body Composition Gold Standard

DEXA, short for dual-energy X-ray absorptiometry, uses a very low dose of X-ray to measure bone, fat and lean tissue throughout the body. Originally developed for bone density, it has become the reference method many professionals use for detailed body composition. A scan

typically takes only a few minutes while the client lies still on a table.

Clients value DEXA because it shows them things they have never seen before: how much of their weight is fat versus lean tissue, where that fat is stored, how the left and right sides of the body compare, and often an estimate of visceral fat, the deeper fat around organs that is linked to health risk. For clients on weight-loss medications or aggressive diets, a DEXA scan answers the most important question of all: am I keeping my muscle? Because DEXA uses ionizing radiation, it is regulated, and the rules for who can own and operate the equipment vary by state. That is one reason many businesses offer DEXA through a partner or mobile provider rather than buying a machine outright.

BIA: The Accessible Everyday Check

Bioelectrical impedance analysis sends a small, painless electrical current through the body and uses how easily it travels to estimate body water, fat mass and lean mass. Devices range from simple scales to more advanced multi-frequency units with hand and foot electrodes. BIA is fast, affordable and easy to repeat, which makes it a great fit for regular check-ins.

The honest trade-off is that BIA is sensitive to hydration, recent meals, exercise and other factors, so results can shift from day to day. Clients value BIA most when it is used consistently, under similar conditions, to show trends over time, and when it sits alongside a more precise test like DEXA. Positioned that way, BIA becomes a low-cost engagement tool that keeps clients coming back between bigger assessments.

Why These Four Work Together

Notice that each test answers a different question. VO2 max asks how strong the engine is. RMR asks how much fuel the body burns at rest. DEXA asks exactly what the body is made of. BIA asks how things are trending week to week. When you combine them thoughtfully, you can offer a complete picture of a client's fitness, metabolism and composition, and you create natural reasons to retest. That combination, not any single machine, is what turns testing into a business.



A VO2 max test in progress: an athlete on the bike with a metabolic mask.

Go deeper: See VO2 Education for Business, DEXA Education for Business and Body Composition Training in the HPAC Skool classroom to learn more about each test and how to explain results to clients.

Chapter 3: Choosing Equipment Without Wasting Money

Equipment is where most professionals either get stuck or get burned. Some spend months comparing spec sheets and never buy anything. Others buy the cheapest device they can find, discover it does not fit how they actually work, and quietly let it collect dust. The goal of this chapter is not to tell you exactly what to buy. It is to give you a way of thinking about the decision so you avoid the expensive mistakes.

Start With the Service, Not the Device

The first question is never "Which analyzer is best?" It is "What service am I trying to deliver, to whom, and how often?" A clinic that wants to run RMR tests for weight-management patients several times a day has very different needs than a performance coach who wants to test cyclists in the field a few times a month. A gym that wants an affordable entry point for members needs something different again. When you define the service first, the right category of equipment usually becomes obvious.

Gold Standard Versus Budget

Broadly speaking, metabolic testing equipment falls into a few tiers. At the top are laboratory-grade metabolic carts and monitors that measure both oxygen and carbon dioxide with high precision, follow established calibration routines and are used in clinical and research settings. In the middle are portable and wearable analyzers designed for field testing and coaching, which trade some lab control for convenience. At the entry level are devices that are simpler and more affordable, which can be a sensible starting point when used for the right purpose and explained honestly to clients.

At HPAC we test with the COSMED Q-NRG Max. COSMED describes it as a metabolic monitor that measures both resting energy expenditure and VO2 max using gas exchange, with canopy and hose options for resting tests and a mask for exercise tests. It is the kind of equipment many independent providers cannot justify buying, which is part of why we offer mobile testing and onboarding instead of expecting every business to own one. You will also hear competitors reference the COSMED K5, a wearable metabolic system built for field testing. Both are respected tools. They are simply designed for different jobs, and that is the whole point of this chapter.

We also train teams on equipment from MGC Diagnostics, Korr, PNOE, Spirofit and VO2 Master, along with a range of BIA devices. Each has a place. The right choice depends on your service, your clients, your budget and, very often, your staff's comfort with the workflow.

A Simple Comparison

The table below is a general orientation, not a buying recommendation. Specifications, pricing and features change, so always confirm current details directly with the manufacturer.

Category	Typical use	Strengths	Trade-offs	Best fit
Lab-grade metabolic cart or monitor (for example, COSMED Q-NRG Max, MGC Diagnostics, Spirofit)	RMR and VO2 max in a controlled setting	High precision, measures O2 and CO2, strong credibility with clinicians	Higher investment, requires trained operators and routine calibration	Clinics, medical practices, premium testing services
Portable or wearable analyzer (for example, COSMED K5, PNOE, VO2 Master)	Field and coaching-based VO2 testing	Mobility, real-world testing, appealing to athletes	Varies by model in what it measures and how; protocol control matters	Performance coaches, endurance and team settings
Dedicated RMR device (for example, Korr)	Resting metabolism only	Simpler workflow, focused use case	Limited to resting tests	Nutrition and weight-management practices
DEXA scanner	Body composition and bone	Detailed regional composition, high client value	Significant cost, state radiation regulations, space needs	Larger clinics, or access through a mobile partner
BIA device	Frequent body composition check-ins	Fast, affordable, easy to repeat	Sensitive to hydration and testing conditions	Gyms and studios, trend tracking between bigger tests

Hidden Costs People Forget

The sticker price is only the beginning. Masks, filters, mouthpieces, calibration gas and service contracts are ongoing costs. Software subscriptions may apply. Staff time for setup, testing and explaining results is real. And the cost of a test done poorly, through rushed protocols or inconsistent client preparation, shows up in lost trust. Before buying anything, map out the full cost of delivering one test, not just the cost of owning the device.

Buy, Partner or Bring It In

You do not have to own equipment on day one. Many businesses validate demand by bringing in a mobile testing provider for event days or recurring testing sessions, then decide whether ownership makes sense once they see real numbers. This is exactly why HPAC offers mobile testing in Miami-Dade and Broward and onsite equipment onboarding for businesses that do buy. Testing the market before you commit is one of the smartest moves you can make.

Go deeper: See Body Composition Training, VO2 Education for Business and DEXA Education for Business in the HPAC Skool classroom for more on the equipment behind each service.

Chapter 4: The Revenue Math

Let's talk about money, because this is where testing either becomes a meaningful revenue stream or an expensive hobby. I want to be careful here. Every market, business model and client base is different, and I am not going to pretend there is one magic price or one guaranteed result. What I can do is show you how to think about the math, using one simple example. The numbers below are hypothetical and exist only to illustrate the logic.

Illustrative Example Scenario (Hypothetical Numbers)

EXAMPLE ONLY. These figures are invented for illustration. They are not HPAC client results, pricing recommendations or a projection of what you will earn.

Imagine a small gym with an active membership base. The owner decides to add an RMR and VO2 testing package and, for the sake of this example, prices the combined package at $200. In the first month, the owner runs a testing day for members and books 10 tests. That is $2,000 in testing revenue.

Now suppose the owner has a simple follow-up process in place. After each test, the client sits down to review their results and receives an invitation to a 12-week coaching program built around their numbers. In this example, 3 of the 10 clients join that program at $300 per month. Over three months, those three clients represent $2,700 in coaching revenue. Finally, imagine that the program includes a retest at week 12, and those retests are folded into the program rather than sold separately.

Add it up and, in this hypothetical, the first month of testing led to roughly $4,700 in revenue over about three months: $2,000 from the tests themselves and $2,700 from coaching that the tests made possible. Against that, the owner would subtract equipment or provider costs, consumables, staff time and marketing to see the true profit.

End of example.

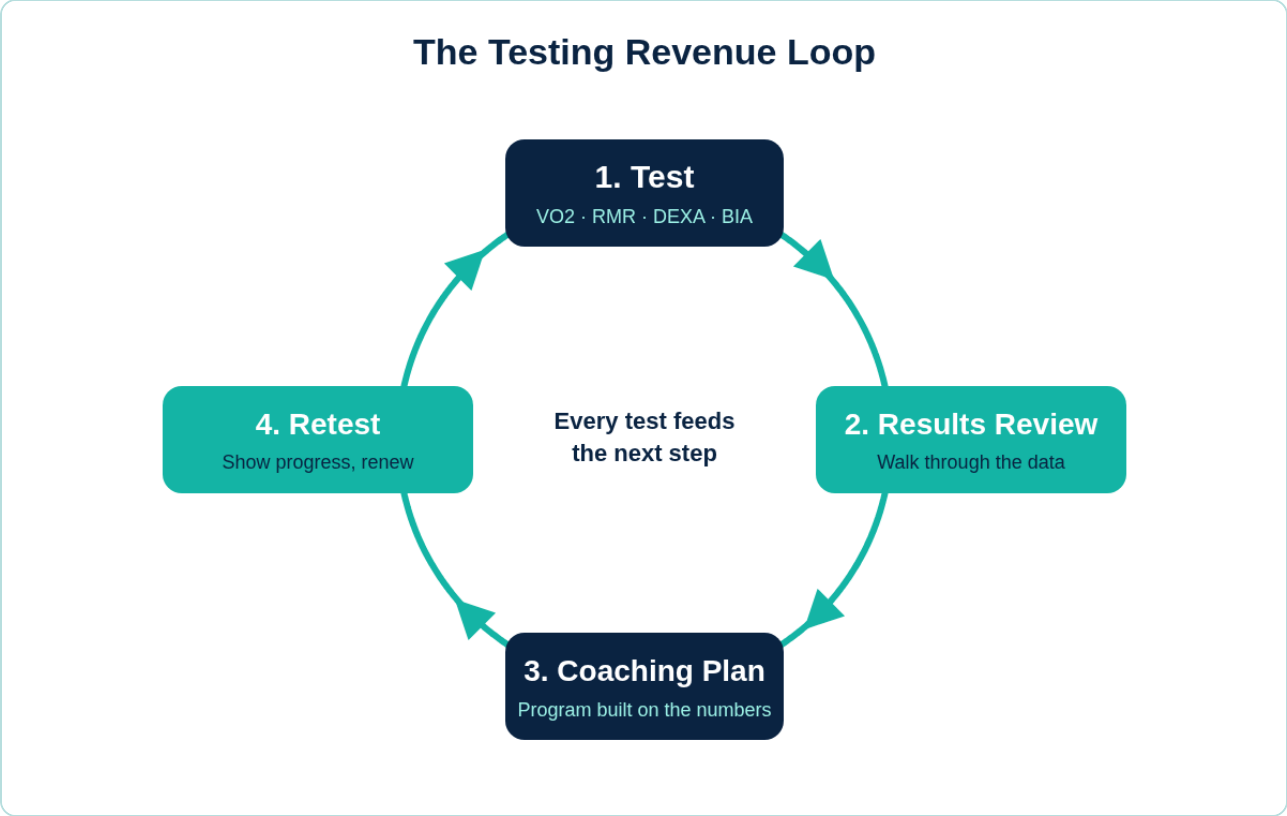
What the Example Is Really Teaching

The point of this scenario is not the totals. It is the structure. Notice that the majority of the value in the example did not come from the test fee. It came from what happened after the test. That is the pattern I see again and again: testing on its own can pay for itself, but testing that leads into coaching, programming, nutrition support or retesting is what turns into a real business line.

There are only a handful of levers in this math. How many tests you run. What you charge. What percentage of tested clients move into an ongoing service. How long they stay. And what it costs you to deliver each test. Small improvements to any one of these levers can change the

outcome dramatically. If the follow-up conversion in the example doubled, so would the coaching revenue. If the test was delivered by an untrained staff member and clients left confused, the conversion might drop to zero.

That is also why I encourage you to run your own numbers before you buy anything. Plug in your realistic test volume, your local pricing, your honest conversion estimate and your full cost per test. If the math only works with heroic assumptions, you need a different plan, a partner model, or a different package, before you spend a dollar on equipment.



Go deeper: See Free Starter: Launch Testing Services, plus VO2 Education for Business and DEXA Education for Business, in the HPAC Skool classroom for more on building and monetizing your testing offer.

Chapter 5: The Three Mistakes

After years of working with businesses that add testing, I have noticed that most struggles come down to the same three mistakes. None of them are about the equipment itself. They are about everything around it. The good news is that each one is completely avoidable once you see it coming.

Mistake One: No Offer

The most common mistake is treating testing as a menu item instead of an offer. A business buys a device, adds "VO2 testing available" to the front desk sign, and waits. Very little happens. Clients do not wake up wanting a VO2 test. They wake up wanting more energy, a lower body fat percentage, a faster race time, a longer and healthier life, or an answer to why their diet is not working. The test is the means, not the end.

A real offer connects the test to an outcome the client already wants. It explains who the test is for, what they will learn, what happens after the results, and why now is the right time. It is packaged with a results review and a clear next step. When testing is presented this way, it stops feeling like a lab procedure and starts feeling like the first step of a plan. Building that offer takes a little thought, but it is the difference between a device that sits idle and a service that fills a calendar.

Mistake Two: No Staff Training

The second mistake is assuming that because the device comes with a manual, anyone on the team can run it. Metabolic testing is sensitive to protocol. Client preparation, such as fasting, caffeine, recent exercise and rest time, affects RMR results. Mask fit, calibration and test protocol affect VO2 results. Hydration and timing affect BIA. When staff skip steps or do things differently each time, results become inconsistent, and inconsistent results quietly destroy trust.

Just as important is the conversation. A technically perfect test can still fall flat if the person explaining it reads numbers off a screen without connecting them to the client's goals. The staff member delivering results is, in effect, your salesperson for everything that comes next. When your team is trained to both run the test properly and explain it with confidence, clients feel cared for, and they are far more likely to continue working with you.

Mistake Three: No Follow-Up Into Coaching

The third mistake is letting the test be the end of the relationship. A client gets their numbers, says thank you, and leaves. Maybe they come back in a year. Maybe they never do. As we saw in the revenue chapter, most of the long-term value sits in what happens after the test, and businesses that do not plan for that step leave most of the opportunity behind.

A good follow-up path is simple: a results review, a recommendation that is directly tied to the client's numbers, a clear invitation into coaching or programming, and a scheduled retest so the client can see their progress. Retesting matters more than most people realize. It gives the client proof that their effort is working, and it gives you a natural moment to renew the relationship. When testing feeds coaching and coaching leads to retesting, you have a loop that serves the client well and keeps your business healthy.

What clients say

> *"I recently completed the two-day Optimal Recovery Specialist certification with Eric Martinez, and it exceeded my expectations. The course offered practical, evidence-based tools I can immediately apply, especially in areas like breathing assessment and correction, something I hadn't realized could impact movement so deeply. I also learned effective taping techniques to aid muscle activation and recovery, as well as new PNF stretching methods using straps that protect both the client and practitioner. Eric's teaching style is clear, patient, and deeply rooted in exercise physiology. I highly recommend this course to anyone looking to enhance their recovery and mobility knowledge."*

— Jaqueline Gavino, Google review (5 stars)

> *"Eric makes sure that his students throughly understand his content, and that they will be successful implementing it within their business. Highly Recommend his counseling."*

— Bryan Lockley, Google review (5 stars)

Go deeper: Join the HPAC Skool community to talk through offers and follow-up with other health pros. Staff training coming soon.

Chapter 6: Your First 30 Days

You do not need to have everything figured out to start. In fact, the businesses that do best usually begin with a small, focused test of the market and build from there. Here is a simple 30-day plan you can use as your quick win. It is intentionally lean, so you can act on it this month.

Week 1: Pick One Test and One Client Type

Choose the single test that best fits your existing clients. For a weight-management or nutrition practice, that is often RMR. For a performance or endurance audience, it is usually VO2 max. For a general gym membership, BIA or a combined metabolic package can be a good start. Then pick one client type you want to serve first. Write one sentence that connects the test to an outcome that client already wants.

Week 2: Decide How You Will Deliver It

Decide whether you will buy, rent or partner for this first round. If you are not ready to commit to equipment, line up a mobile testing provider for a testing day. Set a simple introductory price and write down exactly what the client gets: the test, a results review, and one clear next step.

Week 3: Invite Your Existing Clients

Your warmest audience is the people who already trust you. Announce a limited testing day to your current clients and members through email, social media and in-person conversations. Keep the message focused on the outcome, not the technology, and set a clear number of available spots. Prepare a simple client-preparation sheet so everyone arrives ready to test.

Week 4: Test, Review and Invite

Run your testing day. Within a few days, sit down with every client to review results, connect their numbers to their goals, and invite them into an ongoing service with a scheduled retest. Afterward, write down three things: how many clients you tested, how many accepted your next-step invitation, and what you would change next time. Those numbers are your real-world data, and they will tell you more than any spreadsheet about whether to scale up.

Your 30-Day Checklist

- [ ] Choose one test and one target client type
- [ ] Write a one-sentence outcome-based offer
- [ ] Decide to buy, rent or partner for your first testing day
- [ ] Set an introductory price and define what is included

- [ ] Announce a limited testing day to existing clients
- [ ] Send a client-preparation sheet before testing
- [ ] Run the testing day and book results reviews
- [ ] Invite every tested client into a next step with a retest date
- [ ] Record tests run, conversions and lessons learned

Your 30-Day Testing Launch Checklist

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- [ ] 1 Choose one test and one target client type
- [ ] 2 Write a one-sentence outcome-based offer
- [ ] 3 Decide to buy, rent or partner for your first testing day
- [ ] 4 Set an introductory price and define what is included
- [ ] 5 Announce a limited testing day to existing clients
- [ ] 6 Send a client-preparation sheet before testing
- [ ] 7 Run the testing day and book results reviews
- [ ] 8 Invite every tested client into a next step with a retest date
- [ ] 9 Record tests run, conversions and lessons learned

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Go deeper: Join the HPAC Skool community to share your 30-day plan and get support from other health pros as you launch.

Chapter 7: What's Next

If you have made it this far, you already understand more about adding testing to a health business than most people who own the equipment. You know why demand is rising, which tests clients value, how to think about equipment, how the revenue really works, which mistakes to avoid and how to take your first step. The next question is how much support you want as you build it.

Join the Free Workshop

HPAC runs a free recurring workshop for health and fitness professionals who are exploring testing services. It is a chance to ask questions, see how testing works in real businesses and hear what is working right now. You can find the current schedule and sign up through the HPAC Skool community: https://www.skool.com/healthpro-a-consulting/about

Join the HPAC Skool Community

The HealthPro Academy and Consulting community on Skool is where the full how lives. You can learn more and join at https://www.skool.com/healthpro-a-consulting/about.

The Standard membership is free. It is the best place to start if you want to connect with other health professionals, follow along with community discussions and get a feel for how we teach.

The Premium membership is $249 per month. It includes access to our courses, discounts on HPAC events and a monthly one-on-one session with me, so you can get direct guidance on your specific business, market and equipment questions.

The VIP membership is $997 per month. It is built for business owners who want to bring their whole team along. VIP includes team training, access to all courses, the option to test out for continuing education credits (CEUs) approved through APTA and other professional boards, and access to HPAC partner benefits.

Gyms and Clinics: Onsite Onboarding

If you own or manage a gym, studio or clinic and you are buying, or have already bought, testing equipment, HPAC can come to you. We provide onsite equipment onboarding so your team learns to run tests correctly, explain results confidently and turn testing into a real service from day one. Reply or send a DM with the keyword **ONSITE** and we will follow up with details. We also provide mobile VO2, RMR, DEXA and metabolic testing throughout Miami-Dade and Broward.

Book a Free Call

Not sure where to start? Book a free 15-minute call and we will talk through your business, your clients and the testing service that makes the most sense for you: https://tidycal.com/coach-e/15-minute-meeting

Thank you for reading. The future of health and fitness is measured, personalized and built on real data. The professionals who learn to deliver that well will lead the next decade. I would love to help you be one of them.

Eric Martinez
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healthpro-a-consulting.com



Guiding a client through a resistance band exercise.

Go deeper: Start with the free Standard membership in Skool and introduce yourself in the community. Tell us which test you are planning to add first.

Sources

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COSMED. Q-NRG Max product information, cosmed.com.

Disclaimer: This guide is for educational purposes and does not constitute medical, legal or financial advice. Testing services should be delivered within your scope of practice and in compliance with applicable state and federal regulations.