

# VO2 MAX PRE-TEST REQUIREMENTS

To ensure your VO2 Max (Graded Exercise Test) results are accurate and reflect your true cardiorespiratory capacity, you **must** adhere to the following preparation guidelines.

## Preparation Timeline

### 12 Hours Before: No Vigorous Exercise

Avoid high-intensity weight training or heavy lifting. This ensures your body is not in a state of recovery/afterburn, which can skew metabolic data.

### 5 Hours Before: Strict Fasting

Do **NOT** eat or drink alcohol. This ensures your baseline metabolism is not elevated by the thermal effect of food.

### 5 Hours Before: No Caffeine

Avoid coffee, tea, or energy drinks. Caffeine is a stimulant that chemically accelerates your heart rate, which can interfere with identifying true ventilatory thresholds.

### 2 Hours Before: No Nicotine

Refrain from using vapes, cigarettes, or nicotine pouches. Nicotine acts as a stimulant that can artificially inflate cardiovascular metrics.

## Final Checklist

**Water:** Plain, unflavored water is permitted during your fast.

**Face Mask Prep:** Ensure you are clean-shaven if possible. Facial hair or beards may cause mask leakage, resulting in incorrect or non-sensical data.