



[www.fitnessrx.com](http://www.fitnessrx.com)

## MET INSTRUCTIONS

---

Congratulations on scheduling your Metabolic Efficiency Test! We think you will find the information you get from this test, whether biking or running, to be very useful to you in your training and racing!

**Your test date**

Please arrive at 1901 Rudy Lane, Louisville KY 40207 about 15 minutes before your test. If you are riding your bike, you may want to allow a little extra time to get your tires pumped up and bike on the CompuTrainer.

**What you will need:**

**Waiver signed**

**Patient profile filled out**

**Heart rate monitor and watch (if you have one, if not, we will provide**

**Bike (if appropriate) and shoes**

**Elther running or biking clothes**

**Water bottle for after test**

**Towel(s) if you'd like to shower after**

**Snack for after test**

**Rules for the test:**

No strenuous exercise for 24 hours prior to test

Nothing to eat or drink for 12 hours

You may have water the morning of the test if necessary

If you take medicine(s) in the morning, you may take these

Get a good nights rest

Come in with a great attitude and we'll have a great test!