

## CPET Testing

The Gold Standard For Evaluating  
Metabolic, Heart And Lung Function

### VO<sub>2</sub> Max

is the strongest predictor of longevity

Every 1-point increase in **VO<sub>2</sub> Max** can  
reduce mortality risk by 10% to 15%



At Prohumane, We Use CPET To Understand How Your  
Heart, Lungs, Blood Vessels And Mitochondria Work  
Together As One System.

### What CPET Measures



- ✦ VO<sub>2</sub> Max
- ✦ Anaerobic Threshold
- ✦ Ventilatory Efficiency (VE/VCO<sub>2</sub>)
- ✦ Heart-Lung Coordination
- ✦ Fat Vs Sugar Utilisation
- ✦ Muscle Oxygen Extraction
- ✦ Lactate Threshold
- ✦ Cardiac Output Reserve

### Functional Medicine Interpretation

CPET Helps Identify The Root Cause  
Behind Fatigue And Performance  
Issues. It Reveals:

- ✦ Whether Fatigue Is Cardiac,  
Pulmonary Or Metabolic
- ✦ Oxygen Utilisation Efficiency
- ✦ Stress Impact On Recovery
- ✦ Real Metabolic Flexibility
- ✦ Personalised Training Zones For Fat  
Loss And Performance

### Why get a CPET Test

A **CPET** gives the most complete  
assessment of how well your **heart, lungs,  
muscles** and **metabolism** work together  
during exercise.



It answers questions  
no other test can

Unexplained fatigue	Shortness of breath
Mitochondrial dysfunction	Dysautonomia or POTS
Metabolic inflexibility	Exercise intolerance
Early cardiovascular weakness	Chronic stress with low aerobic capacity
Post-viral fatigue or Long COVID	Poor recovery or overtraining

## Why VO<sub>2</sub> Max Matters

### VO<sub>2</sub> Max Reveals

- + Oxygen utilisation capacity
- + Mitochondrial efficiency
- + True cardiovascular fitness
- + Metabolic age
- + Stress and training recovery ability

A Low VO<sub>2</sub> Max Means Low Metabolic Resilience.

A High VO<sub>2</sub> Max Means Superior Longevity And Performance.

## Why CPET is superior to wearables or gym tests

Wearables Only Estimate VO<sub>2</sub> Max

### CPET Directly Measures:

- + Oxygen uptake
- + CO<sub>2</sub> output
- + Ventilation pattern
- + Cardiac-lung coordination
- + Muscle oxygen extraction

No assumptions. Just precise metabolic data.

## A Complete VO<sub>2</sub>-Driven Assessment

### CPET Directly Measures:

- + True VO<sub>2</sub> Max score
- + Ventilatory thresholds (VT1, VT2)
- + Personalised heart-rate zones
- + Mitochondrial efficiency index
- + Recovery profile

# CPET helps design precision training plans

## Metabolic Training Zones

- + Zone 1 Recovery
- + Zone 2 Fat Burning
- + Zone 3 Aerobic Efficiency
- + Zone 4 Performance

## Personalised Exercise Prescription

- + VO<sub>2</sub> Max
- + Anaerobic Threshold
- + Heart-Rate Response
- + Oxygen Recovery

## Functional Analysis Report Includes:

- + Cardiac Reserve
- + Pulmonary Reserve
- + Mitochondrial Efficiency
- + Ventilation Pattern
- + Recovery Capacity
- + Overtraining Markers

# Why Choose ProHumane

- + High Precision Metabolic Cart
- + Functional Interpretation Of Every VO<sub>2</sub> Metric
- + Exercise Zones Customised To Your Mitochondria
- + Nutrition + Training + Stress Recovery Integrated Into One Plan
- + Safe, Supervised Testing
- + Result Discussion With A Functional Medicine Practitioner

## Prohumane

A Comprehensive Rehabilitation And Functional Performance Center

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 **ProHumane**  
FUNCTIONAL HEALTH

Functional Medicine • Rehabilitation • Pain Medicine