

# VO<sub>2</sub>max Testing Preliminary Instructions

## Food & Beverages

- No food for **2 hours** before the testing
- No caffeine beverages for at least **2 hours** prior to the testing
- No alcohol for at least **6 hours** prior to the testing
- Water is OK

## Stimulants

- No cardiovascular or respiratory stimulants **24 hours** prior to the testing
  - e.g. bronchial dilators, cold medications, ephedrine
- No tobacco products for at least **2 hours** prior to the testing

## Exercise

- Participants should be rested for the testing
- Exercise should be avoided for at least **6 hours** prior to the testing
- No strenuous exercise on the day of testing

## Dress Requirements

- Shorts
- Short sleeved or sleeveless top
- Appropriate footwear (e.g. running shoes, cycling shoes, cycling pedals)