

PHYSIOLOGICAL TESTING AND DATA TO OPTIMIZE CLIENT RESULTS & LONG TERM SUCCESS

We provide complete, state-of-the-art physiological testing to determine physically where a client should start their program. It provides a measurable baseline and a starting point for clients to start their program. From there we take the results and implement a nutrition and workout program scientifically tailored to ensure your success. Using the data provided we are able to customize their meal plan. First, we determine how many grams of protein, carbohydrates, and fat should be in each of your meals. Then chef then weighs out the micro-nutrients and calories specifically needed for the client to maximize and guarantee success.¹

We use a series of 4 tests:

1 Styku Scan- The scan weighs, provides measurements, estimated body fat & lean mass and a 3d Scan of the body. We use the information to analyze client posture, gait and mobility.

To administer:

Open the app in the bottom left corner and if it's a client's first time create an account. If a repeat client, they can just login with their information

Make sure to use 'Universal Passcode-B00tcamp' so we can also access and view the information

The information will go to the clients email directly

As a coach you can access all scans

Go to www.fit3d.com and login

Username: nicola@liveinfitness.com

Passcode: B00tcamp

Make sure items are not placed around machine. Prompt the client to step on the scale with a clean step and minimal motion as the scale may not capture weight correctly. Avoid then touching or grabbing handles until weight is captured. Natural position with elbows locked out. They must keep the buttons pressed down the entire time and keep a very still position. Follow directions for troubleshooting if you receive an error

Client Bad Weigh in - What is the Protocol?

1. Call for a dunk
2. Reach out to management



3. Calculate potential weight loss versus actual
4. Motivate your client -Do not let them leave the facility
5. Support the client- This will be emotional
6. Ask head Trainer about changing macros

2. RMR - RMR (Resting Metabolic Testing)

Resting metabolic rate accounts for approximately 70% of daily energy expenditure. This is the amount of energy needed to sustain the body at a minimal resting level. The resting metabolic rate test calculates precisely the calories your body burns everyday at rest. When food is absorbed into the body it must either be burned as energy or stored as fat. The resting metabolic rate is related to your lean mass. The more lean mass you have, the more calories you burn at rest and after exercise.

Administering the RMR Test:

Before starting the test, make sure to have a current weight for the client and to also check the client's' blood pressure and notate on Test sheet. They should have been informed prior not to exercise or eat as these will fire up their metabolism. When possible the client should always be wearing a heart rate monitor/watch.

1. Plug machine in. Make sure to have the adapter piece, the tube, nose plug, issues and advise that the client have their phone or listen to music as a distraction.
2. Use the arrow keys and check mark to select the rmr test
3. Use the up and down arrows to enter client's information (age, height, weight, goal weight, sex), using the check mark as the 'enter' button.
4. The machine will begin calibrating and will say "Waiting for stable breathing and heart rate". Connect the tube and have client plug their nose and place tube in their mouth.
5. You can bypass the final calibration and instructions by selecting the check button and then hit "Start"
6. The test takes approximately 12 minutes. Make sure the client is not allowing air from the sides of the mouth or removes any apparatus until you have indicated to them that the test is complete.

3. V02 - (Volume of Oxygen)

Administering the V02 Testing



Turn the KORR machine on and enter the selection (Treadmill,RMR,VO2,Other)

Press the “Start” button and inform the client of the test.

Enter “TREADMILL” and all of the client’s information(Age,Height,Weight,Gender,etc,.)

The machine will take a couple of minutes to calibrate and at this time leave the black funnel on the machine, do not attach the hose until the machine reads “Take your first breath” then you may attach the larger hose.

Gently place the VO2 mask on the client and have them shake their head to ensure the mask is securely tightened.

Start the KORR machine by pressing the “CHECK” button twice, and the “START” option will appear on the monitor. Right click the button under it.

The first minute let the client relax and have their heart rate drop.

Start the treadmill and enter 1.7 on the SPEED only.

every 30 seconds add “3 clicks” of speed then After The client gets to 2.6 on speed increase the speed “THREE clicks” and the incline “TWO clicks”

The client should feel like their air flow is restricted the more they exert themselves.

Once they have indicated that they can not run or walk uphill anymore Stop the test.

Press the “CHECK” button and press option “PEAK” and if you would like to stop the test press the option, select “YES”.

The following numbers are the numbers needed to write on the worksheet:

The AT VO2 number with the heart rate under it

The MAX VO2 number with the heart rate

The VT VO2 number with the heart rate

The VT is the lower end of Zone 3 heart rate and the AT is the higher end of the Zone 2.

The worksheet has 4 zones Blue is the lowest(Zone 1), Green is(Zone 2), Yellow(Zone 3) and Red is Peak(Zone 4)

Modifications for clients with bad knees or issues with doing incline:

Increase speed only until AT is detected and/or client can no longer continue.

4. Hydrostatic Dunk Testing

This test provides an analysis of a client’s body composition. As we know the human body is composed of metabolically active “lean’ tissues like bone, muscle, internal organs, water and adipose tissue or fat tissue. This test provides the following to our clients;



1. Accurate assessment of your body fat % versus lean mass
2. With weekly testing, provides detailed tracking and comparisons of body composition
3. An estimated calculation of your resting metabolic rate and total caloric burn
4. Fat mass is also known as adipose tissue within the body. This loose connective tissue is primarily composed of **adipocytes (fat cells)**. Its main role is to store energy in the form of lipids. It also cushions and insulates the body.
5. Body fat is primarily made up of three types of fat:
 - Epicardial Adipose Tissue (EAT): EAT is a particular form of visceral fat deposited around the heart and is found to be a metabolically active organ that generates various bioactive molecules, which may significantly affect cardiac function.
 - Subcutaneous Fat: The fat that is generally stored just below the surface of the skin. Subcutaneous fat is not related to many of the classic obesity-related pathologies, such as heart disease, cancer, and stroke and is generally a protective fat.
 - Ectopic Fat: The storage of triglycerides (fats) in tissues other than adipose tissue that are only supposed to contain small amounts of fat, such as the liver, skeletal muscle, heart, and pancreas. These fats can interfere with cellular function. The cause for accumulation of Ectopic fat is unknown.

Preferably all dunk testing is to be completed on Monday which is the preferred in-take day. Prior to this the client would have just completed the Styku Scan. The time allotted for each client is 10 minutes so efficiency and an understanding of how to deliver the information is needed. If scheduled to dunk test, make sure to arrive 10 minutes early to set-up.

1. Remove the top pad of dunk tank by folding in half and placing to the left side.
2. Drop the rack on to the hook and into the water
3. Press the jets button to the right to start the jets & circulate the water for 10 seconds

1. Making sure the rack is in place, hit the 'Tare All button to zero the rack
2. Standard graph option is set on 0-3000- you can change this by clicking graph options tab at the top to shorten or widen the range. The higher the number the more lean mass, the lower the number the more fat mass. The range can go as low as -3000

Open a new window either on desktop or preferably a laptop and go to www.fitnesswave.com to input the client information.

1. Scroll to the very bottom of the screen to click on the login button
2. Login - eric@camptechnique.com - password 123456



3. If the client is an existing client or has tested before click on client. Input new data and save
4. If new client, click on that tab and input the top 5 lines of client information. For the address type 250 (as part of our address) save and add test, click on tests and then click on - Add new measurement.
 - a. Always use Imperial
 - b. Pulse- typically is 70
 - c. Water temperature can be found on the side of dunk tank and should be 35 degrees celsius
 - d. Rack weight is always zero as you had 'Tared' prior
 - e. Go back to the Loadvue graph and you are ready to dunk clients.

Dunking Techniques:

1. Unhook rack and assist client in tank and ask them to evenly lay on top top of the rack in a face down position. Feet to the left and hands to the right
2. Re-attach the rack
3. If you have taller clients they may need to Extend their feet on top of bar.
4. They will feel themselves hit the bottom but this will level out as they go under the water
5. Make sure the elbows are tucked in and not touching the sides of tank
6. Make sure elbows are not underneath the bars.
7. Go back to your graph and make sure to hit the start Icon
8. Explain to the client that we are measuring their water weight. Any air they keep trapped inside their body will show up on the test as additional body fat on their test
9. They need to blow all their air out under water. The quicker they dispel the air, the quicker they will sink. Once no air ask them to count to 3 before resurfacing so you can capture an accurate read but they can come up at any point if they feel uncomfortable.
10. The more lean mass the higher the number, the more body fat they may have a negative read. Although some clients may not be completely under water, the more submerged the more accurate the data
11. On the graph you are looking for consistency in the peaks, start with a conservative read by choosing the lower point of the consistent peaks as your gauge.
12. Input the number and save test. You can also go back in an edit your test



13. You cannot email the test directly but must download first and attach it in an email to a client.
14. Make sure to send a copy to Eric, Jermaine, and Lucas for review and adjust meal plans accordingly.

Program Levels

Level 1

Extreme Weight loss and Extreme Health : For People Needing to Lose Over 60+ Pounds

Our Extreme Weight Loss and Extreme Health program has been successful for the last 20 years because we are the experts who specialize in helping people who need to lose over 60 pounds and have limited mobility. Or our older clients literally looking to add functional years to their lives. We still maximize results it is just paced at the individuals abilities and safe timeframes.

Level 2

Intermediate : Shape and Lose over 20+ Pounds

Level 2 is our Intermediate level for people who need to lose 20-50 pounds. These clients have good movement, mobility, and are able to be pushed to their customized level of ability by our trainers. In this program we start looking at lean mass, sculpting, and toning, while focusing on losing pure fat. You will be assigned to a coach by our management team and your individual consultant based on your goals and needs.

Level 3

The Ultimate Fitness and Athlete Program

Ultimate Fit (or our Elite Level) is designed strictly through science and technology in order to lose your last pounds of fat or gain lean mass. In this program you will be pushed to the limits of your ability. We will get that last 10 pounds off! We will get you ready for a modeling shoot or for that perfect role.

Our Athlete Level will make you the best athlete you can be. Our coaches will monitor lean mass, maximize muscle gain, and increase sports performance. We will mold your training toward your sport and the movement necessary for ultimate sports performance.

Package Options: Bronze, Silver & Gold Package

- **Bronze Package**- includes manual scale weigh in, measurements by tape & before & after photos. All group classes and workshops.
- **Silver Package**- includes weigh in with 3d scan, before & after photos, rmr, v02 & dunk



- Week 1- Scan, rmr, v02 & dunk
- Week 2 - Scan & Dunk
- Week 3 - Scan & Dunk

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- Full Testing
- 3 x 30 mins stretch a week
- 3 x 30 mins mobility a week
- 3 x 50 mins PT a week
- 1 cooking class a week
- 1 nutrition a week
- 1 x 30 mins life coaching a week
- 1 Planning for Home Session

Manual Weigh-in

1. Scale must be on flat surface and plugged in
2. Always TARE the scale to zero it out and make sure it is on metric setting
3. Client should be wearing minimal and form fitting clothing and they should remove their shoes
4. Step on the scale, capture their weight and immediately input into client progress report under the tab 'weigh in & measurements'.

Measurements with Tape

It can be uncomfortable for some clients to be measured so as the coach, be confident, quick and as accurate as possible. If by request they ask for male or female, we will have them come back and measure at a later time that day. Larger clients make sure to hand them the tape and ask them to pass around their body and back to you. The easiest way to measure a client is on the side of the body and only capture measurements from the right side. All measurements go directly into their progress report

1. Make sure the tape measure is evenly wrapped around the client's body and pulled flush against their body



2. Remind them to stand up tall and not to breathe in
3. Chest- measure right across the nipple line. Ask the client to position in front and wrap tape around to the side
4. Torso- Females- measure first the smaller part of waist, belly button, sometimes on larger/obese ladies I will measure the bottom belly
5. Torso - Males- measure across the belly button and their tops of their pants line
6. Hips- Feet must be together- measure the largest part of their hips
7. Saddle- Measure right below their butt in inch or 2, close by the tops of their legs
8. Upper Thigh- 2 inches down from the inside seam of leg
9. Lower Thigh - 2 inches above the knee
10. Calf - widest part of calf
11. Ankle- across the ankle bone
12. Bicep- ask the client to extend their right arm out to the side, measure the center point of the upper arm around the bicep
13. Neck- measure evenly around the neck

Before & After Photos

Make sure the divider screen is up for privacy and use one of the Ipads to capture the photo. Always try to encourage the client to wear minimal clothing so they can truly see the comparison at the end.

1. Make sure you have a clear canvas on your backdrop and remove anything that would distract.
2. Make sure their entire body is in the shot
3. Make sure Ipad is charged and photo is in focus
4. Five photos are required, front view, left side, back view, right view & headshot
5. The photos will later be uploaded to the client's personal folder