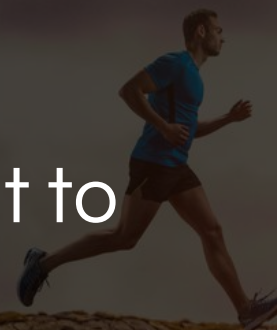


Box:Perform

Box:Perform is a full physiological profile for hybrid and Hyrox athletes. This package is recommended for athletes who want to maximise performance in running or Hyrox competitions



WWW.BOXNUTRITION.CO.UK/HYBRID

Box.

The Full Physiological Profile

The full physiological profile combines lactate and VO2Max testing to give you an all round picture of your current performance.

Lactate testing and VO2Max testing are both valuable assessments in evaluating an individual's aerobic fitness and performance potential. Combining the two tests can provide a more comprehensive evaluation of an individual's physiological response to exercise.



1. VO2Max and lactate Testing

VO2Max testing measures the maximum amount of oxygen that you can consume during exercise, which is an indicator of their aerobic capacity. A higher VO2Max indicates a higher capacity for aerobic exercise and greater potential for hyrox and endurance performance.



Lactate testing

Lactate testing measures the amount of lactate present in the blood during exercise.

Blood lactate is directly associated with muscle fatigue and the degradation of endurance performance, which is why it is so important that endurance athletes train their bodies to clear blood lactate.

By measuring an individual's lactate thresholds, a coach or trainer can determine the intensity at which the individual can exercise without accumulating excessive lactate and fatiguing.

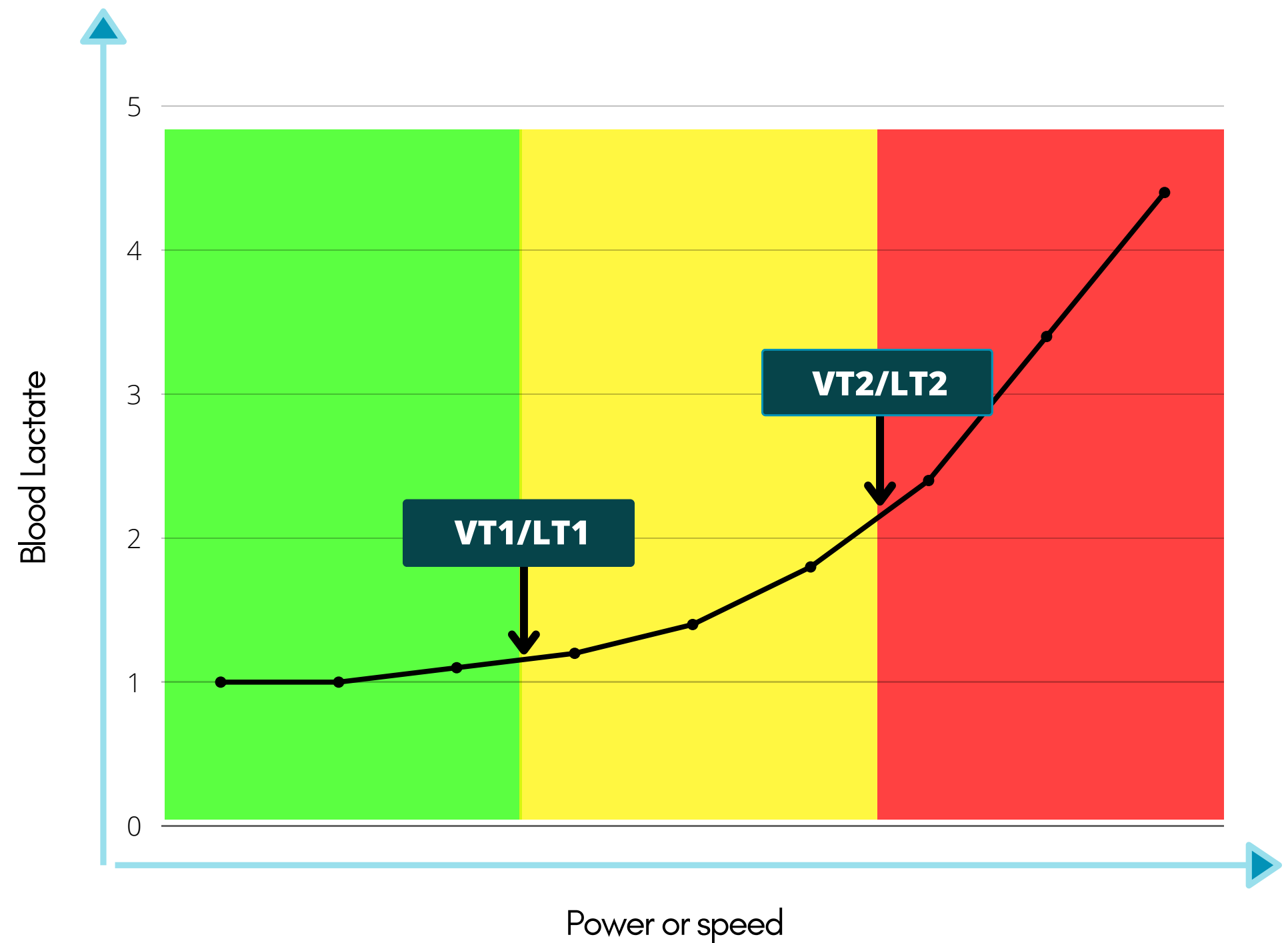


Why test both?

Both VO2 and lactate testing can be used to find your thresholds to establish your training zones. However, some athletes and coaches like to use both tests to confirm these thresholds.

Your first lactate threshold (LT1) is used to determine the transition from zone 2 to 3 in a 'Five Zone Model'.

The second lactate threshold (LT2) is used to determine the transition from zone 4 to 5 in a 'Five Zone Model'.



How the testing works

The testing is split into two parts:

The lactate test involves a step test where every 3- 5 minutes the speed or watts will be increased and a small blood sample will be taken. After a 10 minute break, you will complete a VO2Max test which is a short, intense ramp test to establish your VO2Max.



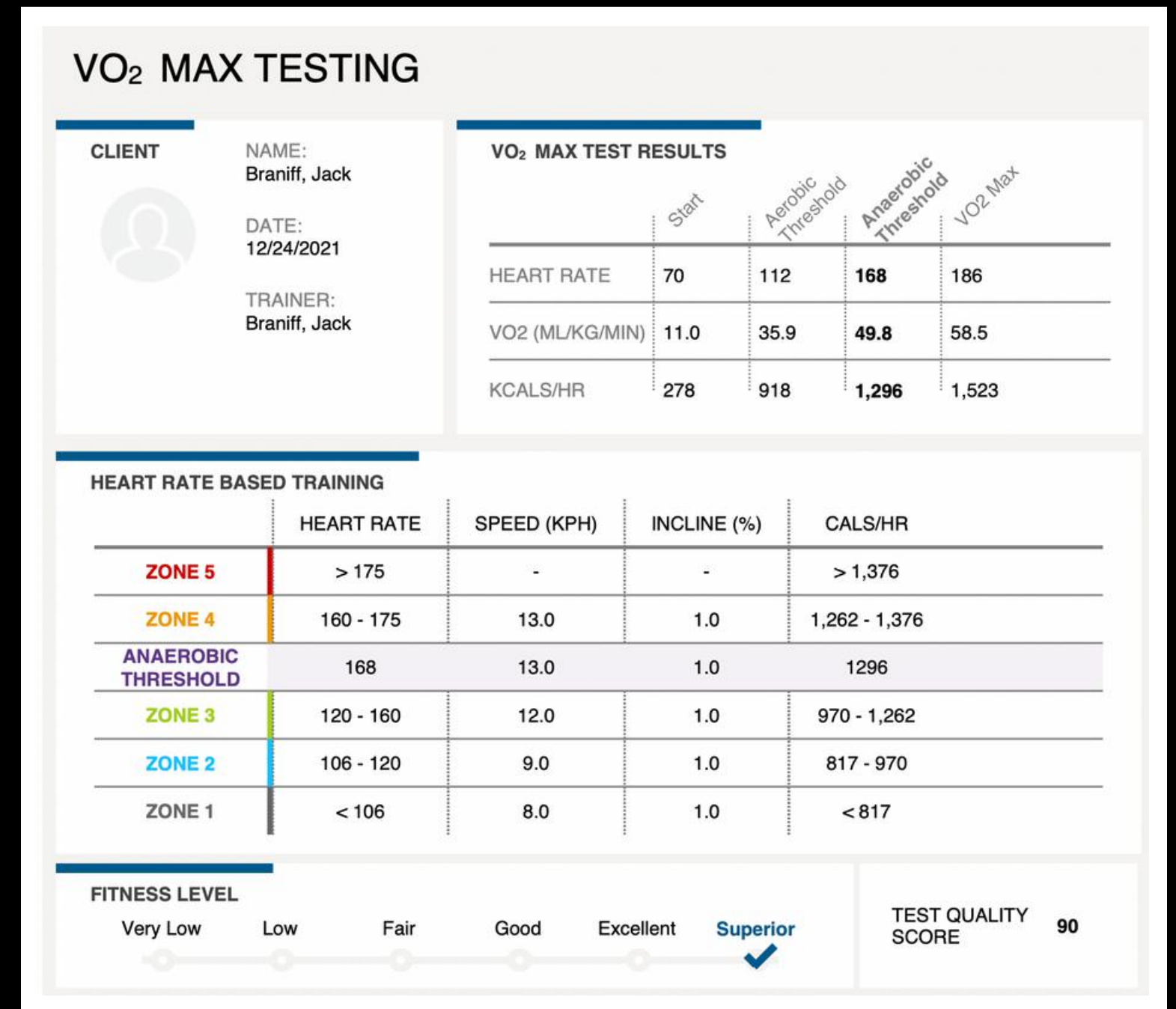
Why Test?

Individualised training

VO2Max and lactate testing can provide personalised data on your fitness level and can help create a customised training programme based on their specific needs. This can help improve endurance performance by tailoring training to an individual's strengths and weaknesses..

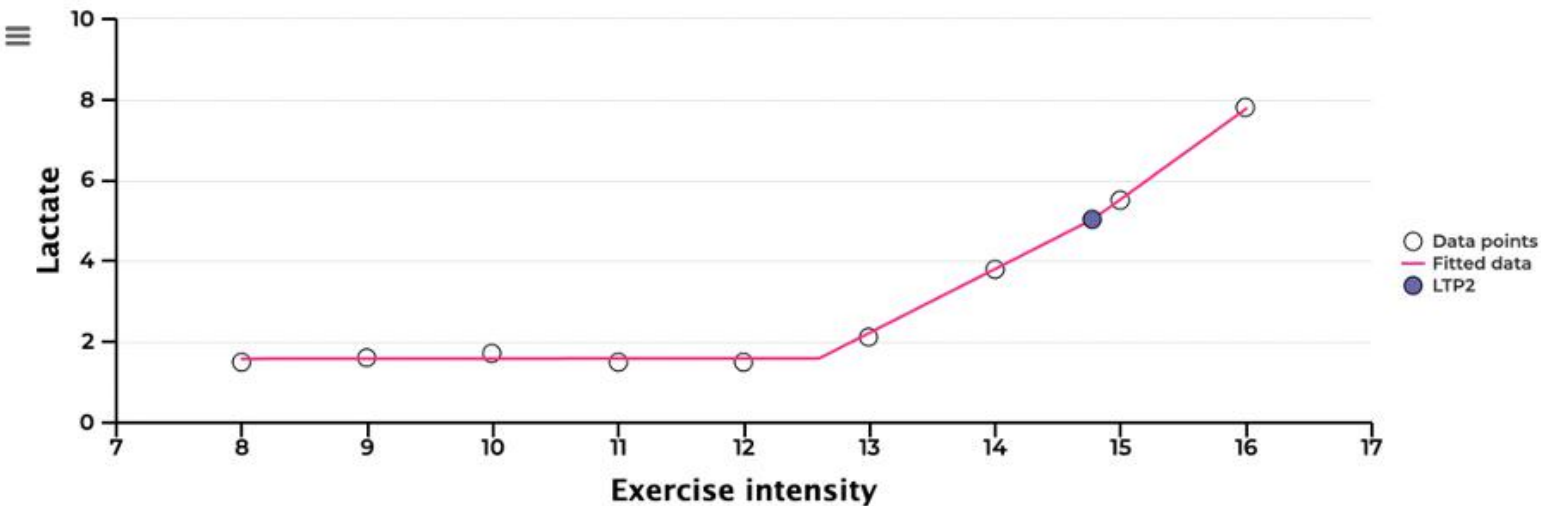
Training Zones

Based on your VO2Max and lactate profile, we can accurately pinpoint your training zones (not the max heart rate nonsense), which enables you to target your training to achieve a specific outcome. This means you know what heart rate, power or speed you should be aiming for within each session.



Why Test?

category	method	fitting	intensity	lactate	heart rate
LTP	LTP2	3rd degree polynomial (user-defined)	14.78	4.9	160



LTP1

category	method	fitting	intensity	lactate	heart rate
LTP	LTP1	3rd degree polynomial (user-defined)	12.6	2.1	136

Lactate Threshold 1 and 2

Your Lactate (LT1 and LT2) Thresholds are key markers for endurance performance. Knowing these values help direct your training and highlight where you need to improve.

Identify strengths and weaknesses

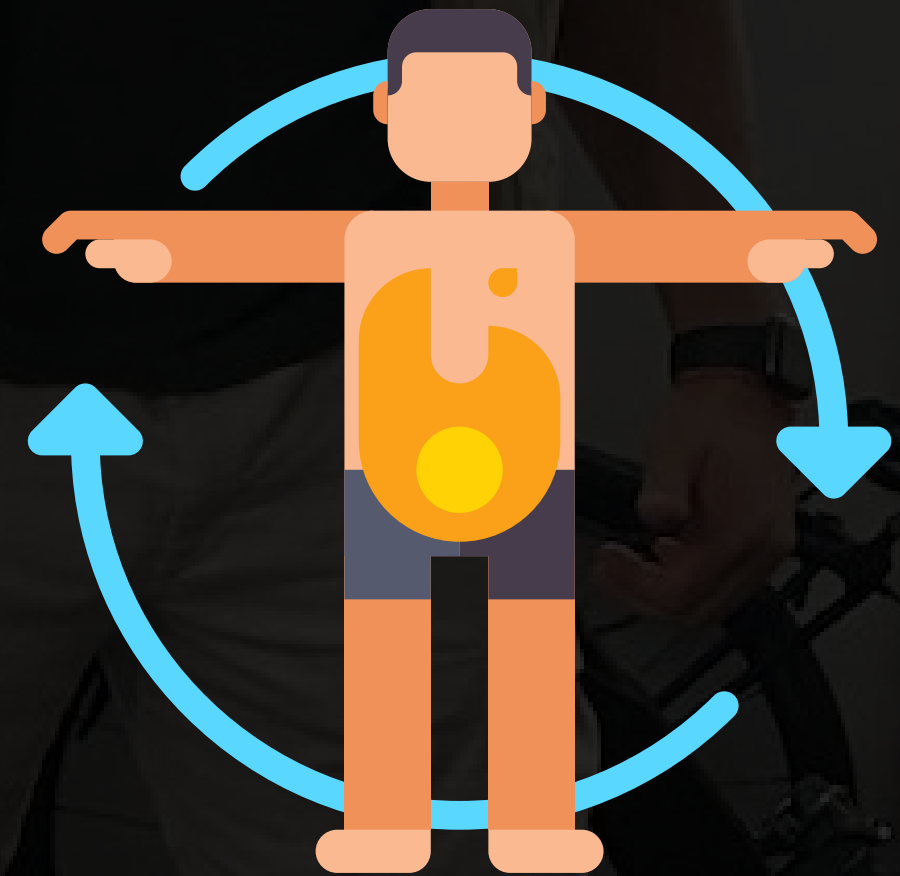
From a VO2Max and lactate test, we can compare your results to optimal values, which helps us decide your fitness area that needs more work. Is it endurance, high intensity exercise, or do you need to be more efficient?

2. RMR Metabolism Testing

RMR is your Resting Metabolic Rate and is the amount of energy (kcal) your body burns at complete rest. It is an important factor in fuelling and body composition because it determines the minimum number of calories needed by the body to sustain itself at rest.

Knowing this number helps you accurately determine how many kcals you require to eat for your goal.

For example, if your RMR is 1500 calories per day, and you consume 1200 calories per day, you would create a 300 calorie deficit. This deficit, when sustained over time, can lead to weight loss.



How we measure it

Metabolism testing is a simple and painless process. You breathe into a small tube which is connected to a metabolic cart. The test takes around 15 minutes and measures the amount of oxygen and carbon dioxide in your breathe in and out, so we can accurately measure how many calories you're burning.

The results of the test will give your resting metabolic rate (RMR). Metabolism testing is a safe and gold standard to determine how many calories your body burns.



3. Body composition

A body composition test measures weight and the amount of body fat, muscle mass and bone mass.

From this testing, we are able to target body composition changes, as well identify areas we need to improve.

We can also provide fuelling and protein targets based off fat free mass.



Who would benefit from Box:Perform

Box:Perform is designed for fitness enthusiasts who share a common passion for achieving well-rounded fitness and a balanced physique. Our programme is perfect for:

Lifters who want to improve their running performance without sacrificing strength.

Individuals preparing for or participating in Hyrox events, who require a specialised approach to their training to perform at their best.



The Box:Perform Package

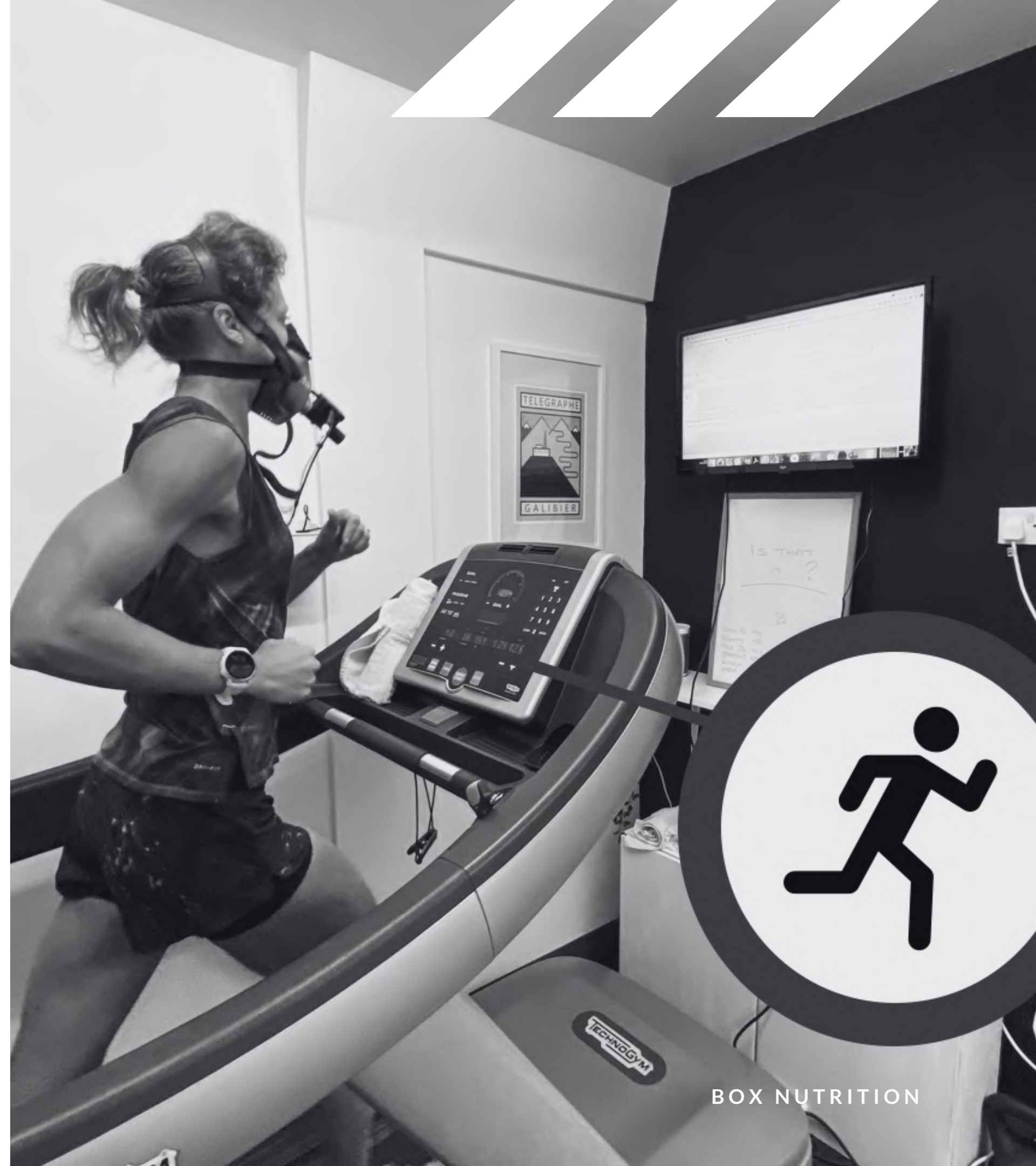
This Perform plus package incorporates 3 tests to help you maximise endurance performance:

1. VO2Max test
2. Blood lactate profile test
3. InBody Body Composition test
4. RMR Resting Metabolic Rate test

This profile will also includes a full report including:

- A full performance report and training zones
- A personalised nutrition plan that includes: - Calorie and macronutrient breakdown tailored to your RMR and goals

And most importantly a clear path to better results!



Book Your Testing

To book your testing just click on the link below:

- [Book your testing.](#)
- [If you're still not sure, why not book a call](#)

Contact Us

If you have any questions then please email us at:

info@boxnutrition.co.uk



Why Test With Box

- Tested over 750 individuals
- High end testing equipment also used by the military and university labs
- Discounted group bookings available
- Available 7 days a week
- Our portable analyser means we can travel to you or test on site

