

## PRE-TEST INFORMATION

# Exercise Fuel Profile

This profile measures FatMax. A gradual, submaximal treadmill or cycling assessment measures oxygen consumption and carbon dioxide production to identify the intensity at which your fat use peaks. Please read both pages before your visit.

### Food

No food for at least 3 hours; overnight fast preferred

### Caffeine

Avoid on the day and for at least 12 hours before

### Exercise

No intense exercise for at least 24 hours

## 01 Exercise and activity

- Plan the assessment into your training schedule. Keep training **relatively easy and repeatable for the 2 days before testing**.
- Avoid intense exercise for at least **24 hours** before your FatMax assessment. Light walking or stretching is acceptable.
- **Do not train before your assessment on the test day.** If you need a session that day, schedule it for afterwards.

## 02 Food, water and caffeine

- Eat your **normal diet** in the preceding days. Do not carbohydrate-load or make unusual changes to your fat intake.
- Avoid **high-fat meals and alcohol for at least 24 hours**. Eat a normal, balanced meal the evening before.
- **Do not eat for at least 3 hours before the test.** An overnight fast is preferred for accurate fat-metabolism measurements.
- Avoid caffeinated drinks and energy drinks **on the day and for at least 12 hours beforehand**. This includes tea, coffee and caffeinated soft drinks.
- Arrive **well hydrated**. Drink water as needed.

## 03 Keep a preparation record

Record your training, food and drink in the **48 hours before testing**. Include nutritional supplements such as carbohydrate drinks, creatine and vitamins. Keep a copy so you can repeat the same preparation for a future assessment.

### Questions before your appointment?

Email [matteomagagnin89@gmail.com](mailto:matteomagagnin89@gmail.com). Contact me in advance about health conditions, medication, dietary restrictions or anything that may affect your preparation.

ON THE DAY

# Your visit to the laboratory

## 04 Travel and recent illness

- Avoid major travel across time zones in the **10 days before testing**. Jet lag and travel fatigue can affect your results.
- After a flight lasting more than 2 hours, without crossing more than 2 time zones, leave **at least 1 week** before testing.
- If you crossed more than 2 time zones or feel jet-lagged, allow **at least 10-14 days** after your return. Leave plenty of time for your journey to the laboratory.
- If illness has kept you off training for **more than 7 days**, contact me to discuss when testing is appropriate.
- Contact me if you have a cold, sore throat or another upper respiratory infection, or have had one in the last few weeks. Take time off training until symptoms have gone and, ideally, a further week after recovery before training again.
- If you feel unwell or are recovering from illness, contact me to reschedule your assessment.

## 05 What to bring

- Comfortable training clothing and appropriate running or cycling footwear. Bring a change of clothing, a towel and a water bottle.
- Showers can be arranged. Bring a wash-bag if you would like to use them.
- Cycling tests use a WattBike. The bike has Wellgo 148 dual-sided pedals for **SPD and Look Keo**, plus toe cages. You can also use regular training shoes.
- If you prefer your own pedals, tell me in advance and bring any specialist tools needed to fit them.

## 06 What to expect

You will wear a face mask connected to the gas analyser. Exercise increases gradually in stages and remains submaximal. The test lasts around **30-45 minutes including warm-up and cool-down**. You can stop at any time; completing each stage allows the measurements to be interpreted.

### Your appointment location

Your assessment takes place in a professional laboratory.

The exact location, availability and arrival instructions are confirmed personally before you book or pay.