

Improve your
**Sports
Performance**
with top-end High-Performance Technology

Trusted
brand for
14+
Years

**ISST HIGH
PERFORMANCE**
ASSESSMENT | PERFORMANCE | REHAB

Sports Science & Performance Lab



- Composite Fitness Assessments
- Vo2 Max Testing
- Timing Gate Tests
- "In-Body" Full Body Composition Scanning
- Blood Flow Restriction (BFR) Training
- Velocity Based Training (VBT)
- Reaction Time Testing
- Advanced Strength & Conditioning
- Sports Nutrition & Psychology Sessions



Chattanooga Wireless Pro
Wireless electrical stimulation



For any specific ask,
not mentioned in the list..

Call Us!
Enroll Now for a
**Free
Performance
Assessment**



Sports Science Lab



PhysioTherapy Clinic

For Appointment Contact:
+91-7972624645
Email:- sportsscience@isst.co.in
Visit us: www.isst.co.in

Get the most out of your workout.

Vo2 Max testing gives you precise heart rate zones for optimal training sessions.

You may have seen charts about your "target heart rate" while you work out. Here's the truth—those numbers are just averages based on your age & weight. Our Vo2 Max Test will measure your unique heart rate zones and guide you through the intensities necessary for you to achieve your goals. Whether your focus is on burning fat, increasing endurance, or strengthening your heart, your precise target intensity zones will help you workout smarter not harder.

THE HIGH PERFORMANCE MODEL



Body Composition Analysis



Composite Fitness Assessments



Strength & Conditioning Program Design



Nutrition & Diet Plan



Psychological Assessment & Counseling



Pre-hab/ Recovery & Rehabilitation



Reaction Time Testing

Burn more Fat!

Vo2 testing reveals the exercise level that will optimize a person's ability to burn fat. The term "aerobic exercise" has been commonly used in relation to burning fat. But without VO2 testing, fitness professionals have had to rely on crude estimates to determine what level of exercise intensity would be "aerobic" or fat burning. Now with VO2 testing readily available, you can know the precise level of intensity that will truly maximize the amount of fat you burn.

Why Test VO₂ MAX?

TOP SPORTS TECH FOR YOUR PERFORMANCE

VO₂ Max is the Ultimate Indicator of Cardiovascular Fitness.



Body Composition Test

Blood Flow Restriction Training (BFR)

Velocity Based Training (VBT)

Timing Gates Testing

VMax Sports & Fitness, Bharatkunj Society 2, Dead end of Lane opp. Kalmadi High School Gate 2,
Ganeshnagar, Pune-411038. Phone: +91-9080703634 / +91-7030776929
Email: sportssciences@isst.co.in

PACKAGES FOR HIGH PERFORMANCE TESTING AT ISST HPC

Package	Tests		
GOLD	Anthropometric Tests	Field Tests	Vo2Max Test
SILVER	Anthropometric Tests	Field Tests	-
BRONZE	Anthropometric Tests	-	-

Anthropometric Tests:

- Body Composition Analysis (In-Body)
- Muscle-Fat Analysis
- Obesity Analysis
- Segmental Lean/Fat Analysis
- Skinfold measurement, Girth measurements, Body Weight, Height

Field Tests:

- Agility Test (Speed Test, Change of direction speed)
- Strength (squat, bench press)
- Power (Overhead Throw, Rotational Throws)
- Flexibility Testing
- Jump (Vertical Jump, Horizontal Jump)
- Multistage shuttle run test/Yo-Yo intermittent recovery test
- Repeat Sprint Ability Test
- Reaction Time Testing

VO2Max Testing:

(Provides data on how much oxygen/Maximum Oxygen you use as you exercise)

Note: Tests may change as per the demand and type of sports.

PACKAGES FOR HIGH PERFORMANCE TRAINING AT ISST HPC

		PERFORMANCE PACKAGE		
		Gold	Silver	Bronze
Sessions Per Month	S&C	20	16	12
	Rehab	2	1	-
	Nutrition	2	1	1
	Psychology	2	1	-
	Total Sessions	26	19	13

		REHAB PACKAGE	
		Gold	Silver
Sessions Per Month	Rehab	12	8
	S&C	8	4
	Nutrition	2	1
	Psychology	2	1
	Total Sessions	24	14

Terms & Conditions:

1. Monthly Payment to be done in advance.
2. Package can be upgraded by payment of difference amount.
3. Number of Sessions have to be completed in the given month only.
4. Package cannot be extended in next month.
5. Fees are non -refundable nor transferable.
6. Monthly Performance report will be generated at the end of the month.
7. Any additional therapy at extra cost.