

Name:	Call to Schedule Your Appointment
Phone:	
Email:	
Referral:	
	Rob Confessore: 406-758-2270 Ext. 1 rconfessore@krmc.org Dan Paine: 406-758-2270 Ext. 2 dpaine@krmc.org

- Summit Member
 Non-Member

Payment Options:

- Charge Account Summit Member # _____
 Credit Card V / MC / Amex / Disc
 Cash
 Check # _____

Total Amount Paid: \$ _____

Screening forms will be provided prior to your appointment - Please carefully review and complete these forms and bring them with you to your testing appointment. **Test/Re-Test Option: Purchase the same two tests at one time and receive a 30% discount on the 2nd test!** Baseline evaluations are extremely valuable to devise or revise exercise/training programming. However what is **most beneficial** is a post-test at **3** month, **6** month, or **one year** intervals to gauge the effectiveness of exercise/training and document and help you celebrate improvements. Schedule your second test within a year w/ESSC staff.

À La Carte ESSC Services	Choose One or More of the Following Services to Target Individual Needs	Member Price	Non- Member Price
<input type="checkbox"/> VO2 Max/EKG	<ul style="list-style-type: none"> VO₂ Max, 12-Lead EKG, and Maximum Heart Rate 	\$135 POS 8704	\$150 POS 8704non
<input type="checkbox"/> Lactate	<ul style="list-style-type: none"> Lactate Profile and Anaerobic Threshold Level 	\$99 POS 8730	\$120 POS 8730non
<input type="checkbox"/> REE	<ul style="list-style-type: none"> Resting Energy Expenditure 	\$69 POS 8702	\$80 POS 8702non
<input type="checkbox"/> Wingate	<ul style="list-style-type: none"> Wingate Anaerobic Power Determination 	\$79 POS 8731	\$89 POS 8731non
<input type="checkbox"/> Body Comp	<ul style="list-style-type: none"> Body Composition Analysis using InBody 570 	\$22 POS 2503	\$35 POS 2503non

ESSC Packages	Package Description	Member Price	Non- Member Price
<input type="checkbox"/> VO₂ Max & Lactate Profile <input type="checkbox"/> Re-Test 30% Off	<p>All packages include an InBody Body Composition Analysis, Blood Lipid Panel, and Blood Glucose Measurement</p> <p>How fit are you? How well does your body use oxygen? What is your TRUE maximal heart rate? Answers to all your training questions!</p> <ul style="list-style-type: none"> VO₂ Max, 12-Lead EKG, and Maximum Heart Rate Lactate Profile and Anaerobic Threshold Level Personalized training program discussed during an individual consult 	\$225 POS 8802	\$250 POS 8802non
<input type="checkbox"/> Anaerobic Medley <input type="checkbox"/> Re-Test 30% Off	<p>How strong is your sprinting ability in all forms of exercise and sport? It's all about POWER! How much can you generate?</p> <ul style="list-style-type: none"> VO₂ Max, 12-Lead EKG, and Maximum Heart Rate Lactate Profile and Anaerobic Threshold Level Wingate Test of Anaerobic Power Personalized training program discussed during an individual consult 	\$289 POS 8803	\$319 POS 8803non

ESSC Packages	Package Description	Member Price	Non-Member Price
<ul style="list-style-type: none"> ☐ Fueling for Fitness ☐ Re-Test 30% Off 	<p>All packages include an InBody Body Composition Analysis, Blood Lipid Panel, and Blood Glucose Measurement</p> <p>Your body is an awesome “machine”. Are you fueling it correctly? If not – NO amount of exercise/training will have the desired effects. Evaluate your current diet; use directly measured data to learn how to fuel your machine before, during, & after exercise.</p> <ul style="list-style-type: none"> • Resting Energy Expenditure • InBody 570 Body Composition Analysis • Diet Analysis, Nutrient Adequacy & Consultation w/ Registered Dietitian 	<p>\$159</p> <p>POS 8804</p>	<p>\$180</p> <p>POS 8804non</p>
<ul style="list-style-type: none"> ☐ Dual Sport Package ☐ Re-Test 30% Off 	<p>Two disciplines (cycling & running); each evaluated with its own specialized test. Dual activity specific data to help the cyclist, runner, and /or multi-sport athlete BE their BEST.</p> <ul style="list-style-type: none"> • VO₂ Max, 12-Lead EKG, and Maximum Heart Rate (2) • Utilizing BOTH Treadmill & Cycle Ergometer • Lactate Profile and Anaerobic Threshold Level (2) • Personalized training program discussed during an individual consult 	<p>\$389</p> <p>POS 8805</p>	<p>\$439</p> <p>POS 8805non</p>
<ul style="list-style-type: none"> ☐ Gait (Walking) Analysis ☐ Re-Test 30% Off 	<p>Gait analysis promotes proper walking/hiking form, reduces the risk of chronic joint pain, and can be a useful fall-prevention tool. Asymmetric gait patterns are identified to help an individual restore their natural form after injury or surgery.</p> <ul style="list-style-type: none"> • Video-based gait analysis while walking across a floor or treadmill • 55 anatomical points are used to identify important gait characteristics • Full 3-Dimensional analysis and report • Personalized training recommendations during an individual consult 	<p>\$225</p> <p>POS 8809</p>	<p>\$250</p> <p>POS 8809non</p>
<ul style="list-style-type: none"> ☐ Running Analysis ☐ Re-Test 30% Off 	<p>Do you wish to improve your running form while reducing your risk of injury?</p> <ul style="list-style-type: none"> • High speed video capture of running form while on a treadmill • Critical running parameters identified using 35 anatomical points • On-line web report can be shared with coaches, friends, and training partners • Personalized training recommendations during an individual consult 	<p>\$225</p> <p>POS 8810</p>	<p>\$250</p> <p>POS 8810non</p>
<ul style="list-style-type: none"> ☐ MBA Metabolic Biomechanics Analysis ☐ Re-Test 30% Off 	<p>Earn your MBA in our ESSC! Check out ALL the systems to make you enjoy running more and become a BETTER runner!</p> <ul style="list-style-type: none"> • VO₂ Max, 12-Lead EKG, and Maximum Heart Rate • Lactate Profile and Anaerobic Threshold Level • High speed video capture of running or walking form while on a treadmill • Critical running parameters identified using 35 anatomical points • On-line web report can be shared with coaches, friends, and training partners • Personalized training program discussed during an individual consult 	<p>\$399</p> <p>POS 8811</p>	<p>\$450</p> <p>POS 8811non</p>