

## SPORTS &amp; RECREATIONAL FACILITY ERLANGEN

# Personal Training / Performance Diagnostics

With **personal training**, you will receive individualized coaching from our qualified staff. The process always begins with a detailed consultation. Based on this, we create a customized training program tailored to your personal needs, ensuring continuous support as you work toward your fitness goals. Upon request, personal training can also be combined with nutritional counseling or performance diagnostics.

## Your Benefits

- Personalized training plan based on your needs and goals
- Flexible scheduling
- Targeted and supervised exercise execution

We also offer **performance diagnostics** with various test modules. Performance diagnostics include different tests, which can be booked individually or as a combo package.

Please schedule an appointment for all tests.

Test	Duration	Cost	Details
<b>1. Back Check</b> Strength measurement for back, abdominal, and lateral core muscles	~ 20 min per test	€35	Optional: Additional muscle function test to assess shortened muscle groups
<b>2. Balance Test</b> Assessment of balance skills	~ 5 min	€12	Includes evaluation and coordination tips
<b>3. Body Analysis Measurement</b> Measurement of muscle, fat, and water percentage	~ 5 min per test + consultation	€15	Includes evaluation and explanation
<b>4. VO2max Measurement</b> Assessment of your maximal oxygen uptake (VO <sub>2</sub> max)	~ 15 min	€ 40	Includes evaluation and explanation VO <sub>2</sub> max as a predictor of health and performance
<b>Combo Package (Test 1 – 4)</b>	~ 45 min	€ 80 (3 tests)	All tests performed on the same day if possible

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