

SPORTS AND HEALTH PROGRAMS IN 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
1. Back Check Strength measurement for back, abdominal, and lateral core muscles	~ 20 min per test	€ 35.00
2. Balance Check Measurement of balance ability, body stability and coordination	~ 5 min	€ 12.00
3. Body Composition Measurement (BIA) Measurement of muscle, fat and water content	~ 5 min per test + consultation	€ 15.00
4. VO2max Measurement Measurement of your maximal oxygen uptake	~ 15 min	€ 40.00
Combo Package (Tests 1 – 4)	~ 45 min	€ 80.00 (4 tests)

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⇨ [Registration Link](#)