

DATA-DRIVEN HEALTH & PERFORMANCE TESTING

Whether you're focused on long-term health, race performance, or establishing a baseline, ISSM provides research-grade testing to help you move forward with clarity and confidence



BODY COMPOSITION & HEALTH

Resting Metabolic Rate (RMR) \$50

- Measures calories burned at rest and substrate utilization to help guide nutrition and weight management strategies

BOD POD \$50

- Measures body fat and lean tissue % using air displacement technology

Dual-Energy X-Ray Absorptiometry (DEXA) \$150

- Gold-standard body composition analysis measuring body fat, lean mass, visceral fat, and bone mineral density

PERFORMANCE & ENDURANCE TESTING

Anti-Gravity Treadmill \$45/hour

- Reduces body weight up to 80% to allow pain-free running, rehab progression, and controlled training load management

VO₂ Max Test \$100

- Gold-standard indicator of cardiovascular fitness and is one of the strongest predictors of endurance performance and long-term health

Lactate Threshold Test \$150

- Determines your training thresholds to sharpen pacing and maximize adaptation

Longevity & Health Baseline (\$255)

DEXA + VO₂ Max + RMR

A comprehensive health and fitness assessment combining blood profile, body composition, metabolic rate, and cardiorespiratory fitness — some of the most powerful markers of long-term health and functional capacity

PACKAGES

Optimal Performance (\$360)

VO₂ Max + Lactate Threshold + RMR + DEXA

Complete performance profiling for serious athletes. Establish your aerobic ceiling, define precise training zones, and understand how body composition impacts performance



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PEAK PERFORMANCE | OPTIMAL HEALTH



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