

Fitmate



Fitmate PRO



Fitmate MED



Tests/Products	Fitmate	Fitmate PRO	Fitmate Med
Spirometry			
Forced/Slow Vital Capacity (SVC-FVC)			•
Maximum Voluntary Ventilation (MVV)			•
Broncho-Dilator test			•
Cardio Pulmonary Exercise Testing			
Cardio Respiratory Fitness (VO ₂ max, Sub-max VO ₂)		VO ₂	VO ₂
Anaerobic Threshold (AT)		•	•
Indirect Cardiac Output (Wasserman algorithm)			•
ECG Integration (HR TTL)		•	•
Integrated Pulse Oximeter (SpO ₂)			•
Nutritional Assessment			
Resting Energy Expenditure (REE, RMR)	•	•	•
Weight Management Program (Energy Balance)	•	•	•
Lifestyle & Physical Activity Management, integration w/ Physical Activity Monitor (PC only)	•	•	•
Daily Food Intake/Weekly Meal Plan (PC only)	•	•	•
Exercise Prescription			
ACSM Exercise Prescription (PC only)		•	
VO ₂ /HR Training Zones (based on AT) up to 6 zones		•	•
Exercise Intensity for Cardiac Rehabilitation			•
Cardio Vascular Risk Analysis			
Framingham Index		PC only	•
Duke Score			•
Bode Index			•
European Cardio Score			•
Fitness Assessment			
Body Composition (skin-fold)	•	•	•
Muscular Endurance/Strength		•	
Flexibility		•	
Standardized Measurement (WHR, BP, RHR, etc)	•	•	•

Max & Sub-max Reports		Fitmate MED		Fitmate PRO	
	Report type	Fitness/Sport	Clinical	Fitness/Sport	
Sub maximal	Anaerobic Threshold	na	na	na	
	Graphs	VO ₂ Kg vs. HR	VO ₂ Kg vs. HR	VO ₂ Kg vs. HR	
	Training Zones (3 types)	Athlete - Fitness - Cardiac Rehab		Athlete - Fitness	
	VO ₂ max Interpretation	ACSM	AHA Classification	ACSM	
	Predicteds	na	na	na	
	PC Report	na	•	•	
Maximal	Anaerobic Threshold	•	•	•	
	Graphs	VO ₂ Kg & HR vs. time	VO ₂ Kg & HR vs. time VE & VO ₂ /HR vs. time	VO ₂ Kg & HR vs. time	
	Training Zones (3 types)	w/ AT	Athlete/Fitness	AHA Rehab	Athlete/Fitness
		w/o AT	Athlete/Fitness	AHA Rehab	Athlete/Fitness
	VO ₂ max Interpretation	ACSM	AHA Classification	ACSM	
	Predicteds	na	Jones/Wasserman	na	
PC Reports		•	•	•	

Legend - na; not available | ACSM; American College of Sports Medicine | AHA; American Heart Association