

## MEDICAL



## EFFECTIVE, ACCURATE PULMONARY TESTING

### THE ULTIMATE FITNESS ASSESSMENT TOOL

A simple & effective tool for the gold-standard assessment of individual fitness & metabolism, with the specific goal of improving long-term weight management, health and fitness.

### MULTI-DIMENSIONAL TOOL

Fitmate Pro is compact desktop testing and assessment device with a large LCD screen, keypad and built in thermal printer. The Fitmate can perform VO<sub>2</sub> Max and Sub Max tests with bikes and treadmills and can also be used for REE and RMR assessment device which is comparable to most metabolic carts.



### PULMONARY FUNCTION EQUIPMENT FOR PROFESSIONAL OR MEDICAL USE

Cosmed products and features are suitable for various applications such as:

- Hospital
- Clinics
- Primary Care
- University & Education in Human Physiology
- Clinical Nutrition
- Commercial Weight Management
- Human Performance Centers
- Sports Institutions
- Health Club Industry

### STANDARD PACKAGE

- Fitmate Pro Desktop Unit
- 10 Comfortable 1 six fits all RMR masks
- 1 Silicone mask for exercise testing size M  
(Also available S, M, L, XL & pediatric)
- Head cap for masks
- Easy to replace O<sub>2</sub> cell, 12-18 months lifespan & device indicates need for replacement
- USB cable and AC/DC power adapter
- Fitmate PC software
- Body Meter
- Oxygen Sensor
- HR Strap & probe

## FITMATE PRO

### The first desktop system for easy & accurate Cardio Pulmonary Exercise Testing

- VO<sub>2</sub>max, sub-max VO<sub>2</sub> and Anaerobic Threshold
- Nutritional Assessment (REE, RMR)
- Fitness Assessment and Risk Analysis
- Body Composition & Comprehensive Weight Management
- Software for Data Management, Exercise Prescription & HR-VO<sub>2</sub> Training Zones
- Accurate, affordable, and easy to use



● Standard Feature ○ Optional Feature

FEATURES	
Nutritional Assessment	
Resting Energy Expenditure (REE, RMR)	●
Weight Management Program (Energy Balance)	●
Lifestyle Management & Physical Activity Software	●
Body Composition (by input, BOD-POD, skin fold)	●
Diet Software w/ Weekly/Daily Food Intake & Food database	●
Exercise Testing & Fitness Assessment	
VO <sub>2</sub> Max & Sub-Max VO <sub>2</sub> , Anaerobic Threshold (AT)	●
Training Zones (3 subject's profiles & based on AT & VO <sub>2</sub> Max)	●
Muscular Endurance/Strength/Flexibility	●
ECG Integration (HR TTL)	●
Exercise Prescription	
ACSM Exercise Prescription	●
VO <sub>2</sub> /HR Training Zones (based on AT & VO <sub>2</sub> Max)	●
Cardio Vascular Risk Analysis (Framingham Index)	
Standardized Measurement (WHR, BP, RHR, etc)	●

TO LEARN MORE, VISIT [WWW.WOODWAY.COM](http://WWW.WOODWAY.COM) OR CALL 800.WOODWAY TO TALK TO A REPRESENTATIVE.