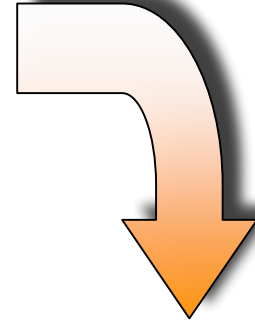
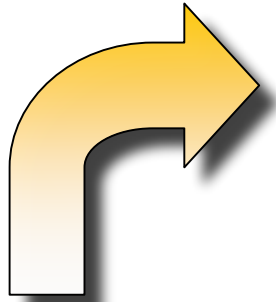


BLASTProfile

Professional Fitness Profile

Body Age 60-minute Fitness Assessment

- Body Fat % Analysis
- Blood Pressure Testing
- VO2 Max Testing
- Strength Assessment
- Flexibility Testing
- \$50 for 60 minutes



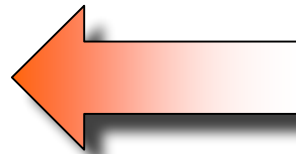
Heart Rate Coaching

- VO2 Max Explanation & Analysis
- Anaerobic Threshold Testing
- Customized Heart Rate Monitor Settings
- \$30 for 30 minutes



Nutritional Evaluation

- Basic Food Log Analysis
- Customized Macronutrient Profile
- Resting Metabolic Rate Analysis
- \$30 for 30 minutes



\$95 for ALL Three Profile Components

Is Age Really Just A Number?

BLAST4LIFE

Email atlanta@blast900.com or call 404-841-5430 to schedule your appointments.