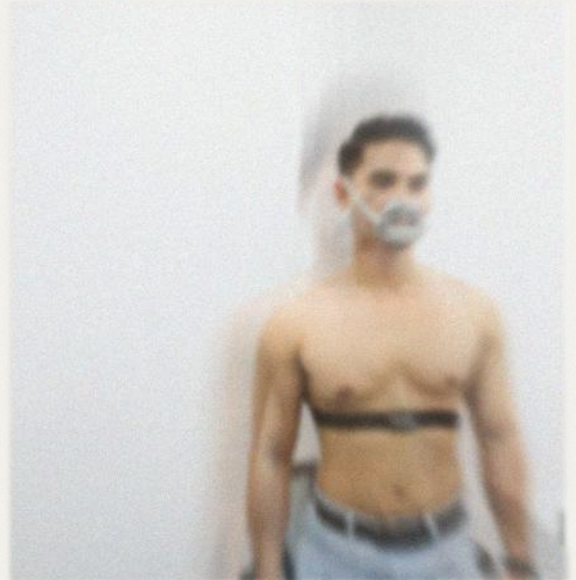


metabolic



Uncover your true cardiovascular potential with VO₂ max testing

The most powerful predictor of how long and well you'll live.



What is VO₂ max and why it matters

VO₂ max measures the maximum oxygen your body can use during exercise. The higher it is, the better your heart, lungs, and muscles work together. It's one of the strongest indicators of cardiovascular health, fitness level, and longevity.

But this isn't your average treadmill test.

At Metabolic, VO₂ Max testing is part of a clinically designed, cardiologist-led fitness assessment program, built to track and improve your health over time, not just at a single moment.

We use the 6-Minute Incremental Step Test (6MIST), a science-backed, non-invasive protocol that mimics real-world exertion. You'll step in place while we capture:

- ✓ Oxygen usage (VO₂).
- ✓ Cardiac output and stroke volume.
- ✓ Heart rate zones.
- ✓ Your personal Cardiorespiratory Optimal Point (COP).

Who should get it?

- Pre-diabetics & diabetics.
- Women with PCOS.
- Patients on Testosterone Replacement Therapy.
- Anyone plateauing in weight loss or training goals.

Whether you're just starting or optimizing your health journey, knowing your baseline is the first step to doing it right.

This is not just a test, it's a 3-month journey toward improved fitness.

01

Shosabi assessment with heart rate integration

Track real-time heart performance with a wearable armband and receive a tailored exercise regimen based on your HR zones.

Shosabi is an advanced AI-driven fitness companion that ensures every step of your journey is grounded in data and precision. It measures mobility, flexibility, strength, and range of motion to give you an instant fitness score for a clear starting point.

02

VO₂ max test

A 6-minute upright step test monitored by both your sports scientist and cardiologist. No treadmill, no stress test.

03

Personalised consultation

Our cardiologist will walk you through your full metabolic and cardiovascular report building on your Shosabi data for a holistic fitness prescription.

04

Follow-up after 3 months

We repeat the entire process, including Shosabi, VO₂ Max, and your cardiology consult, to assess how your fitness has changed and guide your next steps.

Why Metabolic?

- ✔ **Cardiology-led:** Supervised and interpreted by a cardiovascular expert for clinical depth and safety.
- ✔ **Built for progress:** Includes two full assessments 3 months apart to track real improvement.
- ✔ **Clinically precise:** VO₂ Max estimates calibrated against gold-standard CPET metrics.
- ✔ **Personalised to you:** Heart rate zones and exercise plans based on your own physiology, not formulas.
- ✔ **Fully integrated:** All data is linked to your CGM, HRV, labs, and more.
- ✔ **Motivating and measurable:** A fitness journey that's tracked, tailored, and truly yours.

Pricing

Full 3-month cardiologist-led fitness assessment package.

AED 1,800

What's included:

- ✔ 2 x VO₂ Max assessments (baseline + follow-up).
- ✔ 2 x Shosabi assessments with integrated heart rate tracking.
- ✔ 2 x cardiology consultations.
- ✔ 1 x reusable VO₂ Max mask (must be brought back for follow-up).

Additional masks available at extra cost.

Follow-up session is automatically scheduled 3 months after your first visit.



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