

SPECIALISTS IN SPORTS PERFORMANCE 2010 FEES
Cash, Check or Credit Card via PayPal***

*Please bring correct change as SSP does not have a cash drawer on site

**PayPal transactions may incur a 3% fee

No shows and cancellations less than 24 hours may be charged a fee of \$50
Assessments & Consultations

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| Fitness Assessment & Consultation - 90 Minutes [includes VO2 Peak, VO2, VCO2, RQ, VE, AeT, AT, Fat/Carb %, Caloric Expenditure, Heart Rate, Power zones and/or Pace Zones PLUS extensive results consultation with documents] | 150.00 |
| RETEST Fitness Assessment - 60 Minutes [includes VO2 Peak, VO2, VCO2, RQ, VE, AT, LT, Fat/Carb %, Caloric Expenditure, Heart Rate, Power zones and/or Pace Zones, documents of results] | 115.00 |
| Efficiency Assessment With Consultation 1.5 to 2 hours [includes VO2, VCO2, RQ, VE, Fat/Carb %, Caloric Expenditure, REE, MEP, AeT, LT, Heart Rate, Power, and/or Pace Zones, AT and VO2 Peak option, PLUS extensive consultation of results with documents] | 200.00 |
| RMR & Consultation - 45 minutes [Daily RMR, Activity RMR, Resting Heart Rate, Fat/Carb %, PLUS results consultation] | 85.00 |
| Power Assessment - 60 Minutes [includes Power Threshold Test or Peak Power Tests and Power Training Zones] Various power based assessments available. | 85.00 |
| PowerTap, Garmin ForeRunner or Heart Rate Monitor Consultation - 60 to 90 Minutes Learn to set-up & use your device & software | 85.00 - 100.00 |
| PERSONAL ONE-on-ONE Training and CONSULTATIONS | 85.00/hr |
| GROUP TRAINING - Please call for quote, based on specific group services requested | t/b/d |

Training/Coaching
Web-Based Interaction - Workout calendar, training logs, nutrition logs, device upload, strength training & photos, training/nutrition charts, summaries, journals & much more.

| Contact SSP for availability, as space is limited. A waiting list may apply. | PREMIUM Program | BASIC Program |
|------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------|
| Customized Training Logs | Yes | Yes |
| Analyzed Nutrition Logs | Yes | No |
| Email, Phone or Personal Contact | Unlimited | Unlimited |
| Training Log review; Analysis & program adjustments | Unlimited | Monthly |
| Schedules Published | 1-3 week blocks | 1 month block |
| Free use of web-based software | Yes | No |
| Assessment & Consultation Services (see above for details) | No charge if requested & performed by SSP | Above fees apply |
| OPTION 1 COACHING FEES | <i>3 Months - paid in full</i> | <i>3 Months - paid in full</i> |
| OPTION 2 COACHING FEES | <i>6 Months - paid in full discount rate Saves \$25/month; \$300/year</i> | <i>6 Months - paid in full</i> |
| OPTION 3 COACHING FEES | <i>12 Months - paid in full discount rate Saves \$50/month; \$600/year</i> | <i>12 Months - pd in full</i> |

 CONTACT ANGIE angsturt@sbcglobal.net 608-575-7457