

## Automated Harvard Step Box Tester VO<sub>2</sub>max Description

- Solid hardwood, furniture-quality step box.
- Extendable, sturdy, locking handle.
- Strong polyurethane wheels with stainless steel bearings.
- Lockable storage area holds all testing equipment and supplies.
- Measures 26¼" x 11" x 15½"
- Weighs 43¼ lbs



Hand Grip Transmitter

Chest Belt Transmitter



**Standard Limited Warranty** warrants that all products as free from defects in material and workmanship under normal use and service for a period of one (1) year.

Finally...

fitness measurement

made easy,

portable,

affordable!

**Automated Harvard  
Step Box Tester  
VO<sub>2</sub>max**

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**Get in Step with the  
Automated Harvard  
Step Box Tester  
VO<sub>2</sub>max**



# ...walk off with savings!

Compared to other sub-maximal fitness measurement systems, the Harvard Step Box Test has been automated by Accura. The VO<sub>2</sub>max box is far less costly than treadmills and cycle ergometers with comparable software. The cost savings, compactness, portability and ease-of-use all make the ACCURA 6-11 VO<sub>2</sub>max the right choice for your organization.

**PORTABILITY** ACCURA 6-11 VO<sub>2</sub>max with its extendable handle and high-quality, polyurethane wheels, has a built-in advantage over other fitness measurement and cardiovascular testing protocols. Portability makes ACCURA 6-11 VO<sub>2</sub>max ideal for fitness professionals who are on the move.

**SPACE SAVINGS** Requires far less space than a treadmill or cycle ergometer. This means easy storage for small medical offices, fitness training facilities and mobile service providers.

**LESS INVASIVE** As a sub-maximal test, ACCURA 6-11 VO<sub>2</sub>max is much less invasive than competitive systems where face masks and EKG leads are required. Our simple heart rate monitor strap or optional hand-held wand systems are more hygienic and greatly reduce client anxiety.

**REDUCED RISK** The ACCURA 6-11 VO<sub>2</sub>max Step Test requires only a sub-maximal effort – which reduces exertion risks and the need for medical personnel to be present in most cases.

**USER FRIENDLY SOFTWARE** ACCURA 6-11 VO<sub>2</sub>max software automatically calculates VO<sub>2</sub>max in ml/kg/min as well as in METs. The software also stores your assessments for future reference and retest comparisons – a profitable benefit for return clients

**POWER CALCULATION** ACCURA 6-11 VO<sub>2</sub>max is a computerized step counter. This accurate counting allows for the calculation of power in determining VO<sub>2</sub>max—which is often unavailable. This *unique* ability to calculate power makes the ACCURA 6-11 VO<sub>2</sub>max Step Test a step above previously available fitness testing equipment.

\* Patent Pending

