

# Pro Athlete's The Secret To Faster Times and Higher Endurance Is Now Available To You

1st and only sports lab in Asia to offer lactate and fuel efficiency tests!



**Training for a run or triathlon? Increasing speed and endurance is easy when you've got data to work with.**



At Racers' Toolbox we know that the world is filled with different types of athletes. Performing at your best is not easy, but there are ways to do it – with significantly less effort. Forget about buying the most expensive equipment, invest in knowing your body first by taking some tests and you'll be amazed at how efficiently you can train to improve your personal best. That's how the pros do it. Now you can too.



#### TESTS AVAILABLE:

Lactate Threshold • Fuel Efficiency • VO2max • FatMELT™ • ISAK Body Composition

#### REHEARSE™ Performance Training Programme

Want guidance from the pros to see results even faster? Racers' Toolbox REHEARSE™ combines all the necessary components you need to excel at your chosen sport. Our exercise consultants will analyse your test results and work with you to develop a strategy that is geared towards you safely and effectively achieving your goals.



**SAVE  
\$50**

Valid till April 30, 2009

## Lunch-Time Special!

We now have shower facilities at our new location so come on in for a lunch-time test! Use this coupon to get \$50 off a fatMELT™ or Fuel Efficiency lab test (\$100 per test with coupon). Call **6836-5132** now to schedule your test and mention this coupon. The offer is only available for lunch-time slots (11am-2pm every half hour) till **April 30, 2009** and for one test per client. If you've booked a slot and request later that your appointment be postponed to a date after April 30, this discount coupon will no longer be valid. This coupon must be presented during your appointment. Share this deal with friends/family by joining our mailing list or printing additional coupons from our website.

Learn about sports science tests and training programmes at  
[www.racers-toolbox.com](http://www.racers-toolbox.com)

Racers' Toolbox is located at 7D Mohamed Sultan Road  
(opp. UE Square and above Sage Restaurant)



**Racers' Toolbox**  
Changing Bodies | Changing Minds