



PLEASE TYPE YOUR DETAILS IN THE [SPACE PROVIDED] BELOW AND RETURN VIA EMAIL. **IMPORTANT:** PLEASE SAVE THIS FILE AS YOUR NAME AND THE TEST BOOKING MONTH PRIOR TO EMAILING (E.G. JOHN\_WHITE\_JAN\_09)

ERA ATHLETE CONTACT DETAILS			
FULL NAME			
SPORT			
LEVEL			
PHONE	MOBILE	WORK ( )	
CLUB			
EMAIL			
COACH/REFERRING PERSON			
ERA TESTING SERVICES			
BOOKING TYPE	<input type="checkbox"/> INDIVIDUAL <input type="checkbox"/> GROUP (1- 9 ATHLETES) <input type="checkbox"/> CLUB (10 + ATHLETES)		
TESTING PACKAGE	<input type="checkbox"/> <b>BASELINE TEST:</b> BODY COMP, MAX. HEART RATE, TRAINING ZONES <input type="checkbox"/> <b>LACTATE TEST:</b> BODY COMP, MAX HR, LACTATE PROFILE, LT1, LT2 <input type="checkbox"/> <b>EDGE TEST:</b> BODY COMP, VO <sub>2MAX</sub> , MAX. HR, LT2 <input type="checkbox"/> <b>ELITE TEST:</b> BODY COMP, VO <sub>2MAX</sub> , MAX. HR, LACTATE PROFILE, LT1, LT2		
TEST TYPE	<input type="checkbox"/> <b>CYCLE TEST:</b> CYCLE ERGOMETER    PEDAL TYPE:    CRANK LENGTH: <input type="checkbox"/> <b>RUN TEST:</b> TREADMILL <input type="checkbox"/> <b>ROW TEST:</b> ROW ERGOMETER    2000 M TIME:		
COACHING	ARE YOU INTERESTED IN OUR COACHING SERVICES? <input type="checkbox"/> YES <input type="checkbox"/> NO		
DO YOU REQUIRE A MEDICAL CLEARANCE?			
AGE CATEGORY	Select age category		
ATHLETE HISTORY / EVENTS			
INJURY CONCERNS			
UPCOMING EVENTS			
BOOKING DETAILS			
OPTION ONE	DAY: Select from list	DATE: (E.G. 25/01/09)	TIME: Select from list
OPTION TWO	DAY: Select from list	DATE: (E.G. 25/01/09)	TIME: Select from list
OFFICE USE			STAFF ID:
COST	DISCOUNT: Office Use	TOTAL COST: \$	.00 (INCL. GST)

**PAYMENT DETAILS**    PAYMENT OPTIONS:    CHEQUE    MONEY ORDER    DIRECT DEBIT

PLEASE ENSURE PAYMENT IS MADE IN FULL PRIOR TO ERA VIA CHEQUE, MONEY ORDER OR DIRECT DEBIT PRIOR TO TESTING.

**EXERCISE RESEARCH AUSTRALIA PTY LTD**  
 BUILDING 1, MONASH SPORT  
 MONASH UNIVERSITY, CLAYTON  
 VIC 3800

**DIRECT DEBIT**  
 A/C NAME: EXERCISE RESEARCH AUSTRALIA  
 A/C NO.: 555 530 128  
 BSB NO.: 083 004

FOR FURTHER INFORMATION PLEASE CONTACT US BY PHONE **(03) 9905 9550** OR VISIT [www.exerciseresearch.com.au](http://www.exerciseresearch.com.au)