

## Core Laboratory Services

### Clinical Exercise Facility

Description	Unit	Price/Unit**	Bulk Price
<b>Cardiorespiratory function and metabolism testing</b>			
Diagnostic, maximal graded exercise stress test (GXT) with 12-lead ECG	1 test	\$125	n/a
Diagnostic, maximal GXT with 12-lead ECG and respiration kinetics (VO <sub>2</sub> , VCO <sub>2</sub> , RER, V <sub>E</sub> , etc.)	1 test	\$175	n/a
Non-diagnostic GXT to assess VO <sub>2</sub> max (treadmill) or VO <sub>2</sub> peak (cycle)	1 test	\$125	n/a
Submaximal, steady state exercise test (walking, stair climbing, or cycling) with respiration kinetics to assess exercise metabolism	1 test	\$75	All 3 test modes for \$200
Resting metabolism (resting energy expenditure via hood calorimetry)	1 test	\$50	n/a
Blood glucose measurement	1 sample	\$5	5 samples for \$20
Blood lactate measurement	1 sample	\$5	5 samples for \$20
<b>Neuromuscular performance testing</b>			
Maximum voluntary isometric strength (Biodex dynamometry)	Single muscle group	\$25	3 muscle groups for \$50
Maximum voluntary concentric strength (Biodex dynamometry or conventional 1RM)	Single muscle group	\$25	3 muscle groups for \$50
Load-power or force-velocity 5-point curve	Single muscle group	\$50	n/a
Electrically evoked maximum isometric force (including force deficit determination)	Single muscle group	\$50	n/a
Dynamic, high frequency muscle fatigue	Single muscle group	\$30	n/a
Isometric muscle fatigue	Single muscle group	\$30	n/a
Explosive power test (force plates)	1 test	\$25	3 for \$50
Other performance test		Determined on a per study basis	
Addition of surface electromyography (EMG) and interpretation to any neuromuscular performance test	1 test	\$30	n/a
<b>Mobility function testing</b>			
Chair stand test with relative motor unit activation (EMG)	1 test	\$50	n/a
Gait analysis (instrumented walkway)	1 test	\$40	3 for \$100
Computerized balance assessment (Biodex)	1 test battery	\$25	n/a
Mobility "field" tests (e.g., TUG, 6MW, gait speed, balance testing)	1 test battery	\$25	n/a
Other mobility assessment		Determined on a per study basis	
Exercise Training	3 People	\$50 per hour	

\*\*Prices include costs of all labor, supplies, and data analysis.

To contact the facility or to arrange a consultation, email [exercise@uab.edu](mailto:exercise@uab.edu) or call 975-9042

