

WATTBIKE TESTING

wattbike



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HEALTH AND FITNESS

WATTBIKE TESTING IN HEALTH AND FITNESS

Last, but certainly not least, in our series on Wattbike testing around the world is the Health and Fitness sector.

Wattbikes can today be found at Virgin Active, PureGym, Nuffield Health, David Lloyd, and many other gyms across the world, where they have become an integral part of the cardiovascular training area. Many gyms are also offering testing sessions where individuals can get their FTP or MMP, and Wattbike classes are then adapted to the training zones of each individual.

The partnership with Virgin Active started in 2011, and the feedback since then has been incredible. Virgin Active state that the inclusion of Wattbikes on the gym floor has encouraged cyclists and triathletes to join their clubs, it has raised member retention levels, and has encouraged group riders to take on the Wattbikes individually too.

In 2015, Virgin Active were at the forefront of training innovation when they installed their first state of the art Altitude Performance Training studio which incorporated Wattbikes. The studio can simulate training conditions at 2,500m and 3000m above sea level, allowing members to undertake Intermittent Hypoxic Training.

Virgin Active add:

“The Wattbike is the only bike that gives you all of the data you would need, from a beginner through to an elite Olympic athlete. The gym user is changing; they’re looking for new innovative, functional ways to train and want the best equipment and technology available”

Another early adopter of the Wattbike was David Lloyds, who have been utilizing the bikes across their portfolio in a number of ways. In June 2015, they opened their first Wattbike Zone in Southampton, which included six Wattbikes and separate

screens highlighting power training workshops, introductory Wattbike sessions, Wattbike testing, and virtual Sufferfest classes.

Michelle Dand, Group Health & Fitness Manager at David Lloyd, comments:

“All of our Wattbikes are on the gym floor, some have their own Zones, and some have been mixed in with other equipment. We run live workshops in these zones that create a great atmosphere on the gym floor, and this works to increase the interest from other members observing. Outside these sessions there are always people using the bikes. From the cycle enthusiasts to the triathletes, to just normal men, women, and teenagers; the beauty of the Wattbike is that it can be used for all ages and abilities”





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VIRGIN ACTIVE

Also fully embracing the Wattbike and its incorporated tests is the Boardman Performance Centre, located outside Worcester. Having produced bikes for Olympic and Paralympic cycling and triathlon medalists, the Boardman Performance Centre means business, and offers individuals of all levels the possibility to access health and fitness testing, as well as position and technique analysis on Wattbikes.

In other parts of the world, Fitness First in Australia have recently adopted the Wattbike for their cardiovascular gym zone, and Sports Park AU in Germany recently opened their very own Wattbike Zone.

To fire up your training sessions, download our app! It is used globally by elite athletes, fitness fans, hospitals, and even the British Army, to measure performance and fitness levels. The app allows you to store data and share it with others, allowing you to monitor your performance.

The app provides consistent and reliable measurements and recording of your data, and is packed full with free training sessions, so it's almost like having a PT in your own back pocket!

Find out more about the app [here](#)



Testing in the physiology lab at Boardman (photo:thecyclephysio instagram)






The Wattbike Hub App allows riders to monitor their performance

A Wattbike zone session at Places for People Rotherham

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