

WATTBIKE

TESTING

wattbike



To view this document you will need the free programme **Adobe Reader**. [Click here](#) to download it.

UNIVERSITY TESTING



Wattbikes set up for testing at Brunel University, London

WATTBIKE TESTING IN UNIVERSITIES

Starting from humble beginnings in 2008 in Nottingham, England, Wattbike is today regarded as the most technologically advanced and precise indoor training bike worldwide. Wattbikes are today being used to test and improve people's performance in more than 30 countries across the globe in sports clubs, hospitals, army bases, gyms, schools, and universities.

Join us on this series of blog posts where we discover how the Wattbike is used for testing and improving performance around the globe. This week we take a look at: Wattbike & universities.

Numerous universities are using the Wattbike for teaching and testing purposes around the globe today. Nottingham Trent University has used the Wattbike across undergraduate and postgraduate programmes for teaching and research for several years. The Wattbike is a favourite for finalists, as they can use built-in ramp tests, British Cycling approved tests, and pedalling technique analysis to undertake a range of research for their final year projects.

Canterbury Christ Church University are currently offering Wattbike training plans and sessions in their Sports Lab. Here, individuals can sign up to 12 or 13 week training plans to receive all the benefits Wattbike technology has to offer. Loughborough University have also teamed up with Wattbike to explore the scientific underpinnings of how power measurements are shaping the nature of cycling. The four-year research project just kicked off this October, and will focus on the accuracy and validity of both measurement and the application of power metrics to training and virtual cycling.



The University of Oregon recently incorporated Wattbikes into their latest cutting-edge facility where science and sport converge to put student athlete wellness first. In the impressive Marcus Mariota Sports Performance Centre, Wattbikes can be found at the heart of the cardio performance area of the gym, and are used daily by aspiring collegiate athletes and world-class athletes alike.

Marquette University and Ohio State University have also adopted the Wattbike as a central part of training, as they see the versatility and accuracy offered by the product to collegiate level athletes.

In Australia, the Victoria Institute of Sport and Queensland University are following suit and also using Wattbikes for testing and training to make sure their students and athletes are getting the very best indoor training equipment.

To find your nearest Wattbike, [click here](#)

UK Sport testing uses the Wattbike as a means of comparison

P04






WATTBIKE TESTING: UNIVERSITY TESTING



wattbike

CONTACT OUR TEAM TODAY TO FIND OUT HOW YOU
CAN REVOLUTIONISE YOUR INDOOR TRAINING.

011 704 0002 / WATTBIKE@HTHERAPY.CO.ZA

 @Wattbike  /Wattbike  /Wattbike  /Wattbike