

# Quick Lactate Diagnostic Guide

How to perform a lactate diagnostic



## Performance Diagnostic

1. Choose step protocol

*Screenshot*

2. Start with the exercise

- a. For each step:

- i. Adjust power/speed as specified in step protocol



- ii. Move over the entire duration of the step



- iii. Carry out a blood drop measurement at the end of the step



3. After the last step put the measured data for lactate into the app

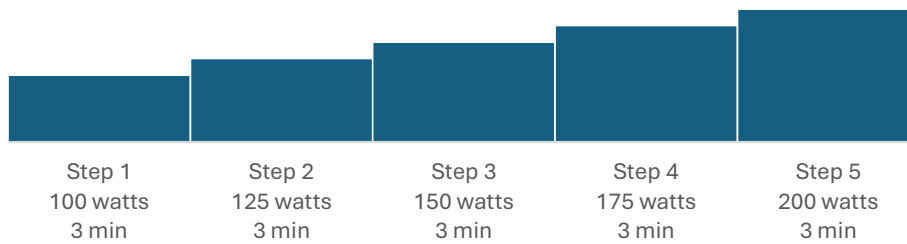
*Screenshot*

4. Start analysis/evaluation

*Screenshot*

### Step Protocol Example for Cycling

- starting with 100 watts
- increase per stage 25 watts
- stage length: 3 minutes



### Lactate Measurements Example

- measurement after every 3 minutes (end of a step)
- end of last step should not be reached
- if you reach the end of the last step, please select next time a more difficult step protocol

