



**PACKAGE
LIST 2022**

SPARTAMEDIC GmbH | Brauquartier 11 in 8055 Graz Austria

www.sparta-medic.com

PREVENTION PACKAGE

320 €

Medical history, laboratory examination, physical examination, ECG at rest, ultrasound examination (heart and vessels), MFT, ECG stress with ergometer or treadmill, lactate measurement, glucose measurement and evaluation of data

YOUTH PACKAGE

179 €

Medical history, laboratory examination, physical examination, ECG at rest, MFT, lung function test, ECG stress with ergometer or treadmill, lactate measurement, glucose measurement, evaluation of data and training program (2 weeks)

BASIC PACKAGE

360 €

Medical history, laboratory examination, physical examination, ECG at rest, ultrasound examination (heart and vessels), MFT, lung function test, lipometabolism examination, ECG stress with ergometer or treadmill, lactate measurement, glucose measurement, evaluation of data and training program (4 weeks)

FITNESS PACKAGE

420 €

Medical history, laboratory examination, hormone status, physical examination, ECG at rest, ultrasound examination (heart and vessels), MFT, lung function test, lipometabolism examination, ECG stress with ergometer or treadmill, lactate measurement, glucose measurement, evaluation of data and training program (6 weeks)

PREMIUM PACKAGE

480 €

Medical history, laboratory examination, hormone status, immune status, physical examination, ECG at rest, ultrasound examination (heart and vessels), MFT, lung function test, lipometabolism examination, ECG stress with ergometer or treadmill, lactate measurement, glucose measurement, evaluation of data and training program (8 weeks)

HYPOXIA PREVENTION

120 €

Altitude medical input test, training control via lactate measurement and glucose measurement, heart variability, evaluation of data, consultation

HYPOXIA WEIGHT LOSS PACKAGE

180 €

High-altitude initial medical test, laboratory examination (before and after the initial test), training control via lactate measurement and glucose measurement, heart variability, evaluation of data, consultation and training program (4 weeks)

HYPOXIA PERFORMANCE PACKAGE

260 €

Altitude medical entrance test, laboratory examination (before and after the entrance test), hormone status, stress ECG, training control via lactate measurement and glucose measurement, heart variability, evaluation of data, consultation and training program (6 weeks)

SPARTAMEDIC PACKAGE

on request

3x premium package, 3x training camp (4 days), 2x mobile sports diagnostic support

VIP PACKAGE

on request

4x performance diagnostics, 3x training camp (4 days), individual consultation (Spartamedic team), physiotherapeutic consultation, nutritional consultation, personalized training control with hormone and immune status, strength adjustment via lactate and glucose, training program (365 days)

MOUNTAIN FITNESS (A)

on request

1. prevention package
2. hypoxia prevention package
3. hypoxia performance package (8 weeks)

MOUNTAIN FITNESS (B)

on request

1. precaution package
2. hypoxia prevention
3. hypoxia performance package (8 weeks) - on the mountain!

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HOBBY COMPETITION

ALTITUDE PREPARATION

on request

1. precaution package
2. altitude training with supervision
3. strength endurance training /trunk etc. (7-10 days before his competition!)
4. supplementation (12% increase)

without supplementation 5% increase (1h for 4 days + 1 1/2 h times trunk and strength endurance training) (max. 2 persons)

MUSCLE BUILDER

(4KG OVER 8 WEEKS)

on request

1. precaution package
2. Gym 1 1/2h strength training (8 exercises) - STRENGTH ASSESSMENT
(muscle mass determination via fat analysis)
3. 3x per week in the gym or at home (120,- month in the Gym) - 1x per week control! (personal trainer)
4. supplementation
5. strength adjustment and fat analysis