

Upwave Labs Partners with Foley's Fitness Center to Introduce Advanced VO2 Max and RMR Testing

Upwave Labs & Foley's Fitness partner to bring VO2 Max & RMR testing to Maine, offering elite fitness diagnostics for athletes & health-conscious individuals.

SCARBOROUGH, ME, UNITED STATES, March 21, 2025 /EINPresswire.com/ -- [Upwave Labs](#), a leader in longevity and performance testing, is partnering with [Foley's Fitness Center](#) to introduce [VO2 Max](#) and Resting Metabolic Rate (RMR) testing. This collaboration brings cutting-edge fitness diagnostics to Southern Maine and marks the first of many collaborations the company is establishing across New England, making elite-level fitness diagnostics more accessible to athletes, fitness enthusiasts, and health-conscious individuals.

"I'm beyond excited to launch cutting-edge metabolic testing at Foley's Fitness in Scarborough," said Mr. Neil Spillane, Founder of Upwave Labs. "This is the first time Vo2 Max testing has been offered to Mainers outside of a doctor's office, creating exceptional value for health enthusiasts in the Southern Maine area. Mike, Joe, Dana, and the whole Foley's team grasped the importance of this testing and were a dream to work with to get this offering off the ground," added Mr. Spillane.

Understanding VO2 Max Testing

VO2 Max testing, powered by the VO2 Master analyzer, is the gold standard for measuring cardiovascular fitness and endurance. This advanced test evaluates the body's maximum oxygen consumption during exercise, providing valuable insights for athletes and fitness enthusiasts looking to improve stamina, optimize training intensity, and track performance progress over time. Unlike traditional testing methods in a lab, the VO2 Master analyzer is completely portable and wireless, allowing for unrestricted movement during testing. This means athletes can perform the test in real-world training environments, yielding more accurate and applicable



Mr. Neil Spillane, Founder of Upwave Labs

results.

Understanding one's VO2 Max is not just beneficial for athletes—it is also a key indicator of overall health. Studies have shown that higher VO2 Max levels correlate with increased longevity and a reduced risk of cardiovascular diseases. By offering this test, Foley's Fitness Center is making elite-level cardiovascular assessments accessible to a broader audience, helping members and non-members alike take proactive steps toward optimizing their health and fitness.



VO2 Max Testing

Who Is A Good Candidate For VO2 Max Testing?

VO2 Max testing is a powerful tool for those seeking to optimize health, performance, and longevity. Whether used for endurance training, fitness improvement, or general health

assessment, this test provides valuable insights tailored to individual goals.



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- Endurance Athletes – Marathon runners, cyclists, and Ironman competitors can use VO2 Max testing to optimize their training and improve performance.
- Fitness Enthusiasts – Anyone looking to enhance their cardiovascular fitness and endurance can benefit from understanding their VO2 Max.
- Longevity Seekers – Higher VO2 Max levels are linked to increased lifespan and a reduced risk of cardiovascular diseases, making this test valuable for those focused on long-term health.

- Everyday Health-Conscious Individuals – Anyone wanting to take a data-driven approach to their fitness, weight management, or overall well-being can gain valuable insights from VO2 Max testing.

Personalized Insights lead to more effective training plans, injury prevention, and overall improved health outcomes.

Understanding Resting Metabolic Rate Testing

Resting Metabolic Rate (RMR) testing measures the number of calories an individual burns at rest, providing critical data for tailoring nutrition and exercise plans.

A Strategic Partnership to Enhance Fitness Goals

Foley's Fitness Center, known for its comprehensive fitness offerings and state-of-the-art facilities, now hosts Upwave Labs' cutting-edge metabolic testing services. This partnership aligns with Foley's commitment to offering the latest in fitness technology and personalized training solutions to the public.

Located on ten acres of scenic wooded land in Scarborough, Maine, Foley's Fitness Center offers a unique, welcoming environment designed to inspire and motivate members. With soaring 30-foot ceilings, expansive windows that flood the space with natural light, and a well-thought-out floor plan, the gym provides a refreshing and energizing workout experience.

The Future of Fitness with Upwave Labs' VO2 Max Testing

As fitness evolves, data-driven insights have become essential for unlocking peak performance and long-term health. Upwave Labs stands at the forefront of this revolution. This next-generation assessment surpasses traditional fitness tracking by providing precise, science-backed metrics designed to enhance training efficiency, boost endurance, and support longevity. Whether applied to elite athletic performance, recreational fitness pursuits, or long-term health maintenance, VO2 Max testing is redefining modern approaches to fitness. By increasing accessibility to advanced testing, Upwave Labs is shaping the future of fitness, where personalized data drives improved training, enhanced health outcomes, and extended vitality.

For more information or to book a test, visit the Upwave Labs website:

<https://www.upwavelabs.com/book-now>.

About Upwave Labs

Founded by Neil Spillane, Upwave Labs is dedicated to empowering individuals with data-driven insights to optimize health, fitness, and athletic performance. Specializing in advanced metabolic and performance testing, the company leverages cutting-edge technology to provide precision fitness data tailored to each individual. Upwave Labs aims to make elite-level fitness assessments accessible to a broader audience, helping clients of all backgrounds reach their personal health and performance goals. Learn more at www.upwavelabs.com.

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