The PRO2COL Expands Access to VO2 Max Testing in Nashville's Germantown Neighborhood

Nashville human performance facility expands access to objective cardiorespiratory fitness testing for athletes, executives, and health-focused adults.



An athlete completes VO2 Max testing at The PRO2COL in Nashville, Tennessee, using respiratory equipment designed to measure oxygen consumption and cardiorespiratory fitness during exercise.

NASHVILLE, TN, UNITED STATES, September 14, 2026 /EINPresswire.com/ -- The PRO2COL, a Nashville-based human performance and recovery facility, is expanding access to VO□ Max testing, giving athletes, executives, and health-conscious adults a more objective way to measure cardiorespiratory fitness.

VO□ Max testing is part of The PRO2COL's broader approach to performance assessment, recovery, and individualized wellness. The facility also provides access to hard-shell hyperbaric oxygen therapy and other advanced technologies in one Nashville location.

VO□ Max measures the maximum amount of oxygen the body can utilize during intense exercise and is one of the most widely used objective measures of cardiorespiratory fitness.

Its relevance extends well beyond competitive sports.

In a scientific statement published in Circulation, the American Heart Association identified cardiorespiratory fitness as an important indicator of cardiovascular health and supported greater consideration of fitness assessment in clinical practice.

The statement also highlighted the association between lower cardiorespiratory fitness and increased cardiovascular disease risk.

That growing body of research has contributed to greater interest in objective fitness testing among individuals who want to better understand their current physical capacity and track changes over time.



An athlete completes VO2 Max testing on a stationary bike at The PRO2COL in Nashville, Tennessee, while wearing respiratory testing equipment used to assess cardiorespiratory fitness.

Objective Data Beyond Wearable Estimates

Consumer wearables have made estimated VO□ Max scores increasingly familiar, but laboratory-based testing provides a more direct assessment of how the body responds as exercise intensity increases.

During testing, oxygen consumption and other physiological data are measured while an individual exercises under progressively increasing workloads.

The results can establish an objective baseline for cardiorespiratory fitness.

For endurance athletes, that data may help evaluate training progress and conditioning strategies. For individuals focused on general health, healthy aging, or recreational fitness, it can provide another measurable indicator to monitor alongside other health and performance metrics.

The increased availability of VO□ Max testing in Nashville reflects a broader shift toward more measurable and individualized approaches to health and performance.

Rather than relying exclusively on subjective feedback, generalized fitness recommendations, or wearable estimates, individuals are increasingly seeking objective data that can provide greater context around how their bodies are functioning.

A single VO□ Max result provides a snapshot of current cardiorespiratory fitness. Testing performed at different points over time can provide additional context for how physical capacity is changing alongside training, lifestyle, recovery, and aging.

For Nashville residents, greater local access means advanced physiological testing does not have to be viewed as something reserved only for professional athletes or university performance laboratories.

Hard-Shell Hyperbaric Oxygen Therapy Also Available

The PRO2COL also provides access to hard-shell hyperbaric oxygen therapy, commonly known as HBOT.

Hyperbaric oxygen therapy takes place inside a chamber pressurized above normal atmospheric pressure while the individual breathes oxygen.

Hyperbaric chambers are regulated medical devices in the United States, and HBOT has established medical applications when used appropriately under qualified medical guidance.

Hard-shell chambers differ from lower-pressure soft-sided chambers commonly found in some wellness environments and are designed to operate at higher pressures used in medical and clinical hyperbaric settings.



An athlete completes a VO2 Max fitness assessment at The PRO2COL in Nashville, Tennessee, after testing cardiorespiratory fitness and aerobic capacity using respiratory analysis equipment.

VO□ Max testing and HBOT serve different purposes. VO□ Max testing is primarily an assessment tool used to measure cardiorespiratory fitness, while hyperbaric oxygen therapy is an oxygen-based modality delivered under increased atmospheric pressure.

Their availability within the same facility gives individuals access to objective performance testing and recovery-focused technologies without positioning either as a replacement for appropriate medical care.

Growing Interest in Measurable Performance

For years, VO□ Max testing was most closely associated with endurance athletes, sports laboratories, and high-performance training programs.

That is changing as cardiorespiratory fitness receives greater attention as a broader health metric.

The shift is bringing VO□ Max testing into conversations involving healthy aging, executive wellness, recreational fitness, preventive health, and long-term performance, not just competitive sport.

For some individuals, the value of testing is performance-related. For others, the value is simply establishing an objective starting point.

The PRO2COL's expansion of VO□ Max testing reflects a broader evolution within the performance and wellness industry: moving beyond subjective measures alone and toward collecting objective data that can help individuals and their healthcare or performance professionals make more informed decisions.

About The PRO2COL

The PRO2COL is a Nashville-based human performance, recovery, and wellness facility providing access to advanced testing, recovery technologies, and individualized wellness services.

Its offerings include VO□ Max testing, hard-shell hyperbaric oxygen therapy, red light therapy, nervous system-focused modalities, and other technologies related to health, recovery, and human performance.

Research References

Ross R, Blair SN, Arena R, et al. "Importance of Assessing Cardiorespiratory Fitness in Clinical Practice: A Case for Fitness as a Clinical Vital Sign." Circulation. 2016.

U.S. Food and Drug Administration. Guidance and safety information regarding hyperbaric oxygen therapy devices and appropriate use.

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