

# SMART Lab

Performance and Fitness Testing

The SMART Lab at the Freedom Center is part of a large research enterprise at George Mason University called the Sports Medicine Assessment Research & Testing Lab, with three locations in Fairfax and Manassas, Virginia. The SMART Lab is part of Mason's College of Education and Human Development.

Contact us for information about:

- Hosting a seminar at your location
- Partnership opportunities
- Reserving SMART Lab facilities



Open for appointments:  
Wednesdays, 1:30–6:00 pm  
No walk-ins are accepted.

Make an appointment online  
[SmartLab.gmu.edu/go](http://SmartLab.gmu.edu/go)

Located at the  
Freedom Center, Manassas, VA



Cover photo courtesy of Running Injury Clinic, Alberta.

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# Get started!

Make an appointment online today



George Mason University's SMART Lab (Sports Medicine Assessment Research & Testing Lab) now offers performance and fitness testing services to the public.

Whether your goal is to lose weight, improve your athletic performance, reduce risk of injury, assess your health, or track your fitness, the SMART Lab has the state-of-the-art equipment and services you need:

- Maximize your training potential
- Improve your results
- Measure your body composition
- Pinpoint causes of running pain

Assessment services available at the SMART Lab benefit almost everyone: highly trained athletes, weekend athletes, youth, older adults, or those just getting started on an exercise plan.

The SMART Lab is located at the Freedom Aquatic and Fitness Center on the Prince William campus of George Mason University in Manassas, Virginia. Convenient and free parking is available.

Choose from **four** state-of-the-art services

1

**3-D Gait Analysis**  
to assess  
your biomechanics

2

**Bod Pod**  
or

3

**Skinfold Analysis**  
to measure your  
body composition

4

**VO<sub>2</sub>max  
Endurance Test**  
to determine  
your  
aerobic potential

Contact us:

e-mail: [smartlab@gmu.edu](mailto:smartlab@gmu.edu) | phone: 703-993-7784

web: [SmartLab.gmu.edu/go](http://SmartLab.gmu.edu/go)



## 1 3-D Gait Analysis

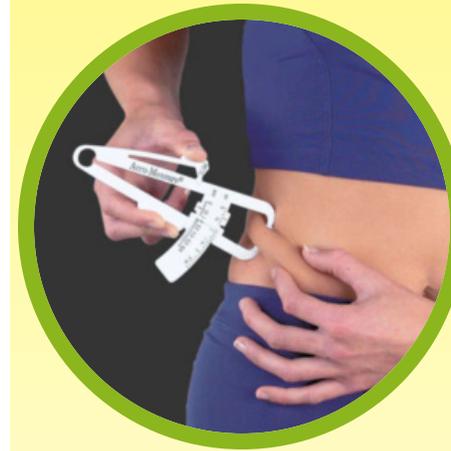
Exclusively available at the SMART Lab!

Are you training for a 5K, marathon, or CrossFit event and want to **increase your performance**? Do you want to **run or walk pain free**? Get tested on 3-D Gait, the world's most advanced gait analysis system. Now available at the SMART Lab at George Mason University, one of only three U.S. sites open to the public and the only location in the Washington, D.C. area.

## 2 Bod Pod

The gold standard in measuring body composition!

Used extensively by the NFL, the military, and health care organizations, Bod Pod is the most popular service offered by the SMART Lab. The Bod Pod provides a measure of your muscle to fat ratio, an indicator of overall health and a great tool for **tracking fitness improvements**.



## 3 Skinfold Analysis

A popular way to measure body composition!

More accurate than a bathroom scale or BMI estimates, a skinfold analysis provides you with a fast and easy **measure of your body composition** and overall health.

## 4 VO<sub>2</sub>max Endurance Test

The best measure of cardiovascular fitness!

What are YOU capable of? The VO<sub>2</sub>max endurance test **measures your aerobic capacity**. It's an assessment that especially benefits serious and recreational athletes involved in endurance activities such as cycling, rowing, cross-country skiing, swimming, and running.



Contact us: e-mail [smartlab@gmu.edu](mailto:smartlab@gmu.edu) | phone 703-993-7784

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### Prices and packages

SMART Lab fees start at just \$40 – check online for prices and packages rates, including reduced fees for multiple assessments, groups, and students.