

DexaFit Scottsdale Launches VO? Max Elite. The Most Advanced Endurance Assessment Available in the Phoenix Metro Area

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SCOTTSDALE, AZ - April 27, 2026 -
DexaFit Scottsdale has announced the availability of VO? Max Elite, a new endurance assessment designed to provide a more detailed evaluation of cardiovascular and muscular performance. The service is now offered at the company?s Scottsdale location and is available to individuals across the surrounding Phoenix metropolitan area.

VO? Max Elite builds upon traditional VO? max testing by combining gas exchange analysis with muscle oxygenation tracking. Standard VO? max testing measures oxygen consumption, carbon dioxide output, and heart rate during progressively increasing exercise intensity. While these metrics provide a baseline understanding of aerobic capacity, they may not fully explain which physiological systems are contributing to performance limitations.

The VO? Max Elite assessment incorporates near-infrared sensors placed on specific muscle groups to

measure oxygen utilization in real time throughout the test. This additional data provides a more detailed view of how oxygen is delivered and used during exercise. By evaluating both respiratory and muscular responses simultaneously, the assessment can help identify whether performance limitations are more closely related to cardiovascular function, pulmonary capacity, or muscular efficiency.

Chris Brubaker, owner of DexaFit Scottsdale, stated that the addition of this testing option reflects increased interest in more detailed performance data. ?Many individuals are familiar with their VO? max score, but that value alone does not explain how different systems are contributing to overall performance,? Chris Brubaker said. ?This type of assessment provides a clearer understanding of how the body responds during exercise and where limitations may occur.?

The testing process follows a structured format that alternates between exercise and short recovery intervals as intensity gradually increases. During this time, both gas exchange and muscle oxygenation data are collected continuously. This approach allows for a longer, more controlled evaluation than standard protocols while maintaining consistent measurement conditions.

The data collected during the assessment includes oxygen consumption, carbon dioxide production, heart rate response, and localized muscle oxygen utilization. These measurements are used to evaluate aerobic efficiency and identify key thresholds associated with changes in exercise intensity. The results may also provide context for how different systems in the body respond under physical stress.

In addition to identifying potential limitations, the assessment provides a baseline for future comparison. Individuals who repeat the test over time may observe changes in cardiovascular efficiency, muscle oxygen use, and overall performance. This type of tracking can be relevant for those following structured training programs or monitoring long-term fitness progress.

The VO? Max Elite assessment is intended for individuals seeking more detailed information about their endurance performance. This may include athletes, recreational fitness participants, and individuals interested in understanding how their bodies respond to exercise at a deeper level. The service is also positioned as an option for those who have previously completed a standard VO? max test and are looking for additional insight.

DexaFit Scottsdale has indicated that the test is conducted using wireless respiratory equipment, allowing for a more natural movement experience during exercise. The session typically lasts 40-60 minutes, including preparation, testing, and review of results.

The introduction of VO? Max Elite reflects a broader trend toward data-driven health and performance assessment. As interest in measurable fitness indicators continues to grow, services that provide detailed

physiological data are increasingly used outside clinical and research environments.

DexaFit Scottsdale offers a range of testing services focused on measurable health and performance data, including body composition analysis, metabolic testing, movement assessment, and cardiovascular evaluation. The addition of VO? Max Elite expands the company?s ability to offer multi-system performance insights within a single testing session.

The service is currently available at DexaFit Scottsdale, located at 15953 N Greenway-Hayden Loop. Additional information about scheduling and availability can be found on the company?s website.

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DexaFit Scottsdale

At DexaFit Scottsdale, clients tap into precision health data to improve fitness, longevity, and body composition. Services include DEXA scans, VO2 Max testing, Resting Metabolic Rate analysis, and 3D Movement Assessments enhanced by AI insights.

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