DexaFit Scottsdale Introduces Strength and Power Performance Testing Across Service Areas

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SCOTTSDALE, AZ - July 06, 2026 -
DexaFit Scottsdale has announced the availability of its strength and power performance assessment across the regions it serves, introducing a data-driven method for evaluating how individuals generate force and move under resistance. The service is designed to provide measurable insights into muscular performance, coordination, and balance.

The Scottsdale-based facility, which specializes in advanced body composition and fitness testing, continues to expand its offerings by incorporating performance-focused evaluations. The strength and power assessment uses Proteus Motion technology, a system that applies controlled three-dimensional resistance to analyze movement patterns and force output across multiple planes.

This type of analysis represents a shift away from traditional strength-testing methods, which often rely on isolated measurements such as one-repetition maximum lifts. Instead, the system captures the dynamic production of force, offering a more detailed view of how the body performs during real-world movement.

Participants complete a guided sequence of exercises designed to measure strength, speed, and power. These movements are performed against adaptive resistance, allowing the system to record data on how force is applied in different directions. The process generates a performance profile that identifies imbalances, asymmetries, and areas where efficiency may be limited.

The results include metrics related to force output, acceleration, and directional strength. These measurements provide insight into how different muscle groups contribute to movement and how effectively energy is transferred throughout the body. The data can be used to establish baselines, monitor progress, and inform adjustments to training programs.

Chris Brubaker, owner of DexaFit Scottsdale, stated that the addition of this service reflects a broader focus on measurable performance. ?Objective data allows individuals to better understand how their body produces force and where inefficiencies may exist,? Chris Brubaker said. ?Having access to this information can support more informed decisions related to training and long-term physical development.?

The assessment is applicable to a wide range of individuals, including athletes, fitness participants, and those returning from injury. For athletes, the data may highlight specific performance limitations that could affect outcomes in sport. For others, the evaluation provides insight into movement patterns that influence strength development and physical function.

DexaFit Scottsdale has indicated that the service may also be useful in monitoring rehabilitation progress. By comparing results over time, individuals and professionals can observe changes in strength and coordination, which may be relevant during recovery periods. This ability to track measurable improvements supports a structured approach to physical progression.

The expansion of the strength and power assessment aligns with increasing demand for data-driven health and performance tools. As more individuals seek to understand their physical capabilities beyond surface-level metrics, assessments that provide objective measurements are increasingly adopted.

In addition to performance evaluation, the system generates recommendations based on collected data. These recommendations are designed to address identified imbalances or inefficiencies through targeted movement strategies. While the assessment itself does not replace structured training, it provides a reference point for developing more individualized approaches.

DexaFit Scottsdale continues to integrate performance testing within its broader framework of health assessment services. By combining strength and power analysis with other evaluations such as body composition and metabolic testing, the company aims to offer a more complete understanding of physical

condition.

The availability of this service across additional service areas reflects the organization?s effort to expand access to advanced diagnostic tools. As interest in measurable fitness data continues to grow, the strength and power assessment provides individuals with a structured method for evaluating and improving physical performance.

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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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