



HEAT Sport Sciences, Inc.
<http://www.levelen.com>

Individual Sweat Test Instructions - CrossFit

Go to levelen.com/athlete_sweat_testing/ for instructional video

Note: Choose an intense training day/WOD where you will be active (including warm-up) for 45-60 minutes (e.g. EMOM, METCON). This will provide the best results for determining your sweat rate.

Important: During this test, you should consume fluids as you normally do for a WOD of typical intensity and duration. You need to record the precise amount of fluid consumed during the full duration (between your pre- and post-workout weighings).

- Clean the *outside* of your forearm below the elbow (**part facing UP when palm is turned DOWN**) with alcohol swab and allow to dry. (see figure)
- Apply “sweat patch” to cleaned area outside of your forearm just prior to the workout.
- Empty bladder and weigh yourself (wearing no/minimal clothing), noting weight on information card. Note workout conditions on information card (temperature and humidity, if possible).
- **REMEMBER:** From this point until you record your post-workout weight, you must track how much fluid you consume (in ounces or milliliters). Ideally, don’t consume any fluids during your workout, or drink as little as possible.
- Begin your workout (warm-up + WOD)
- It is best to remove the sweat patch between 30 and 40 minutes after your workout begins, *or when the patch is fully saturated*. Peel open the sweat patch and remove the *gauze only* with the provided tweezers to avoid touching the sample.
- Place the *gauze only* into the plastic vial, close lid so it “snaps” securely, and place contents into clear bag and seal. Continue your workout, until you reach one hour.
- After your workout, wipe off sweat and weigh yourself again (wearing minimal or no clothing). Note weight, test duration and intensity, and fluids consumed, if any, on the information card.
- Mail the completed information card & sweat sample back to us in the provided return mailer. Samples should be sent to:
HEAT Sport Sciences, Inc.
Attn: Testing – Dr. Godek
158 Beverly Dr
Kennett Square, PA 19348



You should receive your results by e-mail within 48 hours after we receive your sample. If you do not hear from us, please e-mail us at testing@levelen.com.

Happy Training!