

To unleash
your athletic
potential,
look to your
genes



900 250 255
geneticaqs@quironsalud.es
quironsalud.es/genetica

 **quirónsalud**
genética

 quironsalud.es

Genetic testing for athletic performance

Who is it for?

Designed especially for athletic facilities or personal trainers looking to gauge individual athletic potential, this test, **which offers 99% accuracy**, makes it possible to design bespoke training programs that help athletes achieve maximum results.

This test can also benefit experienced athletes who want to improve their performance as well as those who are just starting out and want to learn how far they can go.

What does it involve?

This test analyzes 43 genetic variants associated with 8 areas of athletic performance:

1. strength
2. strength/endurance
3. endurance
4. morphology (musculature)
5. injury susceptibility
6. peak oxygen consumption
7. post-exercise recovery
8. energy needs

Why is it advisable to have this test done?

Each of us has a unique genetic makeup. Rigorous study of our genetic profile makes it possible to maximize our athletic potential. This test provides us with useful, precise, and actionable information so that we can each have a custom-fit plan for all phases of training, avoid injury, and pinpoint areas where we are athletically gifted. As a result, our training plan can be optimized according to our individual traits, enabling us to reach our goals.

This test is outsourced to an external laboratory, which will assume liability over the test results and the information on these results given to patients.



Quirónsalud Patient Portal

Access test results and manage your appointments at quironsalud.es or by downloading our app.

Quirónsalud, health person by person.

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