



High Performance Centre

The Facility

This 380m² state-of-the-art facility is located in the La Manga Club Spa building. It is equipped with the latest technology to perform a comprehensive evaluation of both athletic performance and health.



To hire the HPC or any of the equipment, please contact:

hpc@lamangaclub.com

Tlf. +34 968 33 80 64

Objectives

Sports medicine: prevention of musculoskeletal and cardiovascular injuries.

General health of the population: state of fitness, body composition, nutrition, podiatry, etc.

Sports training: assessment and prescription of performance-oriented exercise.



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HIGH PERFORMANCE
SPORT CENTER

www.lamangaclub.com

Prices
2017



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Biomechanics

Biomechanical study of cycling	100 €
Biomechanical study of walking and running	85 €
Isokinetic strength test	40 €
Power curve analysis	30 €

Medicine

Stress test with analysis of gases and ECG	90 €
Incremental exercise test	60 €
Determination of lactate threshold	70 €

Physiotherapy

1 session	50 €
3 sessions	135 €
5 sessions	200 €

Packages

Stress test with analysis of gases and ECG + Biomechanical study of cycling	180 €
Stress test with analysis of gases and ECG + Biomechanical study of running	170 €
Stress test with analysis of gases and ECG + Isokinetic strength test	120 €
Incremental exercise test + Biomechanical study of cycling	150 €
Incremental exercise test + Biomechanical study of running	140 €
Incremental exercise test + Isokinetic strength test	90 €

The High Performance Centre, located in the La Manga Club Spa building, was established with the collaboration of the San Antonio Catholic University in Murcia (UCAM). It has been designed to investigate, assess, monitor and advise on sports performance and health of both the general population and top-level athletes.

The facilities at La Manga Club are regularly used by high level athletes for their training. The UCAM has a long history of research and teaching; they have become an international benchmark for university sports and team sponsorship. The union of these two sporting entities has made HPC a reality based on solid pillars: experience, professionalism and quality of service.



*Special prices for groups and clubs

Prices valid until 31 December 2017