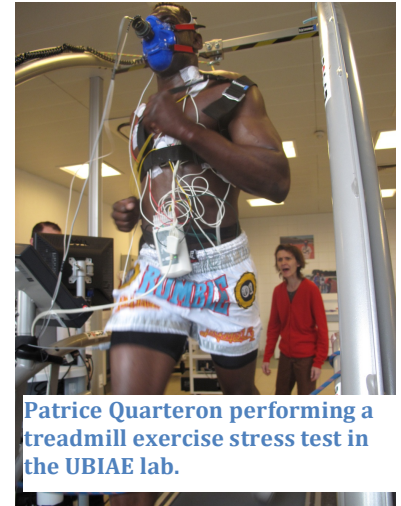




The former world Thai kickboxing champion Patrice Quarteron trains in the UBIAE lab

Evry (France), February 1, 2012- The Genopole®-accredited INSERM/University of Evry "Integrated Biology Unit for Adaptations to Exercise" (UBIAE) - headed by Véronique Billat and specializing in the optimization of motor performance - is developing a scientifically-based training program for local 33-year-old 2008 IKF world heavyweight Thai kickboxing champion Patrice Quarteron (6'2", 260 lb.). The goal is to prepare him for the world kick-boxing championships (starting on March 24 at the *Arènes de l'Agora* venue in Evry).



Patrice Quarteron performing a treadmill exercise stress test in the UBIAE lab.

Wearing a facemask and with his body covered with sensors, Patrice Quarteron performed a treadmill exercise stress test under the attentive eye of Véronique Billat, who recorded and analyzed his oxygen consumption, heart rate and speed.

"I determine his energy profile and the type of acceleration that suits him best", explained Véronique Billat. In sixteen sessions, we'll improve his power by 20%. An individual's power increases with his/her oxygen consumption. The body uses oxygen to burn fat and sugars, transforming them into a phosphor compound that enables the muscles to contract".

Véronique Billat used the lab data to draw up a detailed training program (in terms of duration, speed and peak acceleration) that the kickboxer will have to follow closely if he wants to improve his chances of victory. *"It's really tough but I'm going to stick with it", commented Patrice Quarteron. "My objective is to increase my cardiac capacity and my resistance, so that I can stay sharp for as long as possible during the fight".*



About UBIAE. For the last five years, the **UBIAE** has optimized training programs for high-level sportspeople with a view to improving their results in competition. The unit notably develops new methods for medically monitoring amateur sportspeople, evaluating the efficacy of muscular dystrophy drugs and helping obese people to lose weight. <http://www.billat.net>



Genopole® is the leading French science park dedicated to life sciences. Its campus - near Paris - combines academic (CEA, CNRS, INRA, INSERM and the University of Evry-Val-d'Essonne) and private research laboratories, university/higher education facilities, biotechnology companies and an incubator for biotech start-ups. **Genopole's®** priority is to promote therapy- and environment-focused biotech by providing optimal conditions for company growth and progress in research, the development of large-scale biological activities and to make France a major competitor in the world of science and industry. Additional information is available at www.genopole.fr

P
R
E
S
S
R
E
L
E
A
S
E