

FITNESS REPORT

SAMPLE

DATE

**WE ARE
WHAT WE
REPEATEDLY
DO.**

Excellence, then,
is not an act but a habit.

Overview

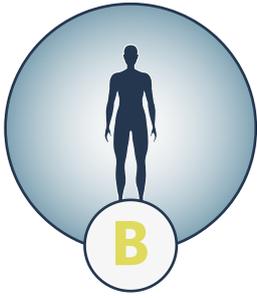


TRAINER

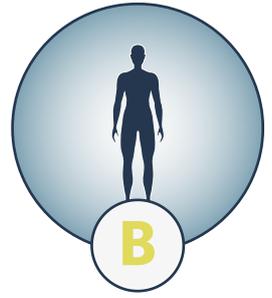
Assessment

- Metabolic Efficiency
- Cardiorespiratory Fitness
- Type II / Fast-twitch Muscles
- Type I / Slow-twitch Muscles
- Fat Burning Efficiency
- Breathing Efficiency

The scores mentioned below are indicators of overall fitness for the areas of physiology mentioned below and should not be construed as indicators of health or a diagnosis of a disease.



METABOLIC EFFICIENCY



AEROBIC HEALTH



BREATHING & COGNITION



RESPIRATORY FITNESS



FAT BURNING EFFICIENCY



CARDIO FITNESS



Type 1: 50 % / Type 2: 50 %

MUSCLE TYPE



BREATHING & POSTURE



- A** OPTIMAL
- B** NON-PROBLEMATIC, NOT LIMITING PERFORMANCE
- C** PROBLEMATIC, REQUIRES ATTENTION
- D** VERY PROBLEMATIC, REQUIRES IMMENSE INTERVENTION



Aerobic Health

This is a gauge of your ability to workout at high exercise intensities, which helps you burn more calories. Aerobic health is also a strong indicator of your overall health and likelihood of developing cardiovascular disease.



Metabolic Efficiency

This is a gauge of your metabolic rate during movement and whether you are burning more or less calories than the average person of your age, gender, and weight. This metric does not provide an indication of how high or low your resting metabolic rate is.



Respiratory Health

This metric describes how well conditioned your lungs are and if they pose a limitation to your ability to workout.



Cardio Fitness

This metric describes how well conditioned your heart is and if it poses a limitation to your ability to workout.



Breathing & Cognition

This measures how efficient your breathing is how it is affecting your ability to think clearly and react rapidly.



Respiration & Mobility

This assessment describes the extent to which your breathing affects your strength, posture, and likelihood of developing mobility problems.



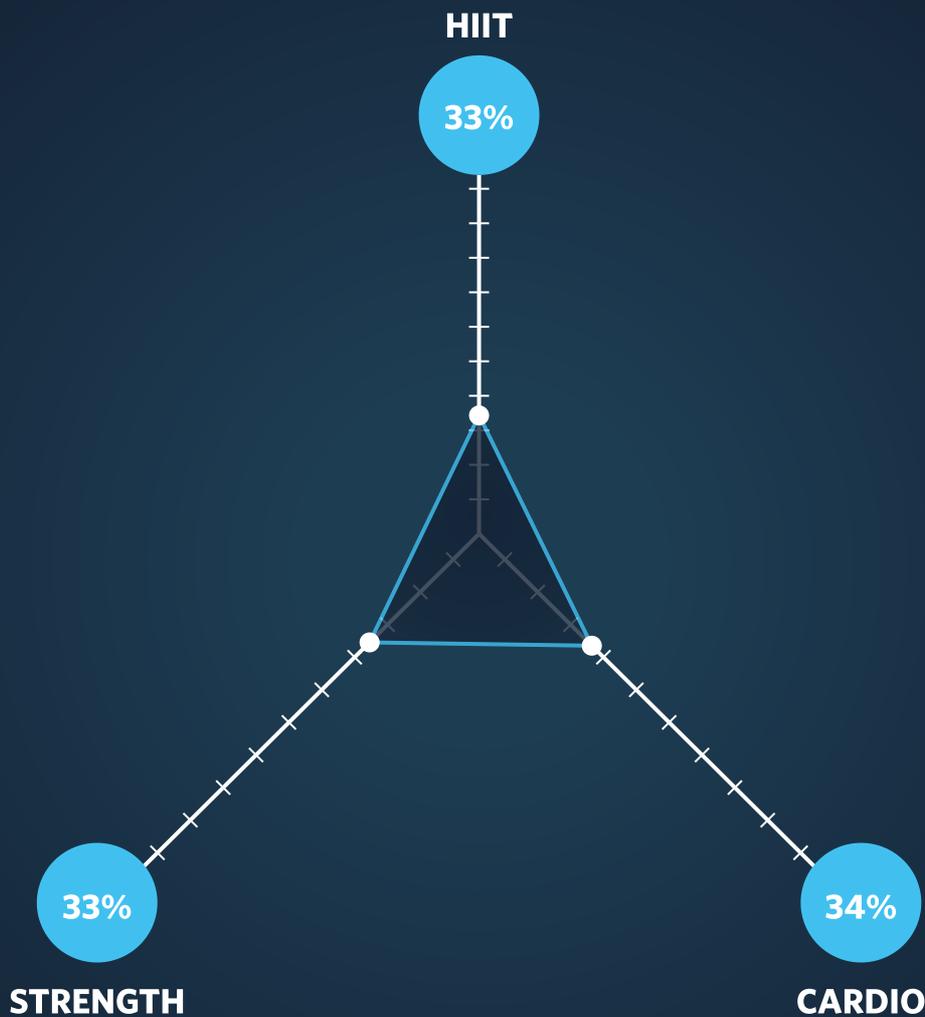
Type I & II Muscles

This provides an estimate of the balance between Type I & II muscle fibers in your body and how they impact the scope of your fitness training.



Fat Burning Efficiency & Cellular Health

This provides data on your mitochondria's ability to utilize oxygen and burn fat as a fuel source. Your fat burning efficiency is highly correlated with your cellular health.



The workout recommendation mentioned above is based on your fitness goal of None and your scores from the PNOE test.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
STRENGTH	REST	HIIT	REST	CARDIO	REST	REST

A good cardio-respiratory fitness in combination with high fat burning ability are the hallmark of a well condition individual. Low to medium intensity cardio training will help you improve your fat burning capacity and HIIT will help improve your VO₂peak which according to the American Heart Association constitutes the most reliable indicator of cardio-respiratory health. However, excessive cardio in combination with HIIT training can “wear out” your muscles and reduce your metabolism making it harder to lose weight. So to make sure your metabolism is maintained in high enough levels there should be at least one session of strength training per week.

The focus of your training should be on improving your caloric burn through strenght training while maintaining your fat burning efficiency in high levels through cardio training . After we achieve this we can focus on further improving your cardio-respiratory fitness through HIIT training .

Training Zones

Building Anaerobic Capacity	5 VERY HARD	172 - 184 bpm	Benefits: Develops muscular endurance to lactate acide and high intensity movements Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Capacity	4 HARD	157 - 172 bpm	Benefits: Increases maximum performance Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Stamina	3 MODERATE	130 - 157 bpm	Benefits: Improves aerobic fitness Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for moderately long exercises
Metabolic Conditioning	2 LIGHT	107 - 130 bpm	Benefits: Improves basic endurance and fat burning Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises
	1 VERY LIGHT	92 - 107 bpm	Benefits: Improves overall health and helps recovery Feels like: Very easy for breathing and muscles Recommended for: Weight management and active recovery

	Units	12-09-2019		
VO2 peak	ml / min / kg	39		
Anaerobic Threshold	at bpm	167		
Ventilatory Threshold	at bpm	113		
Fat-Max	at bpm	112		

NUTRITION PLAN

Your metabolism is normal but too much cardio in combination with insufficient food intake can lead to caloric deficits which will in turn slow down your metabolism. This can have a long lasting effect which can impact your ability to lose or maintain weight once you stop exercising as much.

Also, eating the right amount of protein and the right balance between fats and carbs depending on your workout plan will help you improve fat burning capacity.

METABOLISM

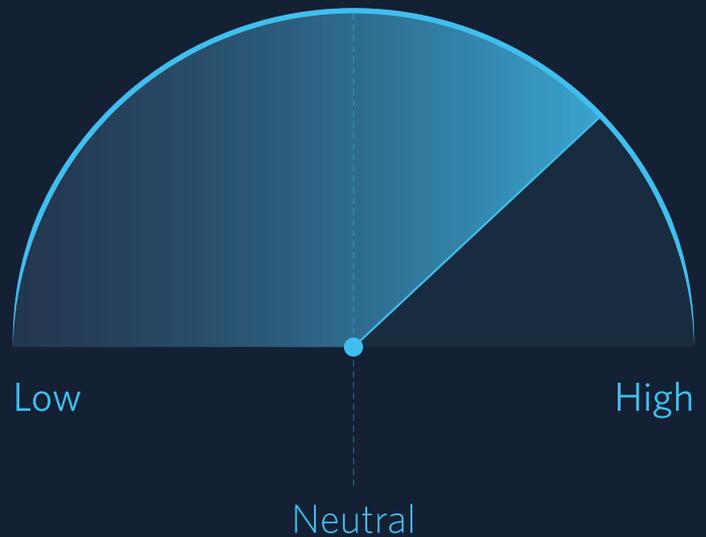


BREATHING

12% of individuals suffer from hyperventilation. It reduces their ability to think, makes them tired and can cause series posture issues like lower back pain. For some it is also the cause of panic attacks.

Your breathing is good and doesn't pose any issues in your cognitive capacity or posture. By integrating specific breathing exercises you can increase your lung capacity and ventilation efficiency that will help you improve your performance

BREATHING EFFICIENCY



THE INFORMATION IN THIS REPORT IS INTENDED FOR EDUCATIONAL PURPOSES ONLY AND IS NOT INTENDED TO DIAGNOSE OR TREAT ANY HEALTH CONDITION OR ILLNESS.