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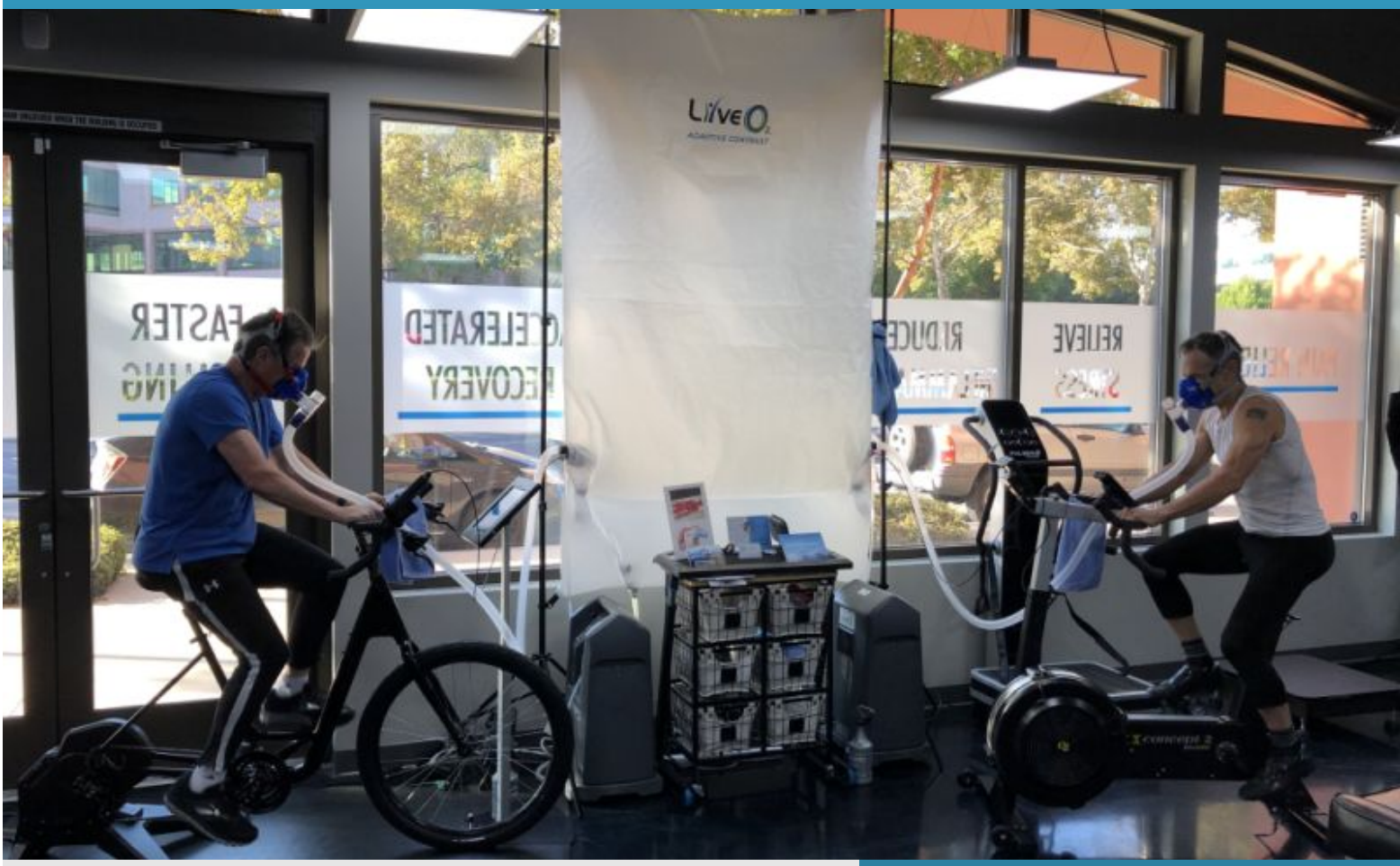
PNOĒ

FITNESS REPORT NAME DATE

WE ARE WHAT WE REPEATEDLY DO.

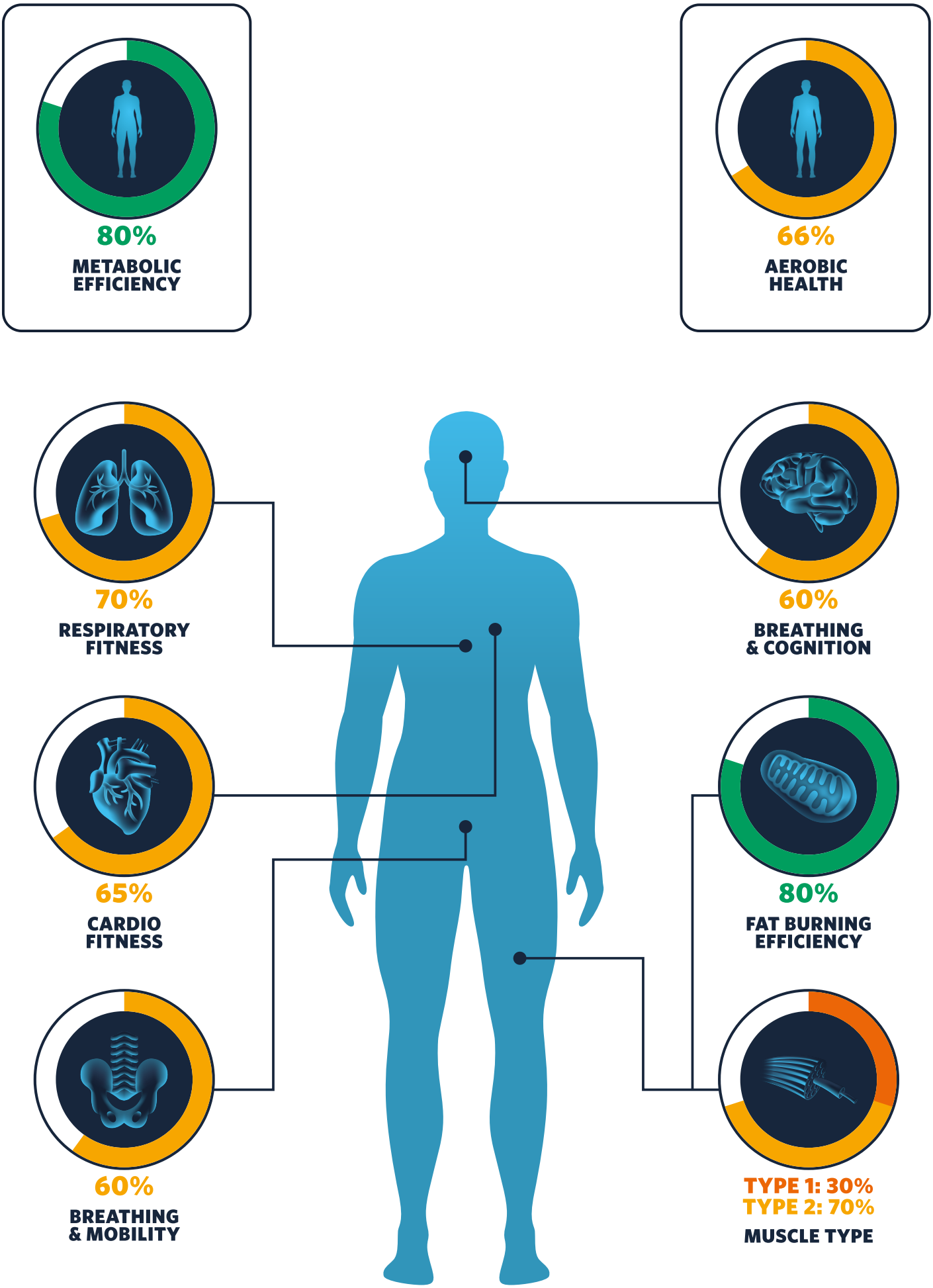
Excellence, then,
is not an act but a habit.

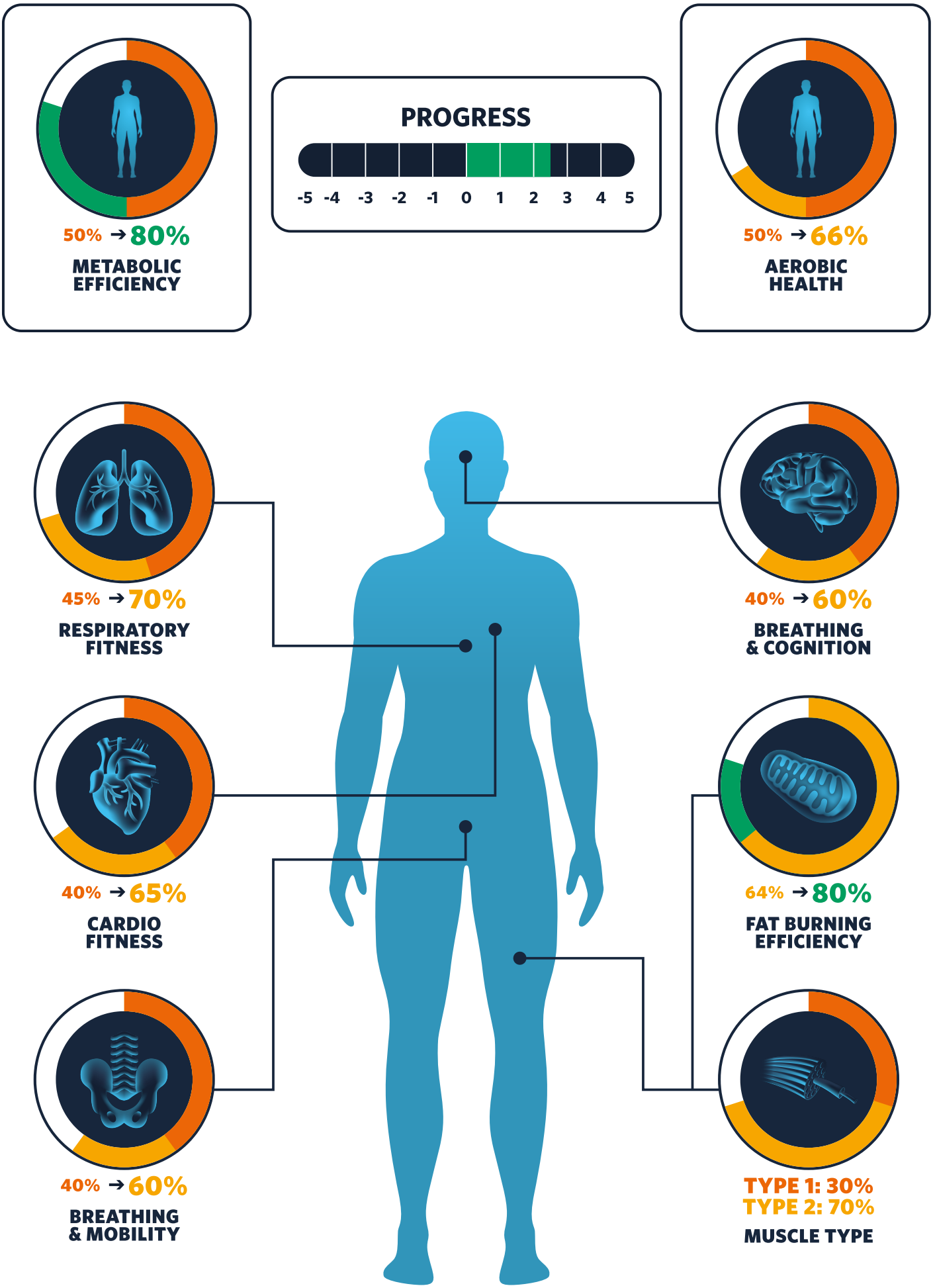
Overview



SAMPLE

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.
The Assessment below is intended for information purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Consult your physician before engaging in an exercise program and/or changing your diet as a result of the information provided by this Assessment.


80%
METABOLIC EFFICIENCY
66%
AEROBIC HEALTH
70%
RESPIRATORY FITNESS
60%
BREATHING & COGNITION
65%
CARDIO FITNESS
80%
FAT BURNING EFFICIENCY
60%
BREATHING & MOBILITY
TYPE 1: 30%
TYPE 2: 70%
MUSCLE TYPE


50% → 80%
METABOLIC EFFICIENCY
PROGRESS
-5 -4 -3 -2 -1 0 1 2 3 4 5
50% → 66%
AEROBIC HEALTH
45% → 70%
RESPIRATORY FITNESS
40% → 60%
BREATHING & COGNITION
40% → 65%
CARDIO FITNESS
64% → 80%
FAT BURNING EFFICIENCY
40% → 60%
BREATHING & MOBILITY
TYPE 1: 30%
TYPE 2: 70%
MUSCLE TYPE

CARDIO FITNESS

This metric describes how well conditioned the heart is and if it poses a limitation to the ability to workout. The value of this metric is based upon your VO2peak as well as the trendline of the amount of oxygen your heart pumps into your body per heart beat (VO2/HR) as intensity increases. A low VO2peak in combination with a flattening of VO2/HR early on during the exercise will reduce the score of this metric. Sedentary lifestyle and lack of cardiovascular exercise or excessive weight training will lower the score of this metric. HIIT and Cardio training will improve it.

RESPIRATORY FITNESS

This metric describes how well conditioned the lungs are and if they pose a limitation to the ability to workout. The value of this metric is based upon your VO2peak as well as the trendline of the amount of oxygen your lungs pump into your body per breathing cycle (VO2/BF) as intensity increases. A low VO2peak in combination with a flattening of VO2/BF early on during the exercise will reduce the score of this metric. Sedentary lifestyle and lack of cardiovascular exercise or excessive weight training will lower the score of this metric. HIIT and Cardio training will improve it.

BREATHING & COGNITION

This metric shows the extent to which your breathing is affecting the ability to think and react rapidly. A high breathing frequency at the onset of exercise in combination with low CO2 levels during exhalation are a sign of hyperventilation which negatively impacts oxygen delivery to the brain and therefore the ability to think and react rapidly. More than 10% of people chronically hyperventilate without knowing it and are reducing their cognitive capacity through incorrect breathing. Breathing exercises at rest and during exercise are the most effective way to improve the score of this metric.

BREATHING & MOBILITY

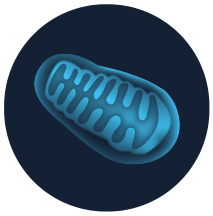
This metric describes the extent to which breathing affects strength, posture, and the likelihood of developing mobility problems. A high breathing frequency at the onset of exercise in combination with low CO2 levels during exhalation are a sign of hyperventilation. Apart from impacting cognitive capacity, hyperventilation also causes loss of abdominal pressure which leads to loss of support in the lower back. Hyperventilation is the strongest predictor of myoskeletal problems such as lower back pain. Breathing training during exercise and resting conditions is the most effective method to improve the score of this metric.

TYPE I & II MUSCLE COMPOSITION

This metric provides an estimate of the balance between Type I & II muscle fibers in the body. The value of this metric is based on mechanical efficiency recorded during the initial stages of the protocol.

Type I muscle fibers, AKA slow twitch fibers, are the types of muscles utilized during continuous activities like running or walking. They utilize fat as the primary fuel source and are energetically efficient meaning they utilize less calories when producing a given amount of movement.

Type II muscle fibers, AKA fast twitch fibers, are the types of muscles utilized during explosive activities like weightlifting or HIIT training. They utilize carbs as the primary fuel source and are energetically inefficient meaning they utilize more calories when producing a given amount of movement.



FAT BURNING EFFICIENCY

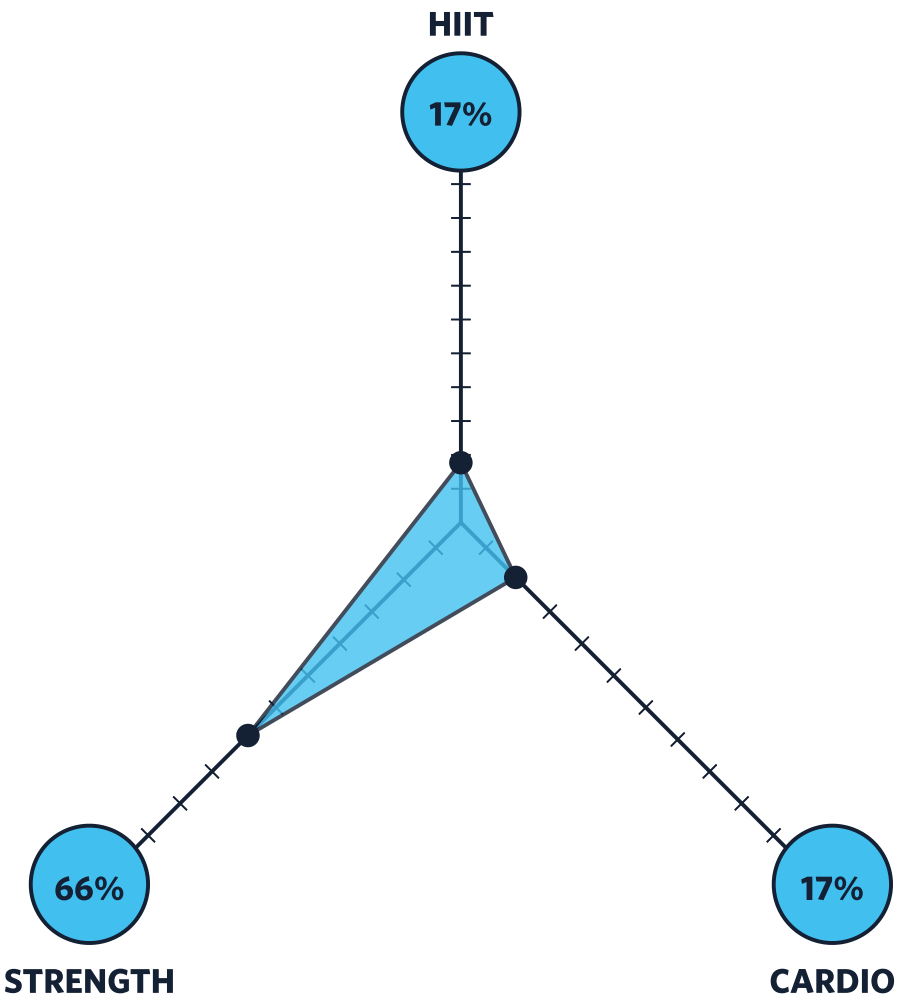
This metric is a measure of the mitochondrias' ability to utilize oxygen and burn fat as a fuel source. Fat burning efficiency is highly correlated with cellular health. The value of this metric is based on the heart rate at which you attain the crossover point in relationship with the maximum and starting heart rate during the test. Sedentary lifestyle and lack of cardiovascular exercise or excessive weight training will lower the score of this metric. Low to medium intensity cardio training in zones 2 and 3 will help you improve it.

METABOLIC EFFICIENCY

This metric is a gauge of caloric burn during movement and whether one is burning more or less calories than the average person of the same age, gender, and weight. This metric does not provide an indication of how high or low resting metabolic rate is. The value of this metric is based on mechanical efficiency recorded during the initial stages of the protocol. Caloric restriction, chronic dieting and excessive cardio training are among the most common factors that reduce the value of this metric. Strength training in combination with refeeding cycles will improve the score of this metric.

AEROBIC HEALTH

This metric is a gauge of the ability to workout at high exercise intensities, which helps burn more calories. Aerobic health is also a strong indicator of overall health and the likelihood of developing cardiovascular disease. The value of this metric is based on VO2peak. Sedentary lifestyle and lack of cardiovascular exercise or excessive weight training will lower this score. HIIT and Cardio training will improve the score of this metric.



The workout recommendation mentioned above is based on your fitness goal of MuscleGain and your scores from the PNOĒ test.

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

Building muscle mass requires proper strength training and fueling. On the other hand, low to medium intensity cardio training will allow you to maintain a high fat-burning capacity while preserving the muscle mass you build during your strength training days. Keep in mind that rest is as important as the work you put in at the gym. The majority of failed muscle building attempts are due to incorrect nutrition or insufficient rest.
Strength training should include weight-lifting and a variety of repetitions. Doing 3-5 repetitions at 80-90% of your 1 Rep MAX will help you build strength, whereas 8-12 repetitions at 50-60% of your 1 Rep MAX will help you increase muscle mass. In general you should avoid using weights in exercises with high number of repetitions and high movement velocity since they do not support muscle growth and usually lead to injuries.

The focus of your training should be on improving your caloric burn through strength 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	169 - 175 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	159 - 169 bpm	**Benefits**: Increases maximum performance **Feels like**: Muscular fatigue and heavy breathing **Recommended for**: Everybody for shorter exercises
Building Aerobic Stamina	3 MODERATE	142 - 159 bpm	**Benefits**: Improves aerobic fitness **Feels like**: Muscular fatigue and heavy breathing **Recommended for**: Everybody for moderately long exercises
Metabolic Conditioning	2 LIGHT	132 - 142 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	115 - 132 bpm	**Benefits**: Improves overall health and helps recovery **Feels like**: Very easy for breathing and muscles **Recommended for**: Weight management and active recovery

	Units	**02-11-2020**		
VO2 peak	ml / min / kg	37		
Anaerobic Threshold	at bpm	164		
Ventilatory Threshold	at bpm	138		
Fat-Max	at bpm	137		

VO2peak
The maximum oxygen consumption in milliliters per minute per kilogram of body weight achieved during the test.

Tidal Volume
The volume of air exchanged with the environment every breathing cycle.

Mechanical efficiency
The efficiency ratio with which a person's body is transforming energy from nutrients (e.g. fats and carbohydrates) into movement.

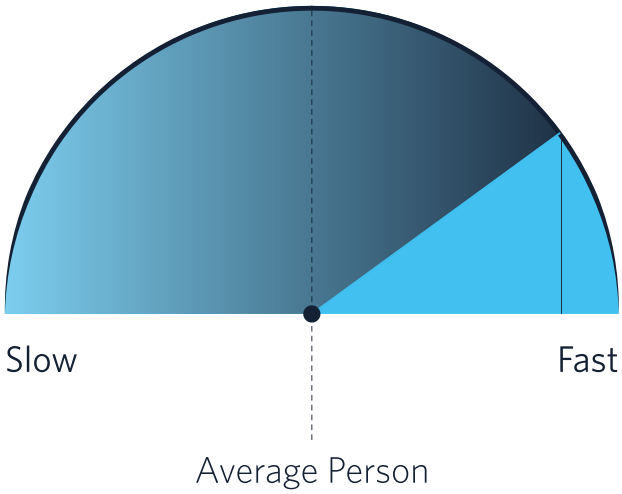
Anaerobic Threshold
The exercise intensity at which the body transitions into zone 5 where anaerobic metabolism becomes a large part of the body's energy generation.

Ventilatory Threshold
The exercise intensity at which physical activity starts to be considered a workout.

NUTRITION PLAN

Your metabolism is normal but combining it with incorrect eating can slow it down and make you lose muscle. For example, eating fewer calories than you burn by following your activity tracker can cause your body to burn fewer calories making it harder to lose or maintain weight. Also, eating the right balance of carbs and fats based on your training program will maximize muscle gain.

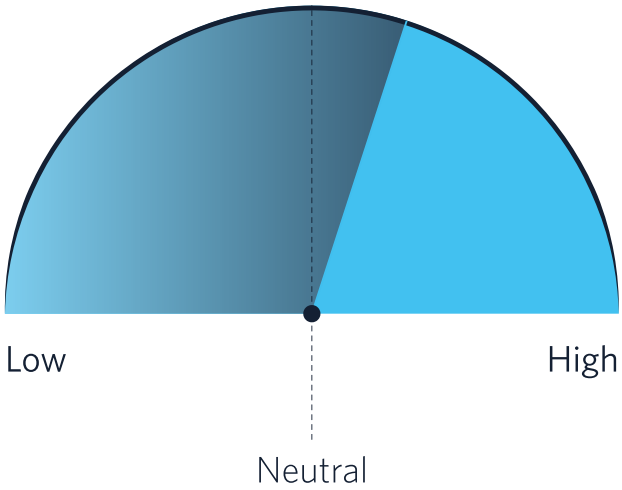
Also, eating the right balance of carbs and fats based on your workout plan will maximize muscle gain



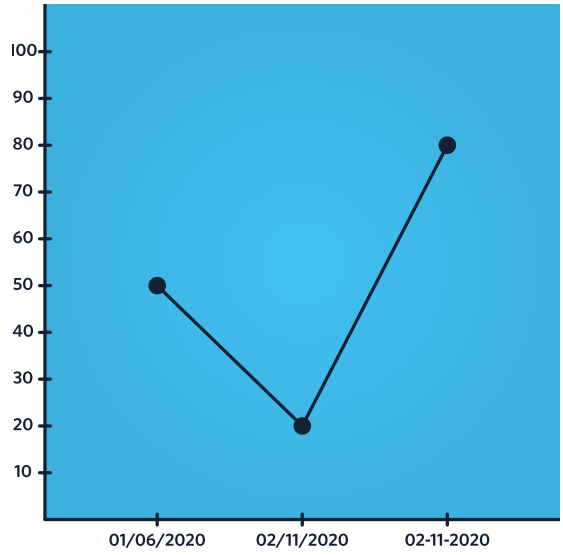
BREATHING

More than 10% of people suffer from hyperventilation. Hyperventilation is the cause of posture problems such as lower back pain and also reduces your ability to think and react rapidly. For some, it is also a cause of panic attacks.

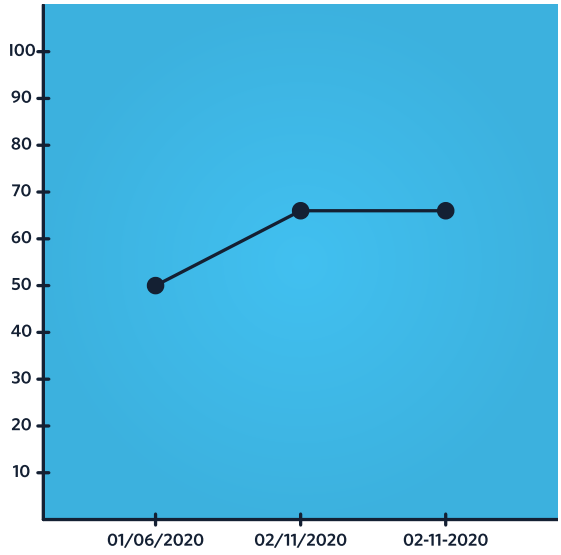
Your breathing is effective and doesn't pose any limitations to your cognitive capacity or posture. By integrating breathing training into your daily routine you can increase your lung capacity and ventilation efficiency that will help you improve your performance



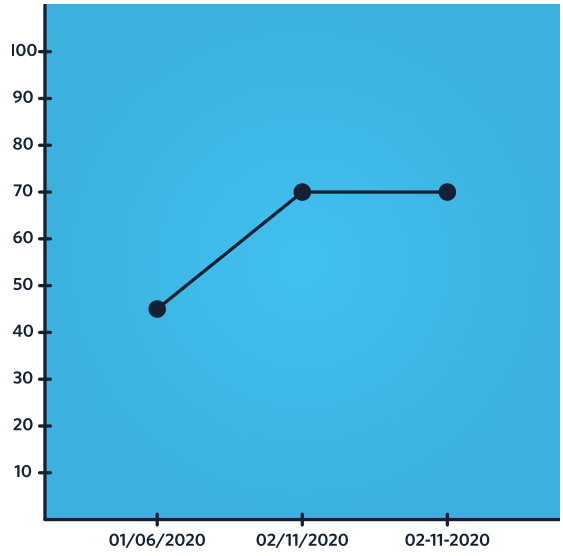
METABOLIC EFFICIENCY



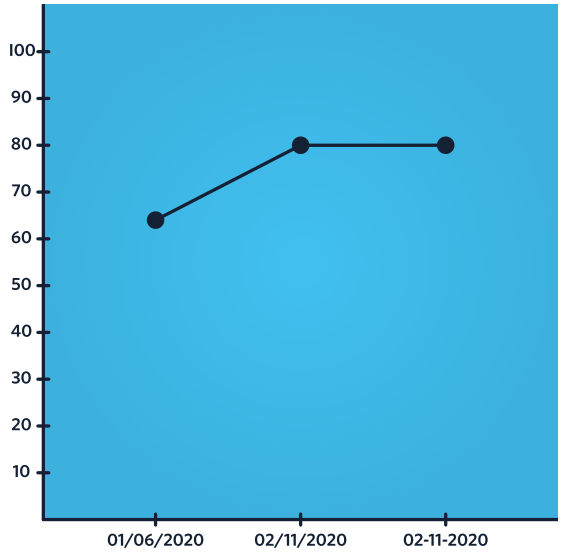
AEROBIC HEALTH



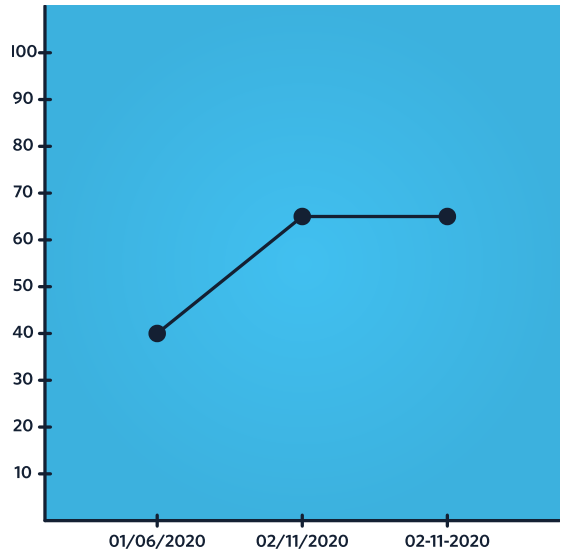
RESPIRATORY FITNESS



FAT BURNING EFFICIENCY



CARDIO FITNESS



MOBILITY & POSTURE