PNOĒ

FITNESS REPORT SAMPLE DATE

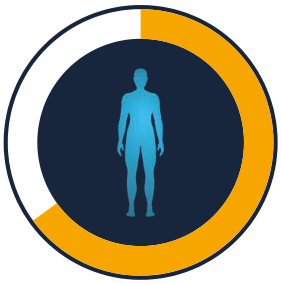
WE ARE WHAT WE REPEATEDLY DO.

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

Overview

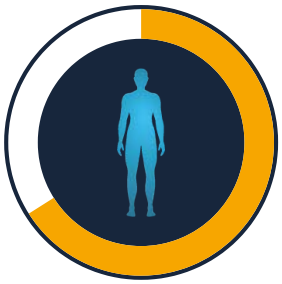
SAMPLE

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.



65%

METABOLIC EFFICIENCY



66%

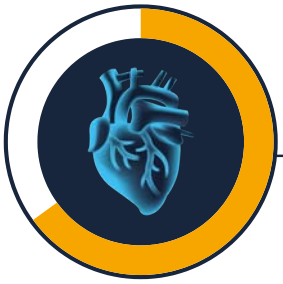
AEROBIC HEALTH

80%

RESPIRATORY FITNESS

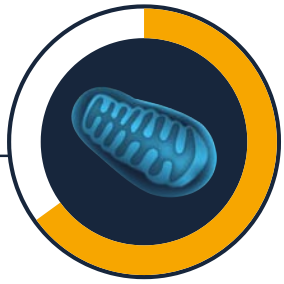
83%

BREATHING & COGNITION



65%

CARDIO FITNESS



65%

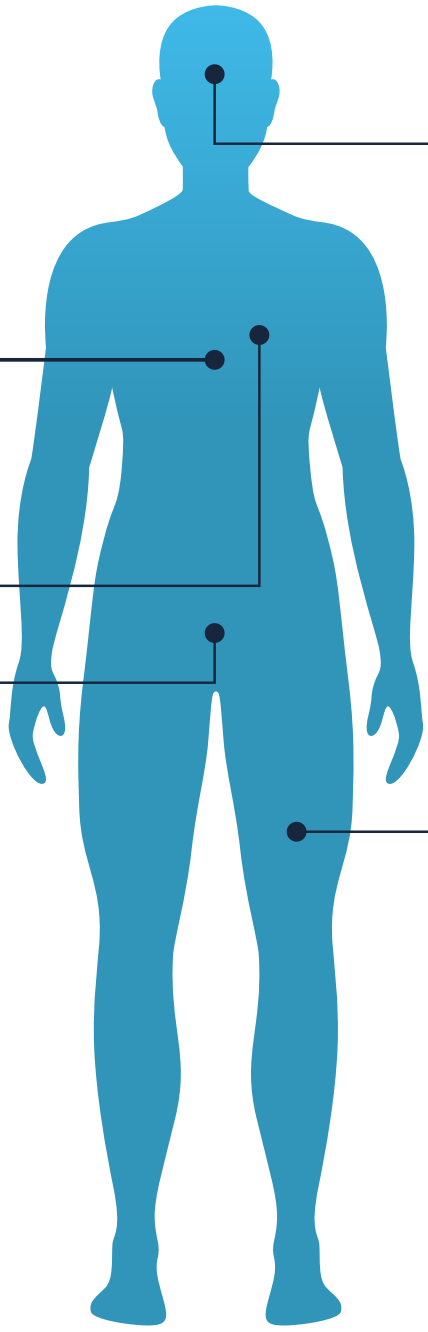
FAT BURNING EFFICIENCY

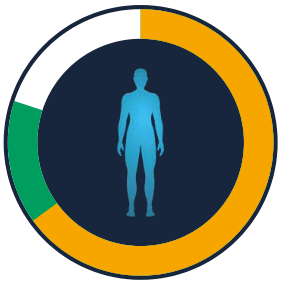
83%

BREATHING & MOBILITY

TYPE 1: 50%
TYPE 2: 50%

MUSCLE TYPE



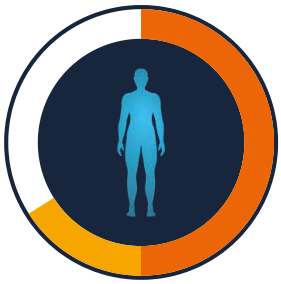


80% → 65%

METABOLIC EFFICIENCY

PROGRESS

-5 -4 -3 -2 -1 0 1 2 3 4 5

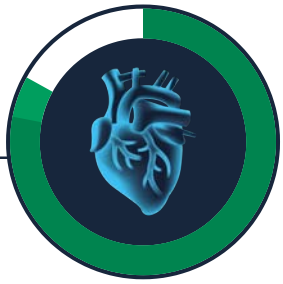


50% → 66%

AEROBIC HEALTH

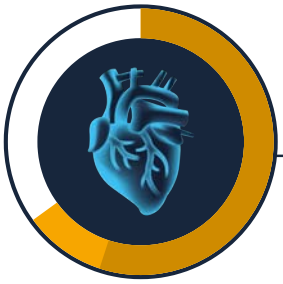
75% → 80%

RESPIRATORY FITNESS



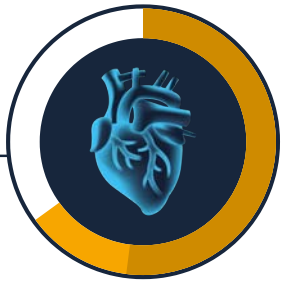
78% → 83%

BREATHING & COGNITION



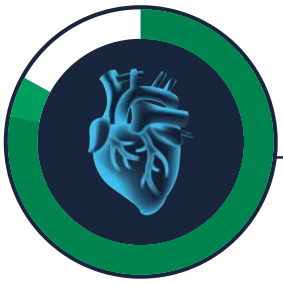
55% → 65%

CARDIO FITNESS



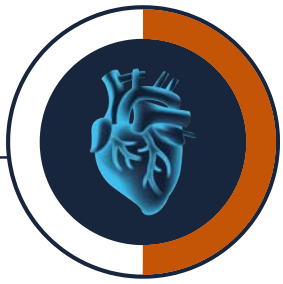
52% → 65%

FAT BURNING EFFICIENCY



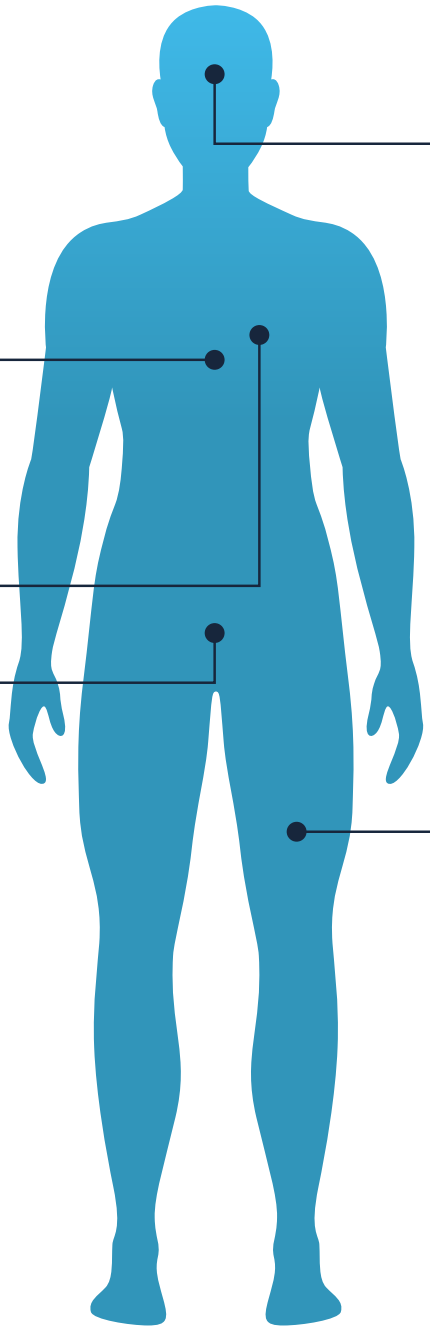
78% → 83%

BREATHING & MOBILITY



TYPE 1: 50%
TYPE 2: 50%

MUSCLE TYPE



CARDIO FITNESS

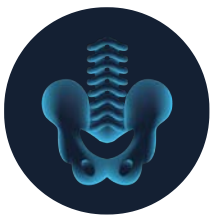
This metric describes how well conditioned the heart is and if it poses a limitation to the ability to workout. The value of this metric is based upon your VO2peak as well as the trendline of the amount of oxygen your heart pumps into your body per heart beat (VO2/HR) as intensity increases. A low VO2peak 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

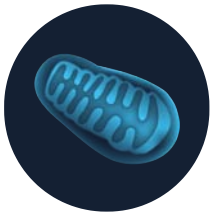
This metric describes the extent to which breathing affects strength, posture, and the likelihood of developing mobility problems. A high breathing frequency at the onset of exercise in combination with low CO2 levels during exhalation are a sign of hyperventilation. Apart from impacting cognitive capacity, 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.

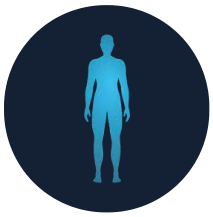
Type I muscle fibers, AKA slow twitch fibers, are the types of muscles utilized during continuous activities like running or walking. They utilize fat as the primary fuel source and are energetically efficient meaning they utilize less calories when producing a given amount of movement.

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.



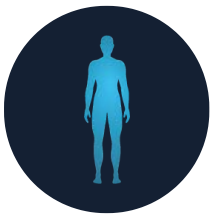
FAT BURNING EFFICIENCY

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.



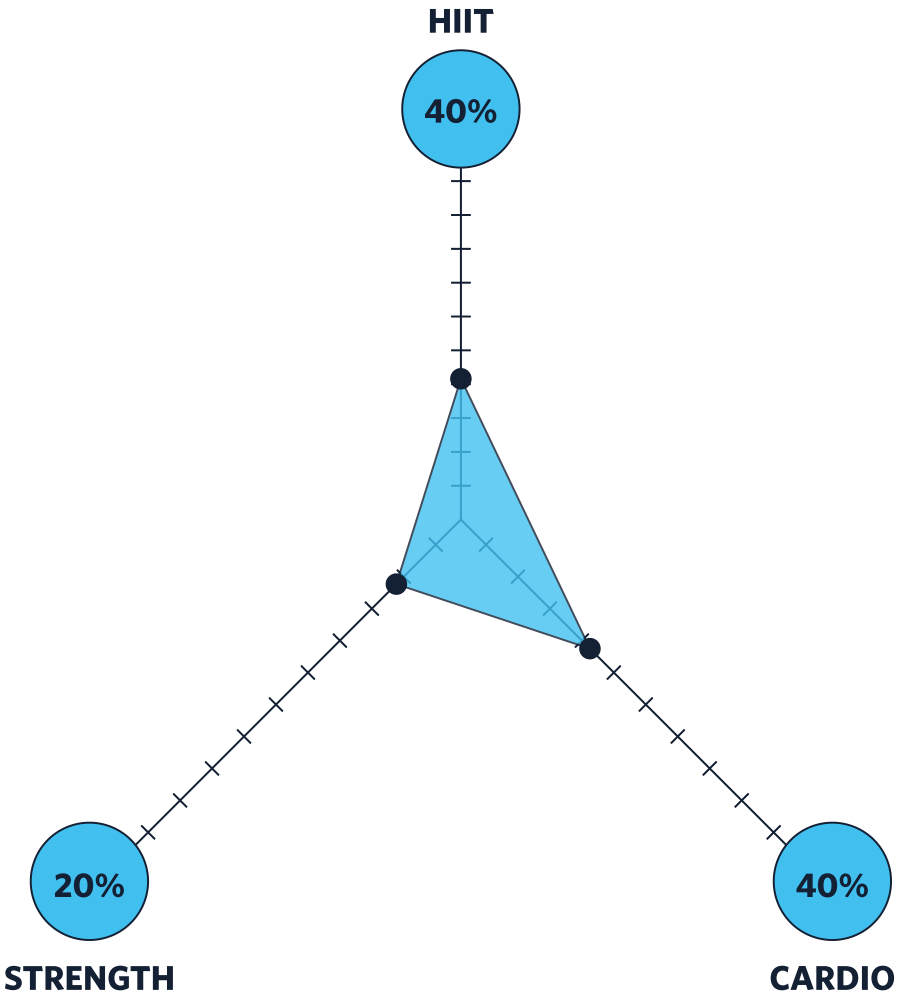
METABOLIC EFFICIENCY

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 Conditioning and your scores from the PNOĒ test.

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

A good cardiorespiratory fitness in combination with high-fat burning ability are the foundation 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. According to the American Heart Association, VO2peak constitutes the most reliable indicator of cardiorespiratory fitness. 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 at high enough levels you should also make sure to get sufficient strength training during the week.

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

TRAINING ZONES

Building Anaerobic Capacity	5 VERY HARD	160 - 166 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	148 - 160 bpm	**Benefits**: Increases maximum performance **Feels like**: Muscular fatigue and heavy breathing **Recommended for**: Everybody for shorter exercises
Building Aerobic Stamina	3 MODERATE	117 - 148 bpm	**Benefits**: Improves aerobic fitness **Feels like**: Muscular fatigue and heavy breathing **Recommended for**: Everybody for moderately long exercises
Metabolic Conditioning	2 LIGHT	102 - 117 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	87 - 102 bpm	**Benefits**: Improves overall health and helps recovery **Feels like**: Very easy for breathing and muscles **Recommended for**: Weight management and active recovery

	Units	02-06-2020		
VO2 peak	ml / min / kg	38		
Anaerobic Threshold	at bpm	158		
Ventilatory Threshold	at bpm	108		
Fat-Max	at bpm	107		

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.

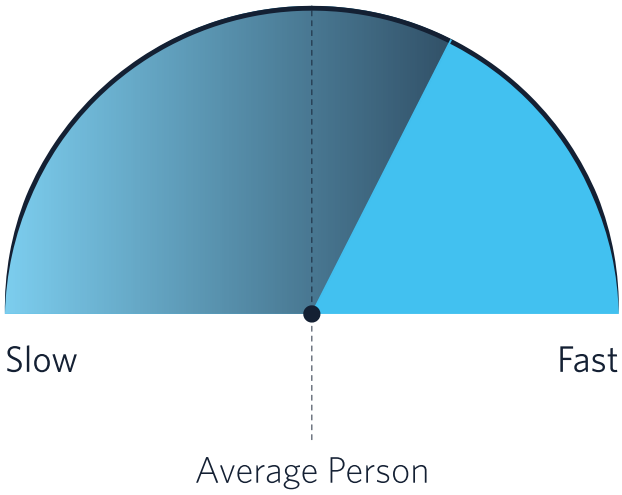
Anaerobic Threshold
The exercise intensity at which the body transitions into zone 5 where anaerobic metabolism becomes a large part of the body's energy generation.

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

NUTRITION PLAN

Your metabolism is normal but 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.

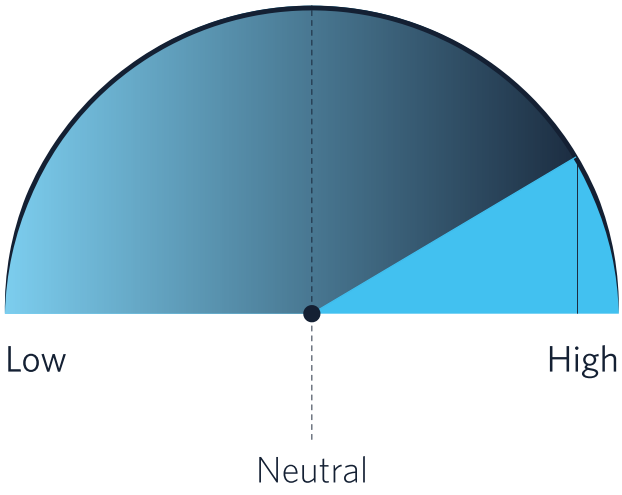
Also, eating the right amount of protein and the right balance between fats and carbs depending on your workout plan will help you improve fat burning capacity.



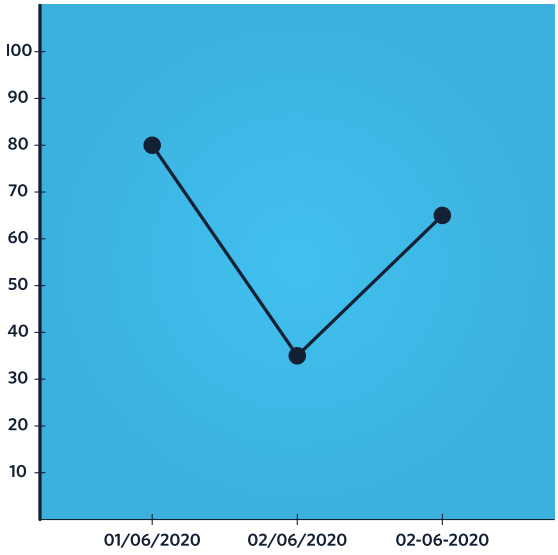
BREATHING

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.

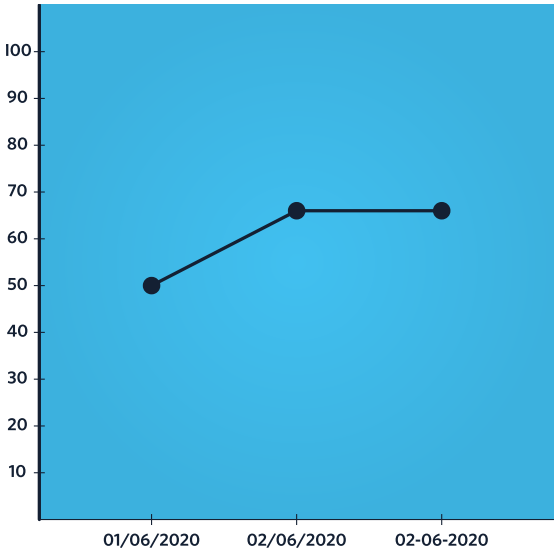
Your breathing is effective and doesn't pose any limitations to your cognitive capacity or posture. By integrating breathing training into your daily routine you can increase your lung capacity and ventilation efficiency that will help you improve your performance



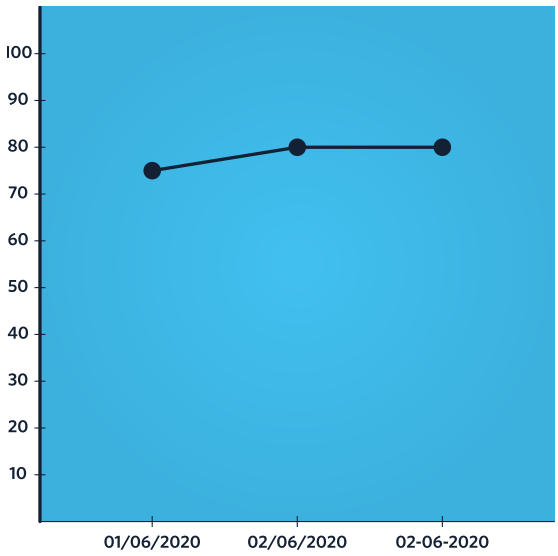
METABOLIC EFFICIENCY



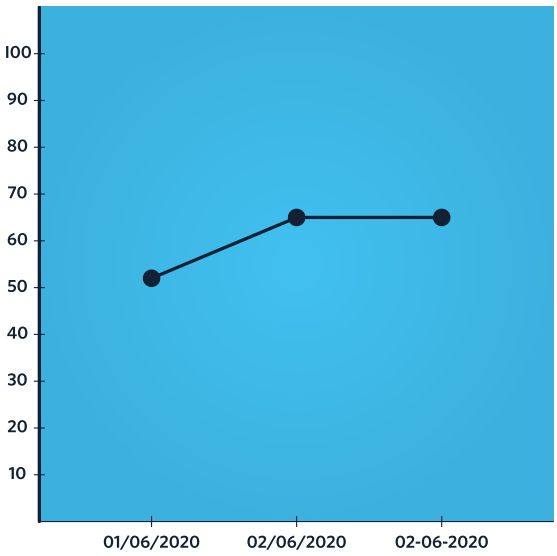
AEROBIC HEALTH



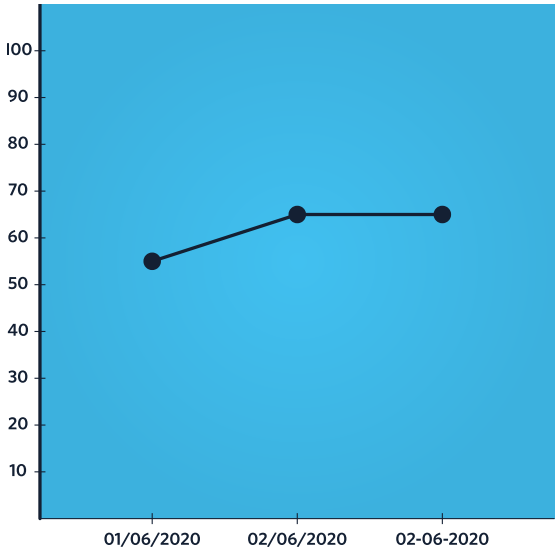
RESPIRATORY FITNESS



FAT BURNING EFFICIENCY



CARDIO FITNESS



MOBILITY & POSTURE