

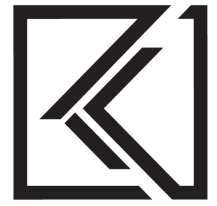
KAYVAN SEYRI



FITNESS REPORT

MOUSA ALENEZI

01-20-2020



**WE ARE
WHAT WE
REPEATEDLY
DO.**

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



Osama Alowaish

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.

Assessment

Metabolic Efficiency

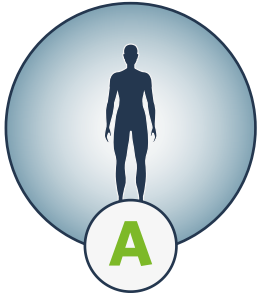
Cardiorespiratory Fitness

Type II / Fast-twitch Muscles

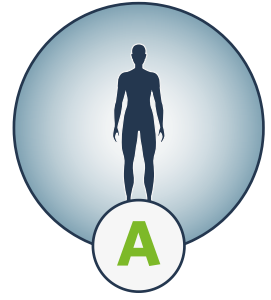
Type I / Slow-twitch Muscles

Fat Burning Efficiency

Breathing Efficiency



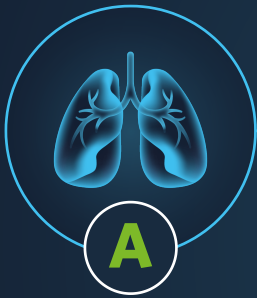
METABOLIC EFFICIENCY



AEROBIC HEALTH



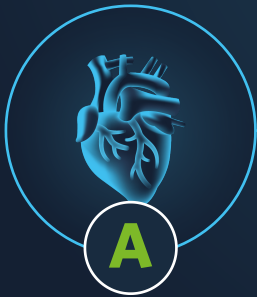
BREATHING & COGNITION



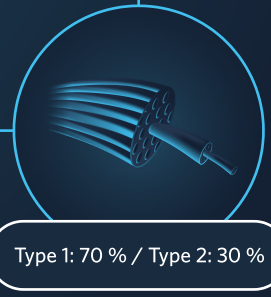
RESPIRATORY FITNESS



FAT BURNING EFFICIENCY



CARDIO FITNESS



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



Metabolic Efficiency

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



Respiratory Fitness

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



Cardio Fitness

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



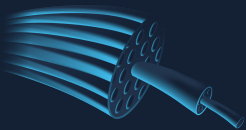
Breathing & Cognition

This is a measure of breathing efficiency and how breath is affecting the ability to think clearly and react rapidly.



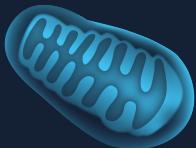
Respiration & Mobility

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



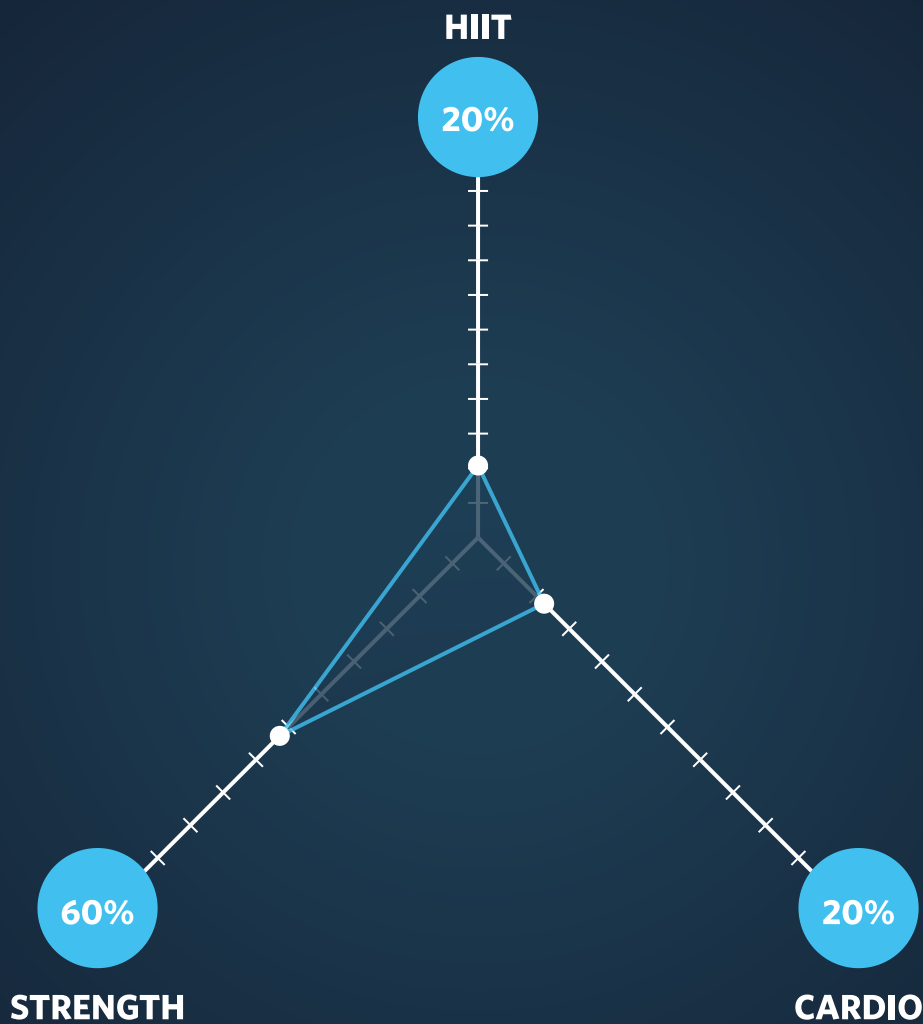
Type I & II Muscles

This provides an estimate of the balance between Type I & II muscle fibers in the body.



Fat Burning Efficiency & Cellular Health

This provides data on the mitochondrias' ability to utilize oxygen and burn fat as a fuel source. Fat burning efficiency is highly correlated with 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	HIIT	REST	STRENGTH	CARDIO	REST	STRENGTH

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 muscle mass through strength training while maintaining your caloric burn through HIIT. After we achieve this we can focus on further improving your fat burning through cardio training.

Participating in any workout regimen may result in an increased risk of physical injury based on the nature, frequency, intensity and duration of the workout regime.

Training Zones

Building Anaerobic Capacity	5 VERY HARD	172 - 186 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 - 172 bpm	Benefits: Increases maximum performance Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises
Building Aerobic Stamina	3 MODERATE	122 - 159 bpm	Benefits: Improves aerobic fitness Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for moderately long exercises
Metabolic Conditioning	2 LIGHT	106 - 122 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	96 - 106 bpm	Benefits: Improves overall health and helps recovery Feels like: Very easy for breathing and muscles Recommended for: Weight management and active recovery

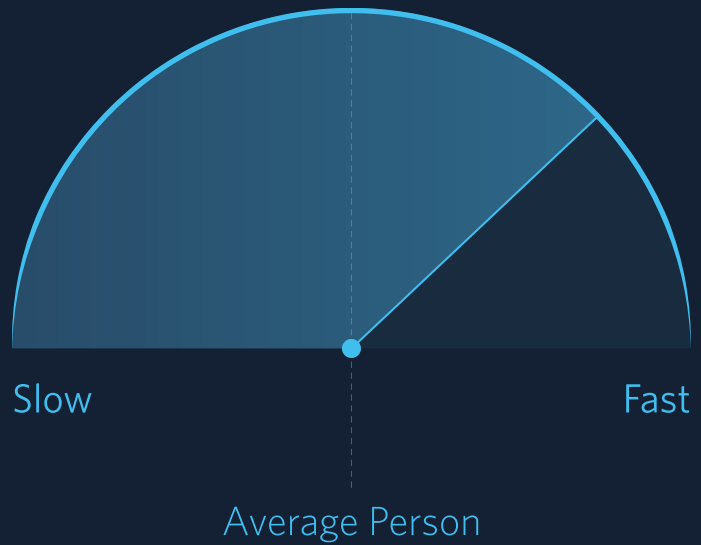
	Units	01-20-2020		
VO2 peak	ml / min / kg	54		
Anaerobic Threshold	at bpm	159		
Ventilatory Threshold	at bpm	84		
Fat-Max	at bpm	114		

NUTRITION PLAN

Your metabolism is high 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

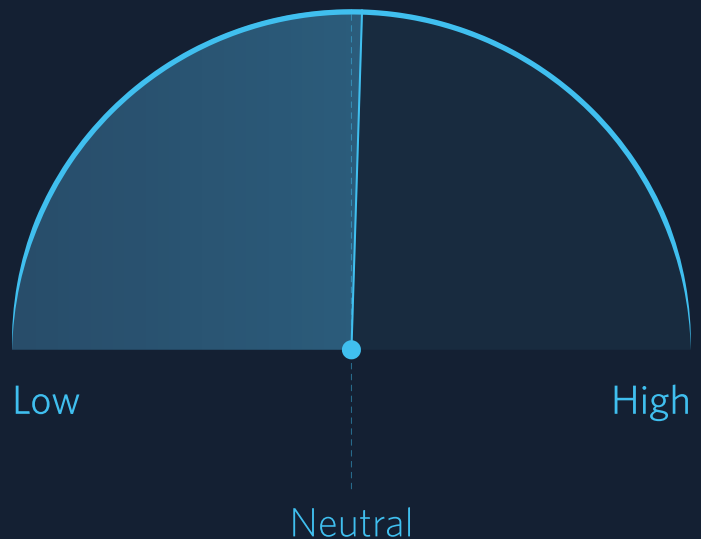


BREATHING

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.