

Optimal
Vitality



PERFORMANCE METABOLIC BLUEPRINT 2025

Your Complete Performance Analysis

Comprehensive metabolic testing, training zones, and performance optimization
powered by PNOE technology and personalized for elite results.

Littlefield Bradley

Test Date: 11/12/2025 • Performance
Assessment • Optimal Vitality

Executive Summary

Your performance snapshot at a glance

OVERALL HEALTH SCORE

73

out of 100

EXCELLENT METRICS

2

of 7 (Lung + HRV)

GOOD+ METRICS

5

of 7 total

BIOLOGICAL AGE

49

years (5 years younger!)

Biological Age Analysis

Your metabolic age vs. chronological age



Your excellent performance metrics indicate superior metabolic health and cellular function, resulting in a biological age significantly younger than your chronological age.



Core Performance Metrics

7 key biomarkers measuring your athletic potential

Sympathetic/Parasympathetic **76%**

GOOD

Ventilation Efficiency **74%**

GOOD

Breathing Coordination **67%**

GOOD

Lung Utilization **100%**

EXCELLENT

Heart Rate Variability (HRV) **88%**

EXCELLENT

Metabolic Rate **46%**

NEUTRAL

Fat-Burning Efficiency

58%

NEUTRAL



Caloric Balance & Fuel Strategy

Your personalized energy targets for performance

YOU BURN

Rest Days

2074

kcal/day

Workout Days

2274

kcal/day

YOU SHOULD EAT

Rest Days

1724

kcal/day

Workout Days

1924

kcal/day

Fuel Sources

Fats 53%

Carbs 47%

Your metabolism uses an energy mix of 53% fats and 47% carbohydrates at rest.



Training Zones

Personalized heart rate zones for optimal performance

Zone 1: Recovery

92-111 bpm

Active recovery, warm-up, cool-down. Very easy conversational pace.

Promotes recovery and prepares body for harder efforts.

Zone 2: Endurance Base

111-129 bpm

YOUR PRIMARY ZONE for improving metabolic rate and fat-burning. Easy conversational pace. Build aerobic base, improve mitochondrial function.

Target: 3-4 sessions weekly, 45-60 minutes.

Zone 3: Tempo

129-148 bpm

Moderate-hard pace. Short phrases possible. Improves lactate threshold and tempo endurance. Use sparingly.

Zone 4: Lactate Threshold

148-166 bpm

Hard pace, few words possible. Lactate threshold training. Improves VO2 max and performance capacity. 1-2 sessions weekly for strength development.

Zone 5: VO2 Max

166-185 bpm

Maximum effort, no talking. Intervals only. Maximizes VO2 max and anaerobic capacity. Short bursts (30sec - 5min) for peak performance.

Mark's Weekly Training Plan

Zone 2 (Endurance): 3-4 sessions x 45-60 min = **PRIORITY #1** to improve metabolic rate (46%) and fat-burning (58%)

Zone 4 (Threshold): 1-2 sessions x 20-30 min = Support strength development goals

Resistance Training: 3 sessions x 45-60 min = Maintain strength development focus

Rest/Recovery: 1-2 days per week with Zone 1 activity



Recommended Interventions

Targeted strategies for your specific needs



Zone 2 Training

Primary intervention for metabolic rate & fat-burning

Performance

Evidence-Based



ARX Omni

Efficient resistance training for strength goals

Performance

Evidence-Based



Cold Plunge

Boost fat-burning 15-37%, accelerate recovery

Performance

Evidence-Based



Nutrition Protocol

High protein (1.6-2.2g/kg) for muscle & metabolism

Performance

Evidence-Based



Breathwork Training

Optimize breathing coordination (currently 67%)

Performance

Evidence-Based



Sauna Recovery

Improve HRV and parasympathetic activation

Performance

Evidence-Based

Your Action Plan

Prioritized roadmap for performance gains



Zone 2 Endurance Training

3-4 weekly sessions, 45-60 min at 111-129 bpm. THE most powerful intervention for improving metabolic rate (46% → 70%+) and fat-burning (58% → 70%+).

PRIORITY: HIGH



Strength Training

Continue 3x weekly resistance work for strength development. Add compound movements to support metabolic rate increase.

PRIORITY: HIGH



Performance Nutrition

High protein (1.6-2.2g/kg = 114-156g/day), omega-3 rich fish 3x/week. Time carbs around workouts for performance.

PRIORITY: MEDIUM



Recovery Optimization

7-9 hours nightly. Consistent schedule. Your excellent HRV (88%) shows good recovery - maintain this!

PRIORITY: MEDIUM



Cold Exposure

Cold plunges 3-5 min, 2-3x weekly. Can boost fat-burning by 15-37% and accelerate recovery between sessions.

PRIORITY: LOW



Breathwork Practice

10 min daily box breathing to optimize breathing coordination. Your 67% is good but can reach 80%+ with practice.

PRIORITY: LOW

90-Day Performance Protocol

Your structured roadmap to peak metabolic fitness

WEEKS 1-4

Base Building Phase

Add 2-3 Zone 2 sessions (45 min) alongside strength training. Monitor heart rate compliance. Focus on easy conversational pace. Track recovery and energy levels.

WEEKS 5-8

Development Phase

Increase to 3-4 Zone 2 sessions (60 min). Continue strength training 3x/week. Add cold plunges 2x/week. Implement performance nutrition timing around workouts.

WEEKS 9-12

Integration Phase

Maintain 4x Zone 2 sessions. Add 1x Zone 4 threshold session. Continue all protocols. Monitor performance gains in strength training. Prepare for retest.

WEEK 13

Retest & Reassess

Expected Results: Metabolic Rate: 46% → 70%+ | Fat-Burning: 58% → 75%+ | Overall Score: 73% → 80%+ | Strength gains + improved endurance capacity

AI-Powered Personalized Recommendations

Based on your metabolic data and health goals

✓ First, the good news:

Your core metabolic data (VO₂ max, RMR, heart rate zones, substrate utilization) uses **well-established, medically-approved algorithms**—the same ones testing facilities use. No AI. No guesswork. Just proven math.

The recommendations below? That's where AI comes in. AI is incredibly smart, but it's also an overachiever that really wants you to like it.

AI has a few quirks you should know about:

- It can **hallucinate** - occasionally making up facts with complete confidence
- It's a **people-pleaser** - wants to tell you what you want to hear
- It **lacks clinical context** - doesn't know your complete medical history

That's why every recommendation below should be reviewed with a healthcare professional—specifically one experienced with VO₂ max testing, metabolic optimization, and performance physiology.

Think of these as homework to bring to your doctor, not medical advice to follow blindly.

Peptides Recommendations

Primary Peptide Recommendations:

1. CJC-1295
2. Ipamorelin
3. MOTS-c

Specific Dosing Protocol:

CJC-1295:

- Dose: 1-2mg once per week, subcutaneously, at any time of day.
- Cycle: 8-12 weeks on, 4 weeks off.

Ipamorelin:

- Dose: 200-300mcg daily, subcutaneously, preferably at night.
- Cycle: 8-12 weeks on, 4 weeks off.

MOTS-c:

- Dose: 10-20mg per week, subcutaneously, at any time of day.
- Cycle: 8-12 weeks on, 4 weeks off.

Scientific Rationale:

CJC-1295:

- CJC-1295 is a long-acting growth hormone-releasing hormone (GHRH) analog that can enhance your natural growth hormone

(GH) production. Your metabolic data indicates a solid baseline fitness level, and CJC-1295 can optimize this further by improving muscle strength and recovery.

****Ipamorelin:****

- Ipamorelin is a selective GH secretagogue which stimulates GH release without causing an increase in cortisol or prolactin. This makes it an excellent synergistic choice with CJC-1295 for comprehensive GH optimization.

****MOTS-c:****

- Your metabolic efficiency score suggests there is room for improvement in metabolic health. MOTS-c is a mitochondrial-derived peptide that can enhance metabolic efficiency and insulin sensitivity, making it a suitable choice for your metabolic profile.

Expected Benefits and Timeline:

****CJC-1295 and Ipamorelin:****

- Increased lean muscle mass and strength, improved recovery, and enhanced fat loss.
- Noticeable changes may occur within 3-4 weeks, with full benefits typically seen within 12 weeks.

****MOTS-c:****

- Improved metabolic efficiency, enhanced insulin sensitivity, and potential weight management benefits.
- Benefits typically become apparent after 4-6 weeks.

Strategic Stacking Recommendations:

- CJC-1295 and Ipamorelin can be used in combination to create

a powerful GH optimization stack. These peptides have synergistic effects and can be administered together in the same syringe.

Safety Considerations and Contraindications:

- Always consult with a healthcare provider before starting any peptide therapy.
- Potential side effects of these peptides can include mild irritation at the injection site, headaches, and dizziness. If you experience any severe or persistent side effects, discontinue use and consult a healthcare provider.
- Avoid use if diagnosed with any form of cancer, as increased GH levels can potentially stimulate cancer cell growth.
- Regular blood tests are recommended to monitor IGF-1 levels and overall health markers.

Lifestyle Optimization Tips:

- Maintain a balanced diet rich in protein, healthy fats, and complex carbohydrates to support peptide effectiveness.
- Ensure adequate sleep, as GH release is naturally higher during deep sleep stages.
- Regular exercise, particularly resistance and high-intensity interval training, can enhance GH release and the effectiveness of peptide therapy.
- Hydration is important for overall metabolic health and

effectiveness of peptide therapy.

- Limit alcohol and avoid smoking, as these can impair your metabolic health and reduce the effectiveness of peptide therapy.