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Executive Summary

Your
performance
snapshot
at
a
glance

OVERALL
HEALTH
SCORE

72

out
of
100

EXCELLENT
METRICS

2

of
7
(Lung
Util
+
Hrv)

GOOD+
METRICS

4

of
7
total

BIOLOGICAL
AGE

454

years



Outstanding!
You
are
5
years
younger
than
your
chronological
age!

Core Performance Metrics

7
key
biomarkers
measuring
your

athletic
potential

Lung
Utilization
100%
 EXCELLE

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

Sympathetic/
Parasympathetic
76%
GOOD

Ventilation
Efficiency
74%
GOOD

Breathing
67%
Coordination

Fat-Burning
58%
Efficiency

Metabolic
Rate
46%
NEUTRAL

Caloric Balance & Fuel Strategy

Your
personalized
energy
targets
for
performance



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You
me
use
an
ene
mix
of
53%
fats
and
47%
car
at
res

Training Zones

Personalized
heart
rate
zones
for
optimal
performance

Zone 1: Recovery

Active recovery, warm-up, cool-down. Very easy conversational pace. Promotes recovery and prepares body for harder efforts.

Zone 2: Endurance Base

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.

120-148

bpm

Tempo

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

148-166

bpm

Lactate Threshold

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

166-185

bpm

VO2 Max

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

for
peak
performance.

Littlefield's Weekly Training Plan

- Zone
2

(Endurance):

3-4

sessions

×

45-60

min

=

PRIORITY

#1

to

improve

metabolic

rate

(46%)

and

fat-

burning

(58%)

- Zone
4

(Threshold):

1-2

sessions

×

20-30

min

=

Support

strength

development

goals

- Resistance
Training:

3

sessions

×

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

 z

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:

72%

→

80%

+

|

Strength

gains

+

improved

endurance

capacity



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AI
Recommendations
will
appear
here
when
generated

Click
"Add
AI"
button
on
the
dashboard
to

generate
personalized
AI
recommendations.

**Performance
Metabolic
Blueprint
2025**

Powered
by
PNOE
Technology
|
Test
Date:
11/12/2025

This
report
combines
medically-
approved
metabolic
calculations
with
AI-
assisted
recommendations.

**Always
consult
with
qualified
healthcare
professionals
before
implementing
any
recommendations.**