

Opt
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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

→ 49

years



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

Core
Performance
Metrics

7
key
biomarkers
measuring
your

athletic
potential

Lung
Utilization

100%

EXCELLENT

Heart Rate
Variability
(HRV)

88%

EXCELLENT

Sympathetic/
Parasympathetic

76%

GOOD

Ventilation
Efficiency

74%

GOOD

Breathing
Coordination

67%

NEUTRAL

Fat-Burning
Efficiency

58%

NEUTRAL

Metabolic
Rate

46%

NEUTRAL

Caloric
Balance
&
Fuel
Strategy

Your
personalized
energy
targets
for
performance



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

Training Zones

Personalized heart rate zones for optimal performance

22-41

11

Zone 1

Bpm

Recovery

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

11-12

9

Zone 2

Bpm

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.

Zone 1 128-148

8pm
Tempo

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

Zone 2 148-166

lactate
8pm
Threshold

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

Zone 3 166-185

5pm
**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
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:

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.**