

Optimal
Vitality

⚡ PERFORMANCE METABOLIC BLUEPRINT 2025

YourComplete
PerformanceAnalysis

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

Littlefield Bradlely

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

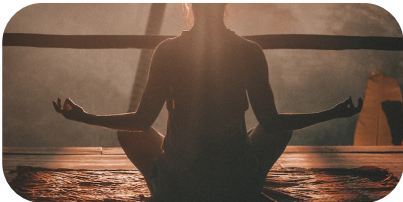
49

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



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.



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



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

✓ **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:

Based on your metabolic profile and general health and performance optimization goals, the following peptides are recommended:

1. ****CJC-1295 + Ipamorelin**** for growth hormone support, muscle-building, and strength.
2. ****TB-500 (Thymosin Beta-4)**** for healing and regeneration.
3. ****AOD-9604**** for fat-loss and metabolic efficiency.

Specific Dosing Protocol for Each Peptide:

1. ****CJC-1295 + Ipamorelin****: 100 mcg each, subcutaneous (under the skin) injection, 3 times a week, before bedtime.
2. ****TB-500****: 2.5 mg, subcutaneous injection, twice a week.
3. ****AOD-9604****: 300 mcg, oral, daily.

Scientific Rationale:

1. ****CJC-1295 + Ipamorelin****: This combination is effective in stimulating the release of growth hormone, which aids in muscle development, performance enhancement, and overall health. Your VO2 Max and Metabolic Efficiency suggest a potential for performance optimization.
2. ****TB-500****: It promotes healing, recovery, and regeneration. Useful for overall health maintenance and performance optimization.
3. ****AOD-9604****: It promotes fat-loss and enhances metabolic

efficiency, which can help maintain a healthy weight and improve performance.

Expected Benefits and Timeline:

1. **CJC-1295 + Ipamorelin**: Improved muscle strength and performance, better sleep, and healthier skin. Expected results in 2-3 months.
2. **TB-500**: Faster recovery, reduced inflammation, and improved flexibility. Results typically noticeable in 4-6 weeks.
3. **AOD-9604**: Enhanced fat loss and improved metabolic efficiency. Results usually seen in 2-3 months.

Strategic Stacking Recommendations:

1. **CJC-1295 + Ipamorelin and TB-500**: This stack can synergistically improve performance, muscle development, and recovery.
2. **CJC-1295 + Ipamorelin and AOD-9604**: This combination will enhance muscle strength and help maintain a healthy weight, improving overall performance.

Safety Considerations and Contraindications:

Always consult your healthcare provider before starting any peptide therapy. Side effects can include irritation at the injection site, fatigue, and water retention. Contraindications include pregnancy, breastfeeding, active cancer, and certain endocrine disorders. Regular monitoring is recommended to ensure safety and effectiveness.

Lifestyle Optimization Tips to Maximize Peptide Effectiveness:

1. **Diet**: Maintain a balanced diet rich in lean proteins, healthy fats, and complex carbs.
2. **Exercise**: Regular strength training and cardio exercises can enhance the effectiveness of peptides.
3. **Sleep**: Aim for 7-9 hours of sleep each night to support

recovery and growth hormone production.

4. ****Hydration****: Stay adequately hydrated to support metabolic processes.

5. ****Stress Management****: Practice stress management techniques like mindfulness, yoga, or meditation.

****IMPORTANT****: This recommendation is based on your goals and the information provided. Always consult with a healthcare provider before starting any new health regimen.