

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  
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.



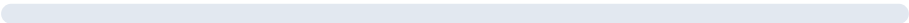
# Core Performance Metrics

7 key biomarkers measuring your athletic potential

Sympathetic/Parasympathetic

76%

GOOD



Ventilation Efficiency

74%

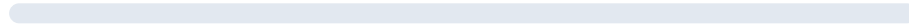
GOOD



Breathing Coordination

67%

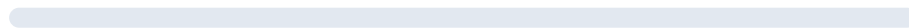
GOOD



Lung Utilization

100%

EXCELLENT



Heart Rate Variability (HRV)

88%

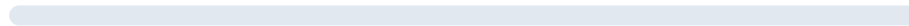
EXCELLENT



Metabolic Rate

46%

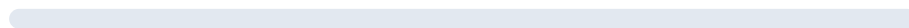
NEUTRAL



Fat-Burning Efficiency

58%

NEUTRAL







# 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

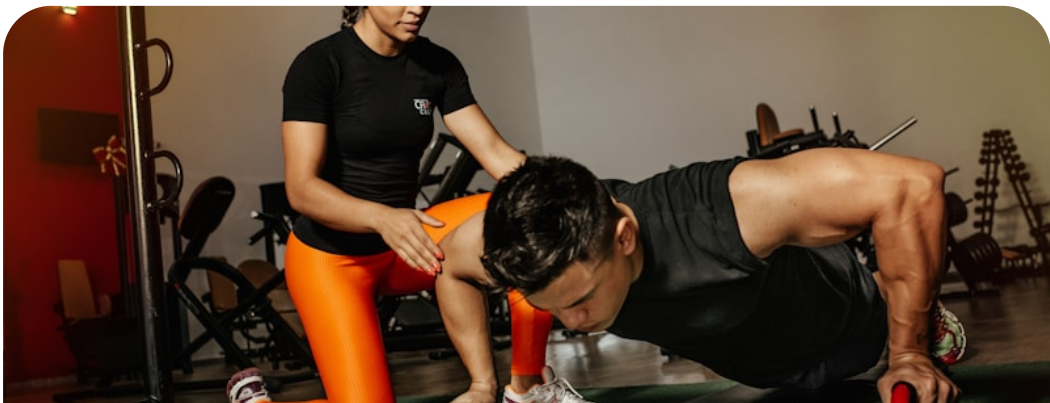


## Zone 2 Training

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.

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## 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.

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## 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.

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### 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

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### ## Personalized Peptide Recommendations

Based on your metabolic data, and considering your goal for general health and performance optimization, the following peptides are recommended:

#### ### Primary Peptide Recommendations

1. **\*\*CJC-1295 + Ipamorelin\*\***
2. **\*\*BPC-157\*\***
3. **\*\*Thymosin Alpha-1\*\***

#### ### Specific Dosing Protocol

1. **\*\*CJC-1295 + Ipamorelin\*\***: Administer 100mcg of each once daily before bedtime.

2. **BPC-157**: Administer 250-500mcg per day, in one or two doses.
3. **Thymosin Alpha-1**: Administer 1.5mg once per week.

### ### Scientific Rationale

1. **CJC-1295 + Ipamorelin Combo**: This combination is known to stimulate growth hormone secretion, without the side effects of increased cortisol and acetylcholine levels. Your VO2 Max and Metabolic Efficiency rate indicate that you could benefit from improved muscle mass and recovery.

2. **BPC-157**: This peptide is known for its healing and regenerative properties. It could help with general health optimization by promoting the healing of various tissues and enhancing the health of the gut and the immune system.

3. **Thymosin Alpha-1**: This peptide can boost your immune system, increase your energy level, and improve your overall performance.

### ### Expected Benefits and Timeline

1. **CJC-1295 + Ipamorelin**: After 2-3 months of consistent use, expect increased lean muscle mass, improved recovery, better quality of sleep, and enhanced body composition.

2. **BPC-157**: In a few weeks, you may notice improved gut health, enhanced recovery from injuries, and overall well-being.

3. **Thymosin Alpha-1**: After 1-2 months, expect improved immune function, increased energy, and better overall performance.

### ### Strategic Stacking Recommendations

1. **CJC-1295 + Ipamorelin with BPC-157**: This stack is safe and enhances overall physical performance and recovery.
2. **CJC-1295 + Ipamorelin with Thymosin Alpha-1**: This stack is safe and can improve overall health and performance.

### ### Safety Considerations and Contraindications

1. **CJC-1295 + Ipamorelin**: Common side-effects include irritation at the injection site and headaches. Less common side effects include water retention, tingling or numbness in the hands and feet.
2. **BPC-157**: This peptide is generally well-tolerated with few reported side effects.
3. **Thymosin Alpha-1**: Side effects are rare but can include fatigue, fever, or injection site reactions.

### ### Lifestyle Optimization Tips

1. **Exercise Regularly**: Regular exercise, especially strength training, can help enhance the muscle-building effects of CJC-1295 + Ipamorelin.
2. **Maintain a Balanced Diet**: A balanced diet rich in lean proteins, fruits, vegetables, and whole grains can help optimize the health benefits of these peptides.
3. **Adequate Sleep**: Ensuring you get enough quality sleep can help enhance the benefits of these peptides, especially CJC-1295 + Ipamorelin which is known to improve sleep quality.
4. **Manage Stress**: Chronic stress can impact overall

health and well-being. Techniques such as meditation, yoga, or other relaxation exercises can help manage stress levels and enhance overall health and performance.

Please consult with a healthcare provider before starting any new treatment or therapy. Always ensure to source peptides from a trusted supplier to ensure product quality and safety.