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

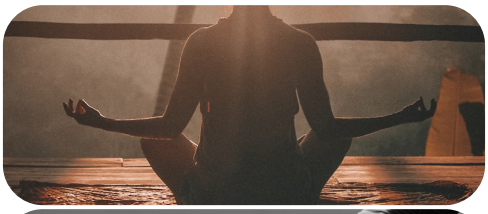
years (5 years younger!)

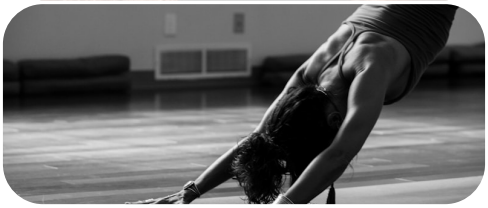
Biological Age Analysis

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

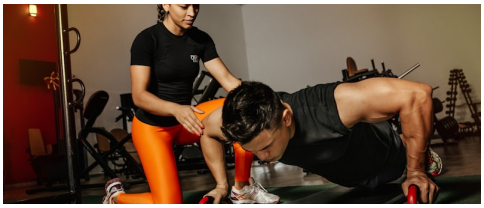
Recommended Interventions

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.

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 + Ipamorelin**
2. **AOD-9604**
3. **BPC-157**

Specific Dosing Protocol for each peptide

1. **CJC-1295 + Ipamorelin**: Dose of 100mcg each, subcutaneously before bed, 3-5 days per week.
2. **AOD-9604**: Dose of 250mcg, subcutaneously, daily in the morning.
3. **BPC-157**: Dose of 250mcg, subcutaneously, twice daily.

Scientific Rationale

- **CJC-1295 + Ipamorelin**: This combination is known to stimulate the production of growth hormone, which could help improve your VO2 max and metabolic efficiency.
- **AOD-9604**: This peptide is known to stimulate lipolysis (fat breakdown) and inhibit lipogenesis (fat accumulation) which can help optimize your fat oxidation rate and support overall metabolic health.
- **BPC-157**: This peptide promotes healing and regeneration, which could be beneficial in maintaining optimal performance and recovery.

Expected Benefits and Timeline

- **CJC-1295 + Ipamorelin**: Potential benefits include, improved muscle growth, enhanced recovery, and better sleep quality. Noticeable benefits usually appear within 1-2 months.
- **AOD-9604**: Potential benefits include, improved metabolic rate and potential fat loss. Noticeable benefits usually appear within a couple of weeks.
- **BPC-157**: Potential benefits include, improved healing, reduced inflammation, and gastrointestinal health. Noticeable benefits usually appear within a few days to a week.

Strategic Stacking Recommendations

Consider stacking the above peptide regimen with lifestyle modifications and potentially other peptides like Thymosin Alpha-1 for immune support, and Semax for cognitive enhancement based on your individual needs.

Safety Considerations and Contraindications

- Always consult with your healthcare provider before starting any new treatment regimen.
- Monitor for any adverse reactions or side effects, such as rash at the injection site, nausea, or headaches.
- Peptides should not be used by individuals with known hypersensitivity or allergies to the substances.
- If you have any chronic health conditions or are taking any medications, consult your doctor before starting a peptide regimen.

Lifestyle Optimization tips to maximize peptide effectiveness

- Maintain a healthy diet rich in protein, complex carbs, and healthy fats to support your body's natural peptide production.
- Regular exercise can help enhance the effects of peptides, particularly those aimed

at muscle growth and recovery.
- Adequate sleep is crucial for the body's healing and regeneration processes.
- Avoid excessive alcohol and smoking as these can inhibit the body's natural healing processes and potentially negate the effects of peptides.
- Regular check-ups and blood tests can help monitor the effectiveness of the peptide regimen and allow for necessary adjustments.

Disclaimer: This information is intended for educational purposes only and is not a substitute for professional medical advice. Always consult your healthcare provider before starting any new treatment regimen.