

Optimal
Vitality

PERFORMANCE METABOLIC BLUEPRINT

Your Complete Performance Analysis

Comprehensive metabolic testing, training performance optimization, PNOE technology and personalized results.

Littlefield
Bradley

Last 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!)

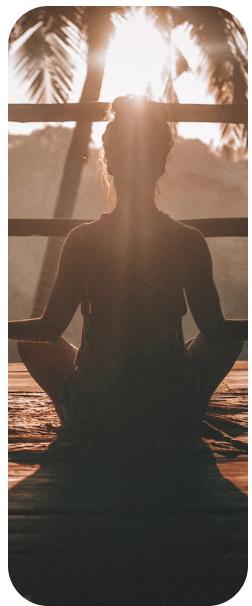
Biological Age Analysis

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
76%
Parasympathetic

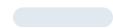
GOOD

Ventilation
74%
Efficiency

GOOD

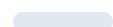
Breathing
67%
Coordination

GOOD



Lung **100%**
Utilization

EXCELLENT



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

EXCELLENT



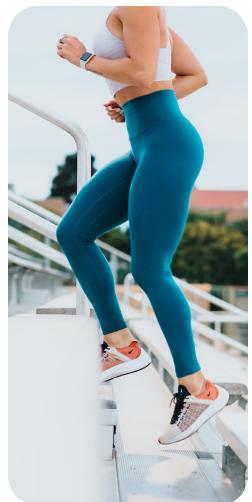
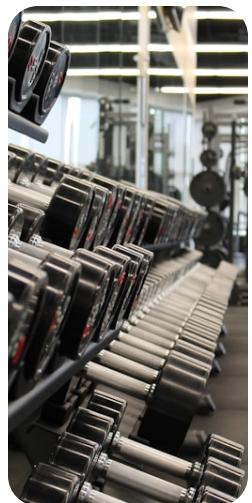
Metabolic **46%**
Rate

NEUTRAL



Fat-
Burning
58%
Efficiency

NEUTRAL

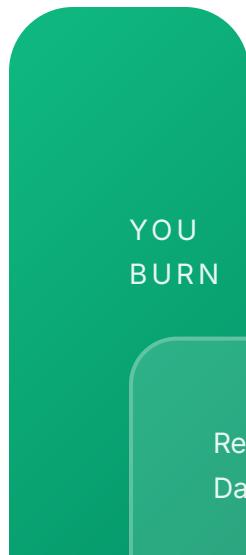


Caloric Balance

&

Fuel Strategy

Your
personalized
energy
targets for
performance



2

kc
da

Wc
Da

2

kc
da

YOU
SHOULD
EAT

Re
Da

1

kc
da

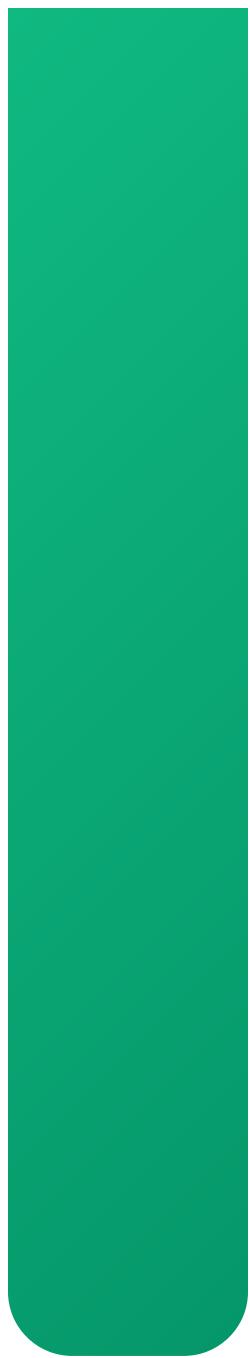
Wc
Da

1

kc
da

Fuel Source

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:
92-111
bpm**

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

harder
efforts.

Zone 2:
11-129
Endurance
bpm
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
129-148
3:
bpm
Tempo

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

Zone 4:
148-166
Lactate
bpm
Threshold

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

strength
development.

**Zone
5: 166-185**

**VO₂ bpm
Max**

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



Breathw Training

Optimize
breathing
coordination
(currently
67%)

Performance

Evidence-
Based



Sauna

Recover

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 Recommender

Based on your
metabolic data and
health goals



First,
the
good
news:

Your
core
metabolic
data
(VO_2
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

**1.

Primary
Peptide
Recommendations**

Based on
your
metabolic
data and
your goal of
muscle
gain, the
two most
suitable
peptides for
you are:

- CJC-1295
- +
Ipamorelin
- IGF-1 LR3

**2.
Specific
Dosing
Protocol for
Each
Peptide**

- **CJC-1295
- +

Ipamorelin**:
Start with a dose of 100mcg of each peptide, administered subcutaneously, before bed.

After two weeks, if well tolerated, the dose can be increased to 200mcg.

- **IGF-1

LR3**:
Begin with a dose of 20mcg, administered subcutaneously, post-workout.

After two weeks, if well tolerated, the dose

can be increased to 50mcg.

**3.
Scientific
Rationale**

-

**CJC-1295

+

Ipamorelin**:

This combination is widely used for muscle gain.

CJC-1295 stimulates the release of growth hormone, while Ipamorelin is a selective growth hormone secretagogue, which

means it stimulates the production of growth hormone in a way that mimics the body's natural growth hormone-releasing patterns.

This can lead to increased muscle mass and improved recovery.

- **IGF-1

LR3**: This peptide has a longer half-life than regular IGF-1, and it's known to stimulate muscle

growth and repair. It acts independently of growth hormone and can stimulate muscle hyperplasia - the growth of new muscle cells.

**4.
Expected Benefits and Timeline**

-
**CJC-1295
+
Ipamorelin**:
You may begin to see improvements in muscle mass and

strength
within 8 to
12 weeks.

Other
potential
benefits
include
improved
sleep,
increased
energy
levels, and
enhanced
fat loss.

- **IGF-1

LR3**:
Noticeable
muscle
growth can
be
expected
within 4 to
8 weeks.

Other
benefits
may include
improved
recovery
and
increased
lean body

mass.

**5.

Strategic
Stacking

Recommendations**

-

**CJC-1295

+

Ipamorelin**:

This stack
can be
further
enhanced
by adding a
GHRP
(Growth
Hormone
Releasing
Peptide)
such as
GHRP-2 or
GHRP-6.

- **IGF-1

LR3**: This
peptide can
be
combined
with a
muscle-

building
SARM
(Selective
Androgen
Receptor
Modulator)
such as
RAD140 or
LGD-4033
for even
better
results.

****6. Safety
Considerations
and
Contraindications****

-
****CJC-1295**

+

Ipamorelin:**
These
peptides
are
generally
well
tolerated,
but side
effects can
include

water retention, joint pain, and increased appetite.

Contraindications include pregnancy, nursing, and cancer.

- **IGF-1

LR3**:
Potential side effects include hypoglycemia, increased growth of existing cancers, and possible heart enlargement with long-term use.

Contraindicated in those with cancer,

acromegaly,
and during
pregnancy
or nursing.

**7.
Lifestyle
Optimization
Tips to
Maximize
Peptide
Effectiveness**

- Maintain a high protein diet to support muscle repair and growth.
- Regular strength training is crucial to stimulate muscle hypertrophy.
- Ensure adequate recovery and sleep

to optimize growth hormone production.

- Stay hydrated and limit alcohol intake, as alcohol can interfere with muscle growth.

Please consult your healthcare provider before starting any new supplement regimen.