

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
Bradley**

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.



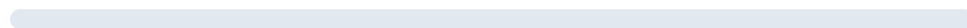
Core Performance Metrics

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

Based on the provided metabolic profile and your goals, here are personalized peptide recommendations:

Primary Peptide Recommendations

1. ****CJC-1295 + Ipamorelin:**** This combination is highly effective for general health and performance optimization
2. ****AOD-9604:**** This peptide can help optimize metabolic efficiency and promote fat loss

Specific Dosing Protocol

1. ****CJC-1295 + Ipamorelin:**** Subcutaneous injection of 100-200mcg of each, taken 3-5 nights per week before bed
2. ****AOD-9604:**** Subcutaneous injection of 250-500mcg once daily, preferably in the morning

Scientific Rationale

1. **CJC-1295 + Ipamorelin:** This combination stimulates the pituitary gland to increase the production of growth hormone, promoting muscle growth, improving recovery, and enhancing overall performance. Based on your RMR and VO2 max, it seems your body could benefit from increased growth hormone levels.
2. **AOD-9604:** This peptide increases fat metabolism without affecting blood sugar levels, making it ideal for improving your metabolic efficiency and promoting fat loss. Given your fat oxidation rate, AOD-9604 can help enhance your body's capacity to burn fat.

Expected Benefits and Timeline

1. **CJC-1295 + Ipamorelin:** You should expect to see improved muscle strength and recovery, better sleep, and an increase in lean body mass within 2-3 months of consistent use.
2. **AOD-9604:** You should expect to see an improvement in metabolic efficiency and reduced body fat within 3-4 months.

Strategic Stacking Recommendations

1. **CJC-1295 + Ipamorelin** can be stacked with **AOD-9604** to optimize metabolic health, improve muscle mass and strength, and promote fat loss.

Safety Considerations and Contraindications

1. **CJC-1295 + Ipamorelin:** Side effects may include occasional mild headache, fluid retention, and joint pain. This combination is contraindicated in people with hypothyroidism or those with a history of cancer.
2. **AOD-9604:** Rare side effects include mild headaches, muscle pain and fatigue. Not recommended for those with liver disease or during pregnancy.

Lifestyle Optimization Tips

1. **Regular exercise:** Incorporate both aerobic and resistance training into your routine to maximize the effects of these peptides.
2. **Balanced diet:** Ensure you're eating a balanced diet rich in lean proteins, fruits, vegetables, and whole grains.
3. **Adequate sleep:** Aim for 7-9 hours of sleep per night to support growth hormone production and recovery.

Always consult with a healthcare provider before starting any new health protocol.