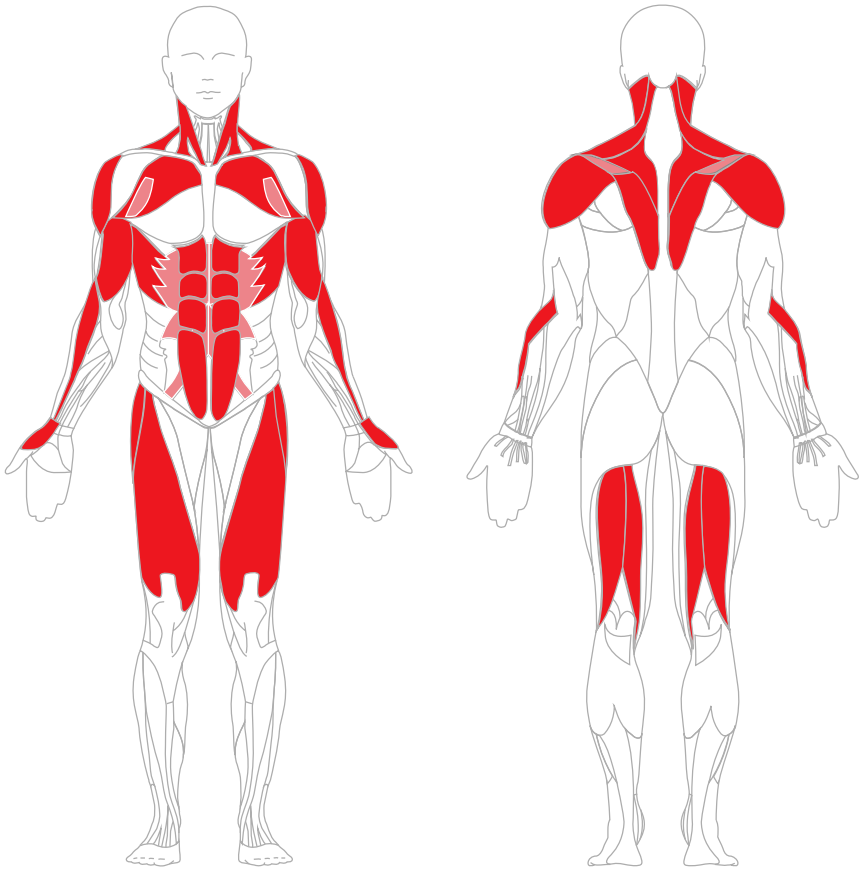
MUSCLE OVERVIEW

Patient Demo Report
Age

Date 01/04/2015
Time 11:56



Note

Keep in mind during training, the cervical spine, the thoracic spine, the lumbar spine, the upper-extremity joints and the lower-extremity joints.

MUSCLE ANALYSIS

Patient Demo Report
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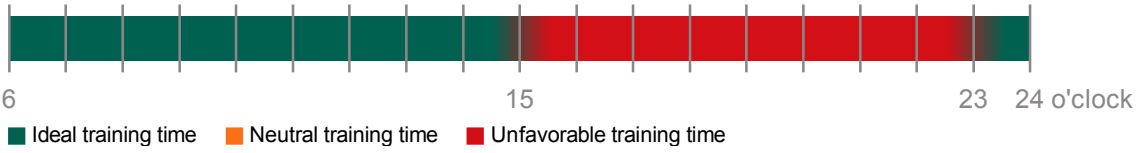
IDEAL TRAINING RANGE



MUSCLES/MUSCLE GROUPS IN THE RANGE OF THEIR UNFAVORABLE TRAINING TIME

M. biceps brachii Biceps brachii muscle (flexor)	17-19 o'clock
M. quadratus lumborum Quadratus lumborum muscle	17-19 o'clock
M. tensor fasciae latae Femoral fascia tensor	17-19 o'clock
M. biceps femoris Biceps femoris muscle (flexor)	17-19 o'clock
M. sternocleidomastoideus Cervical muscle (sterno-mastoid)	19-21 o'clock
M. deltoideus (pars acromialis) Deltoid muscle	15-17 o'clock
M. coracobrachialis Coracoid humeral muscle	15-17 o'clock
M. serratus anterior Serratus anterior muscle	15-17 o'clock
Diaphragma Diaphragm	15-17 o'clock

MUSCLE ANALYSIS

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M. levator scapulae Levator scapulae muscle	19-21 o'clock
M. pectoralis major (pars clavicularis) Pectoral muscle at clavicle	19-21 o'clock
M. brachioradialis Brachioradialis muscle	19-21 o'clock
M. opponens pollicis Opposer to thumb	21-23 o'clock
M. trapecius (pars transversa) Trapezius muscle (transverse)	21-23 o'clock
M. trapecius (pars ascendens) Trapezius muscle (descending)	21-23 o'clock

Note
Muscles/muscle groups that are exercised outside their individual ideal (or neutral) training times need a special preparatory and warmup phase.

ALLOCATION MUSCLES/ORGAN SYSTEM

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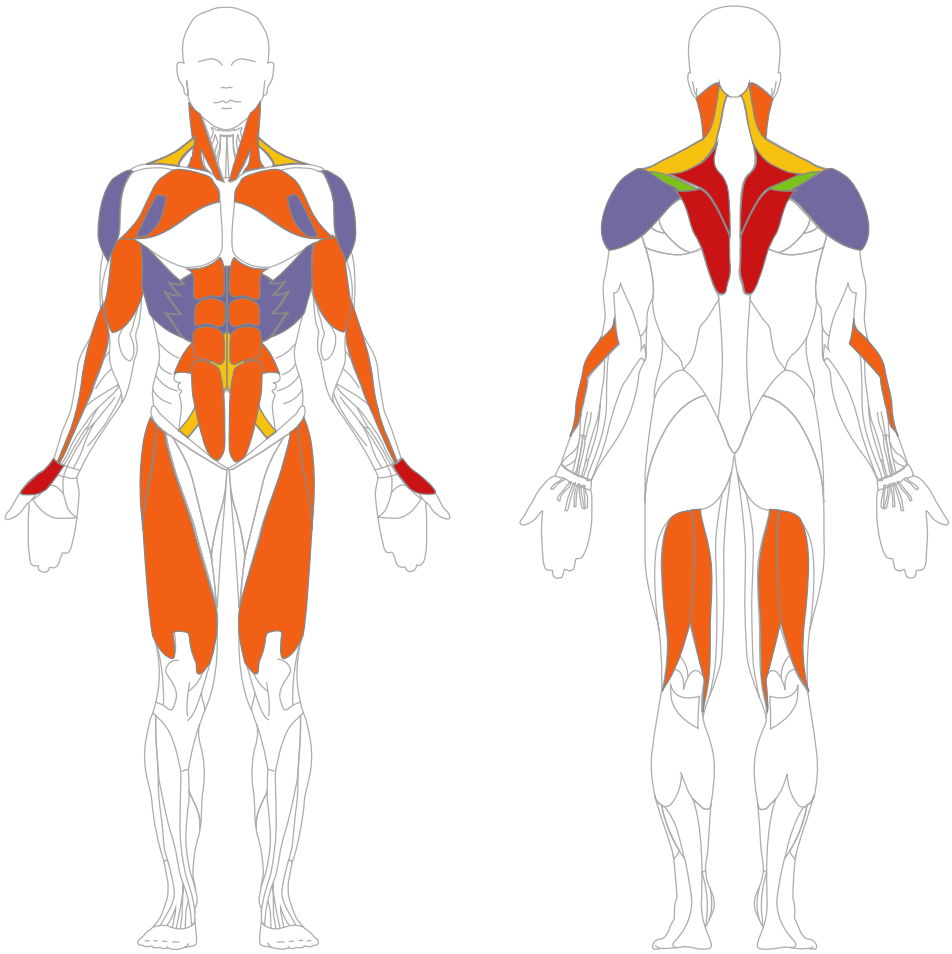
- Control/nervous system
- Metabolism
- Circulation
- Digestion
- Excretion

ALLOCATION MUSCLES/ORGAN SYSTEM



MUSCLE ANALYSIS

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RELEVANT MUSCLES/MUSCLE GROUPS

M. supraspinatus
Supraspinatus muscle

M. biceps brachii
Biceps brachii muscle (flexor)

M. quadratus lumborum
Quadratus lumborum muscle

M. tensor fasciae latae
Femoral fascia tensor

M. biceps femoris
Biceps femoris muscle (flexor)

M. sternocleidomastoideus
Cervical muscle (sterno-mastoid)

M. rectus abdominis
Rectus abdominis muscle

M. quadriceps femoris
Quadriceps femoris muscle

M. trapecius (pars descendens)
Trapezius muscle (ascending)

M. deltoideus (pars acromialis)
Deltoid muscle

M. coracobrachialis
Coracoid humeral muscle

MUSCLE ANALYSIS

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RELEVANT MUSCLES/MUSCLE GROUPS

M. serratus anterior
Serratus anterior muscle

Diaphragma
Diaphragm

M. levator scapulae
Levator scapulae muscle

M. pectoralis major (pars clavicularis)
Pectoral muscle at clavicle

M. brachioradialis
Brachioradialis muscle

M. opponens pollicis
Opposer to thumb

M. trapecius (pars transversa)
Trapezius muscle (transverse)

M. trapecius (pars ascendens)
Trapezius muscle (descending)

M. psoas major
Psoas major muscle

ALLOCATION MUSCLES/ORGAN SYSTEM

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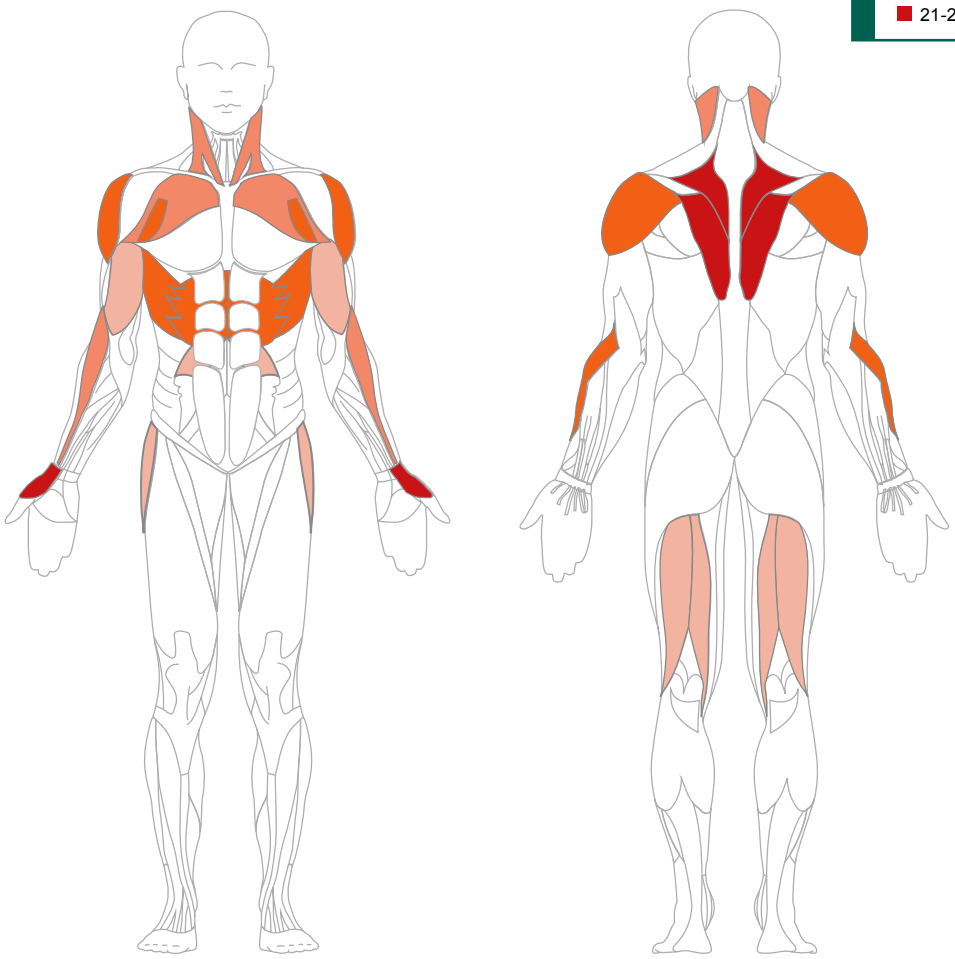
LEGEND

- 5-7 o'clock
- 7-9 o'clock
- 9-11 o'clock
- 11-13 o'clock
- 13-15 o'clock
- 15-17 o'clock
- 17-19 o'clock
- 19-21 o'clock
- 21-23 o'clock

UNFAVORABLE TRAINING TIME



ALLOCATION MUSCLES/ORGAN SYSTEM

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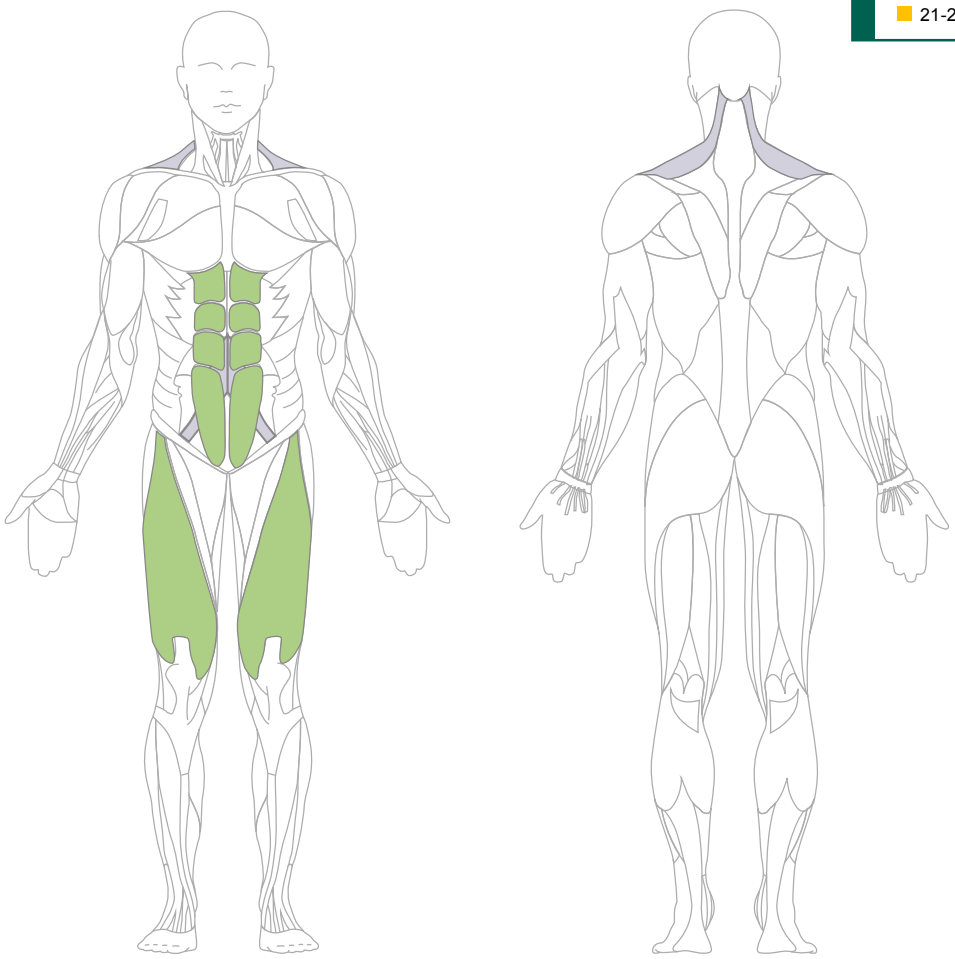
LEGEND

- 5-7 o'clock
- 7-9 o'clock
- 9-11 o'clock
- 11-13 o'clock
- 13-15 o'clock
- 15-17 o'clock
- 17-19 o'clock
- 19-21 o'clock
- 21-23 o'clock

IDEAL TRAINING TIME



FITNESS ANALYSIS

Patient Demo Report
Age

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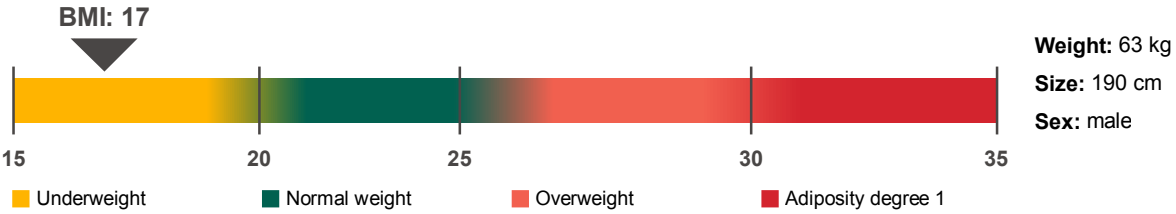
BODY MASS INDEX (BMI)



Weight: 63 kg
Size: 190 cm
Sex: male

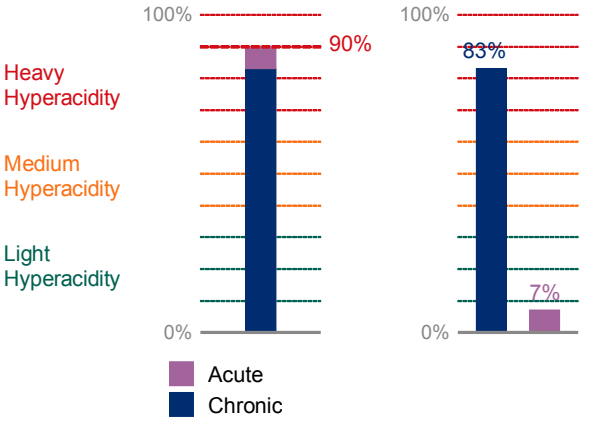
Relative to height, body weight is too low and should not be further reduced by overly intensive training. To ensure success in training, food intake should be increased, while maintaining a balanced diet. During training, the blood sugar level absolutely must not fall too sharply. Therefore, keep an eye on the Glycemic Index when eating carbohydrates.

TRAINING-PULSE TARGET ZONES

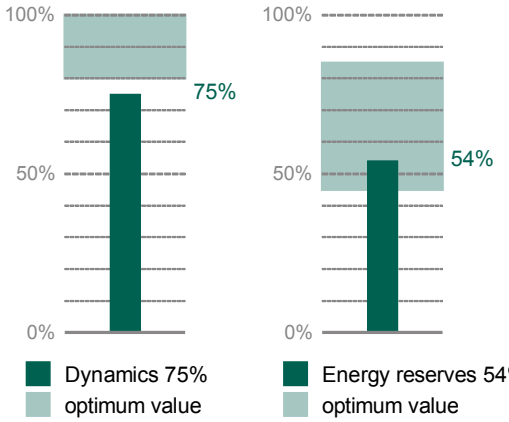
Stable health:	99 - 119 [heartbeats/minute]
Active metabolism:	119 - 139 [heartbeats/minute]
Improved fitness:	139 - 168 [heartbeats/minute]

Your ideal training range is between 129 and 149 heartbeats/minute.

ACID-BASE BALANCE



TRAINING EFFECTIVENESS



Since there are almost no energy reserves on hand and dynamics is also low, training must be done sparingly and with pulse monitoring. Lengthen the session times carefully, keeping stress to a minimum in order to enable the body to build up energy reserves.

FITNESS INFORMATION

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CARDIOVASCULAR TRAINING
Massages and physical applications are recommended.
The trainee should perform cardiovascular training within the range of the recommended Pulse Target Zones of "Stable health" to "Active fat metabolism".

HEALTH CHECK
Before beginning training, we recommend the trainee undergo a medical health check-up.

MOVEMENT/RELAXATION TRAINING
It is recommended that the trainee do regular moderate training. It is important that the training cyclymphedema include adequate rest periods (e.g. relaxation training). No additional stress should be allowed to build up due to too-high performance demands.

NO WEIGHT TRAINING FOR NECK MUSCULATURE
In order to strengthen the musculature in the neck and cervical region, isometric restorative training should be done, but without using heavy weights. Atlas block possible.

PURIFICATION
If it's medically OK, a sauna session is recommended after training. Other metabolically stimulating water applications (such as hydrotherapy) are also a good idea.

JOINT-GENTLE TRAINING
Training that goes easy on the joints is recommended for the trainee, with moderate traction and load on the joints. Overstress from mechanical load peaks should be avoided.

DIETARY INFORMATION

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DIETARY READJUSTMENT
Dietary readjustment is recommended for the trainee, concentrating on high-fiber raw fruits and vegetables, and regulating carbohydrate intake while monitoring the Glycemic Index.

USE OF UNSATURATED FATTY ACIDS
The trainee's diet should pay attention to unsaturated fatty acids. Animal fat intake should be reduced.

ACID-BASE BALANCE
In order to rebalance the acid-base metabolism, a reduction of acidifying carbohydrates, proteins and fats is recommended, while monitoring the Glycemic Index.

ADEQUATE FLUID INTAKE
Increased fluid intake (more than 3 liters) is recommended. Normal daily requirement is 2 liters of plain tap water. Coffee, fruit juices and similar ingredient-enriched drinks just serve as foodstuffs or stimulants. Depending on how much the trainee perspires, the extra fluid requirement must be met by drinking water and minerals, in order to safeguard the metabolism.

ENZYME SUPPLEMENTATION
Enzymes are needed to break down protein waste byproducts.

LIGHT DIET
A diet is recommended that is gentle on the stomach. Hard-to-digest products should be avoided.