

2.4KM

09:30

**■** Trainer Notes

Currently

Injured:

PTE ANG has shown significant improvement in his physical fitness and cognitive abilities. His psychological resilience is particularly noteworthy. Continue to work on cardio endurance.

Sprint-Drag-Carry

120

Sit-ups

60

## † Physiological Fitness

It is the body's ability to function efficiently and effectively across various systems, including cardiovascular, muscular, and metabolic health.

Strength

Squat and deadlift (8RM), max pull-ups, and sprint-drag-carry collectively measure muscular

strength, endurance, power, and functional full-body strength in dynamic and static movements

(8RM) 12

**Squat Repetition Deadlift Repetition** 

10

Max Pull-ups 15

# Cardio-respiratory

Timing

45:30

Timing

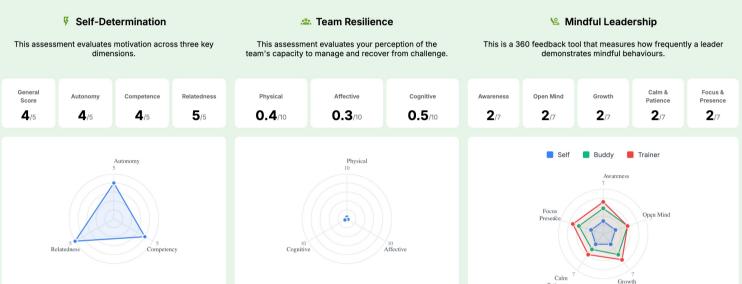
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These matrixes collectively reflect how efficiently the body utilises oxygen during exercise, the heart's response to physical activity, and the balance between the sympathetic and parasympathetic nervous systems, providing a comprehensive view of overall cardiovascular health and fitness levels.

> VO2 Max (mL/kg/min) 48 Resting Heart Rate (bpm) 60 Exercise Heart Rate (bpm) 150 Heart Rate Variability (ms) 65

#### Psychological Fitness

It is the capacity to maintain emotional resilience, self-regulation, and a positive mindset in challenging situations. It underpins mental well-being and effective coping strategies for stress and adversity



## **Cognitive Fitness**

It is the ability to sustain optimal mental performance through attention, memory, problem-solving, and adaptability. It reflects a balanced state of mental resilience and agility, supporting decision-making and learning.

#### ⊕ Sustained Attention Response This test measures an individual's ability to maintain focus

and suppress impulsive responses over a period of time.

🙄 Visual RXN This test measures the speed and accuracy of recognising and responding to visual stimuli.

This test measures problem-solving ability and the capacity to visualise and organise spatial relationships.

Spatial Planning

Score (%) Score (%) 85% 92% Avg. Response (ms) 0.45

Avg. Response (ms) 0.32

Score (%) 88% Ava. Response (s) 0.65

## **Terminology**

## Body Mass Index (BMI)

A measure of body fat based on weight in relation to height, used to assess if an individual is underweight, normal weight, overweight, or obese. Cognitive Functions

The core mental processes involved in acquiring knowledge and understanding, including memory, attention, perception, and reasoning. **Executive Functions** 

Higher-level cognitive processes that enable goal-directed behaviour, such as planning, decision-making, and impulse control.

## **Exercise Heart Rate**

The heart rate measured during physical activity, reflecting cardiovascular and aerobic efficiency under exertion. **Heart Rate Variability** 

The variation in the time intervals between consecutive heartbeats, indicating autonomic nervous system balance and stress resilience.

## **Mental Fitness**

The holistic ability to sustain optimal mental performance by integrating cognitive, psychological, and physical dimensions, encompassing focus, emotional resilience, and brainsupporting physical health.

## Mindful Leadership

A leadership style characterised by awareness, focus, and compassion, promoting thoughtful decision-making and team well-being. **Reaction Time** 

## The amount of time taken to respond to a stimulus, reflecting neural processing speed and motor response efficiency.

Repetition Max (RM)

## The maximum weight an individual can lift for a specific number of repetitions, often used in strength assessment.

Resting Heart Rate

# The number of heartbeats per minute while at rest, reflecting baseline cardiovascular fitness and heart health.

SART (Sustained Attention Response Task)

## A test measuring an individual's ability to maintain focus and suppress impulsive responses over time.

Self-Determination

## A psychological concept referring to the ability to make choices and manage one's own life based on intrinsic motivation and autonomy.

**Spatial Planning** 

## The ability to visualise, organise, and strategise the arrangement of objects or movements in a spatial context.

**Team Resilience** 

## The collective ability of a team to adapt, recover, and thrive in challenging or changing conditions.

VO<sub>2</sub> Max

#### The maximum amount of oxygen the body can utilise during intense exercise, a key indicator of aerobic fitness.

Visual Recognition (RXN)

The ability to identify and interpret visual stimuli, such as shapes, patterns, or objects, based on memory and perception.