

BIO-PERFORMX

Endurance

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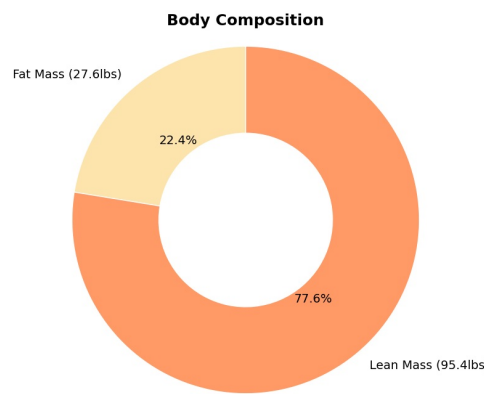
Glossary

Nutrition Guidelines

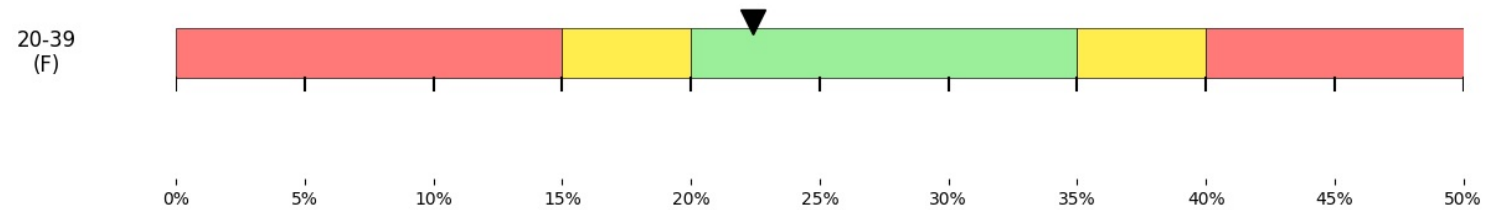
Ultrasound & Body Composition Assessment

Designed to track and optimize exercise and diet. Its proven technology can accurately measure tissue structure and body composition.

Body Composition



Body Fat Percent - 22.4%



Overview

Metabolic

Resting Metabolic Rate
Active Metabolic Rate
Fat/Carbohydrate Ratio
Metabolic Efficiency Low Intensity
Metabolism
Metabolic Efficiency High Intensity
Breathing Frequency
Breath Volume
Heart Rate

Respiratory

Lung Function
Lung Capacity
Lung Capability
Breathing Frequency Zones

Cardiovascular

Active Metabolic Rate
Aerobic Health (VO2 Max)
Training Zones
Metabolic Efficiency (VO2 Pulse)

Strength

Strength - High Intensity
CO2/O2 (RER)
Heart Rate
Breath Frequency
Muscle Efficiency

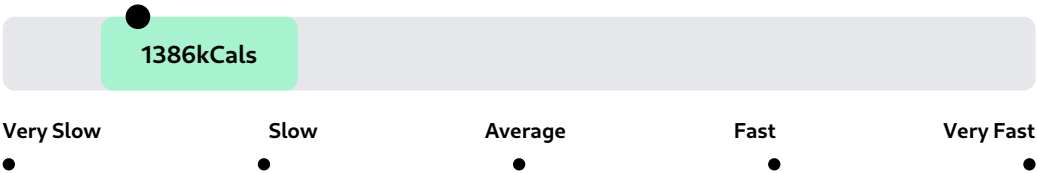
Nutrition Guidelines

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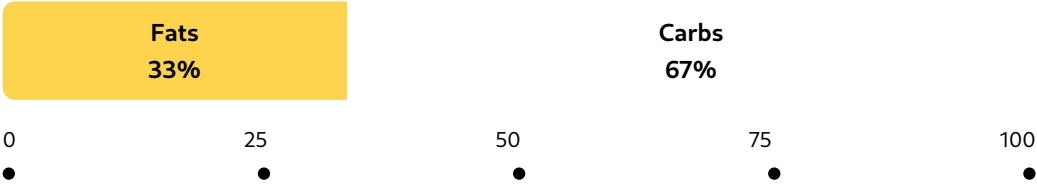
Resting Metabolic Rate Assessment

The resting metabolic rate assessment determines the number of calories that you burn at rest, and metabolic health. It is also an indicator of overall health and well-being.

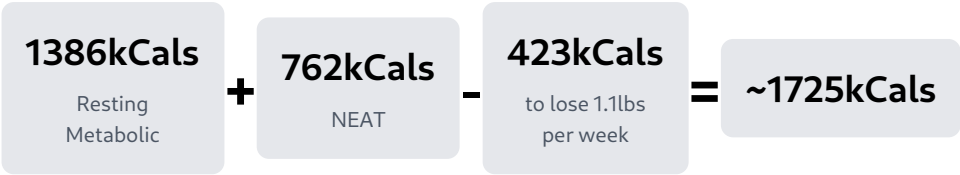
Slow vs Fast Metabolism



Fuel Source



Caloric Intake



Weekly Meal Plan Breakdown

Caloric Deficit Example

Monday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

Tuesday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

Wednesday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

Thursday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

Friday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

Saturday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

Sunday

1725KCal

120g Protein
155g Carbs
69g Fat
25g Fibre

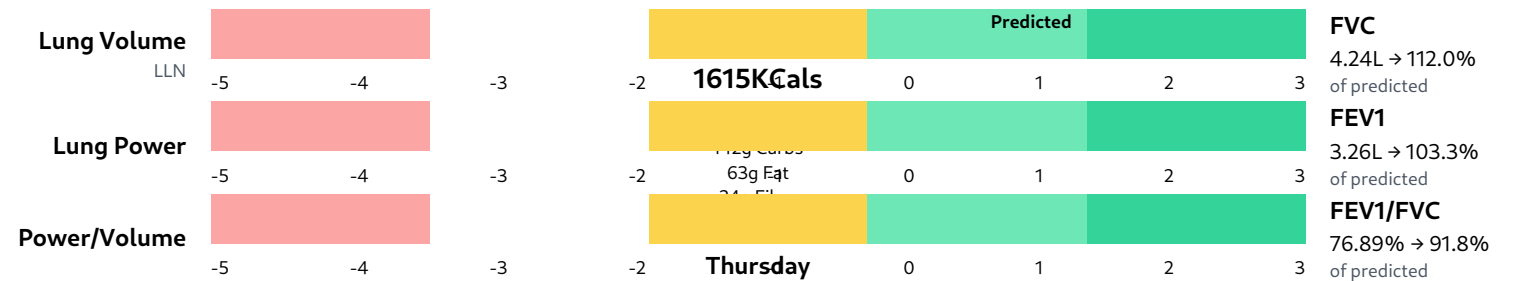
Caloric Deficit with Maintenance/Refeed Example

Monday

Lung Analysis

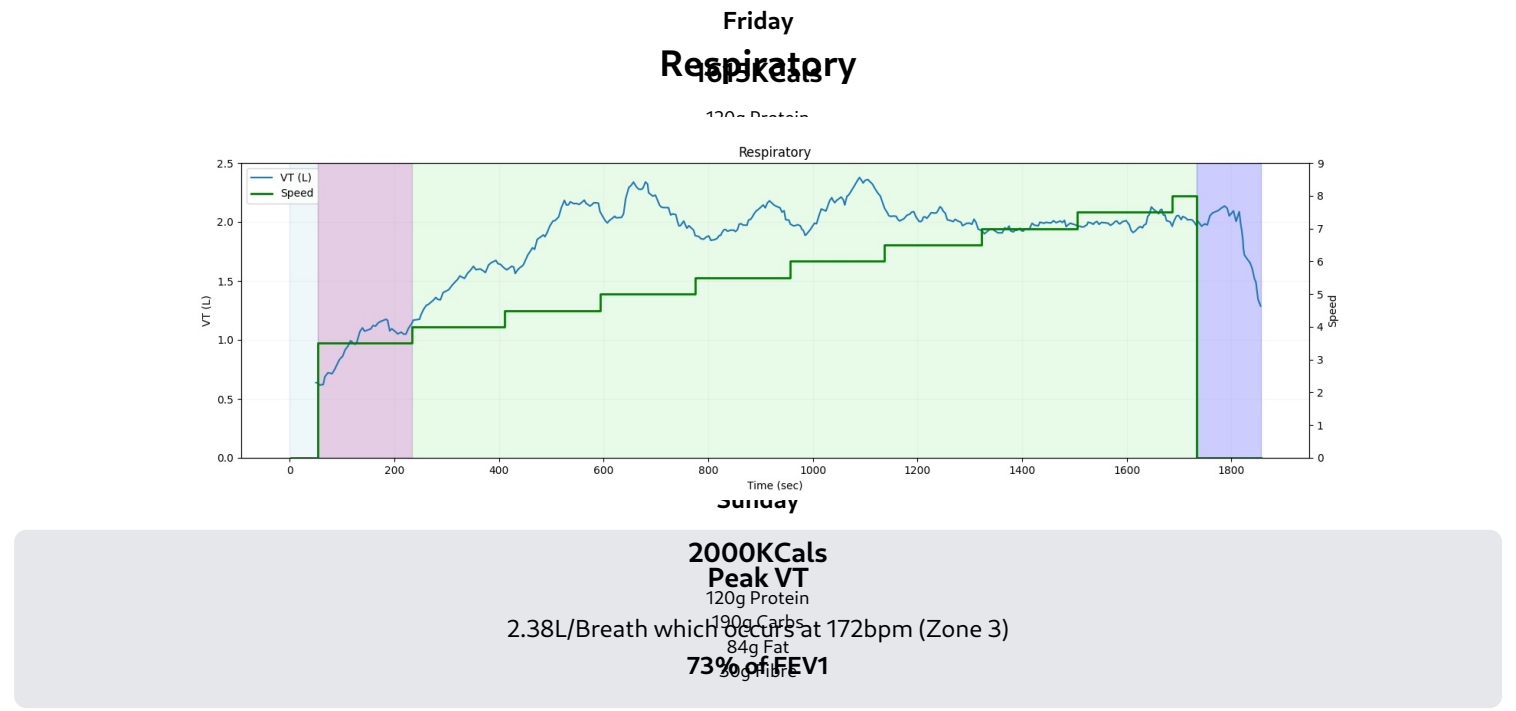
Spirometry Assessment

Spirometry is a diagnostic device that assesses how well a person breathes and how their lungs are functioning. Lung function is crucial for oxygen delivery during physical activity. Comparing results to expected/normal values can highlight potential limitations that would require additional lung training to improve overall physical activity.



Indications

No Respiratory Capacity Limitation



Macronutrients Recommendations

