

BIO-PERFORMX

Endurance



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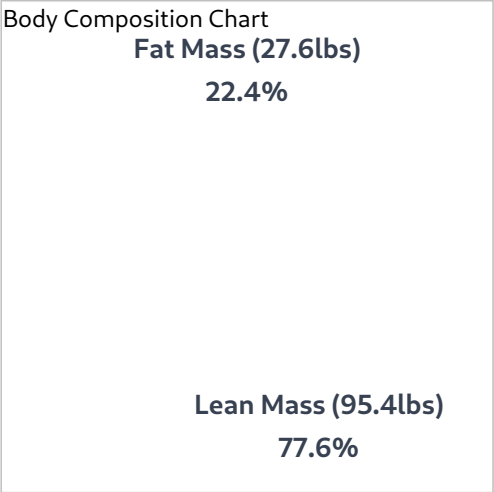
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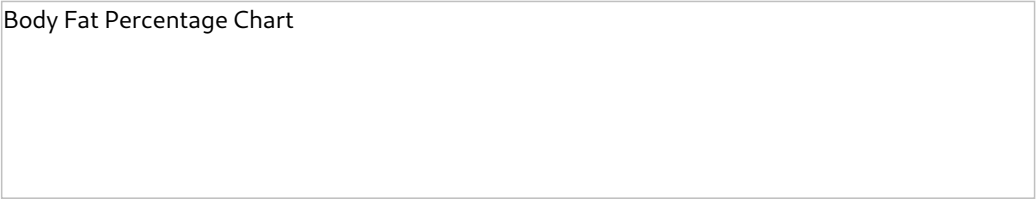
Ultrasound & Body Composition Assessment

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%



20-39 (F)

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

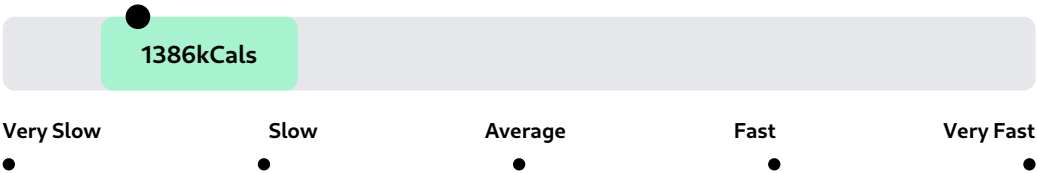
Nutrition Guidelines

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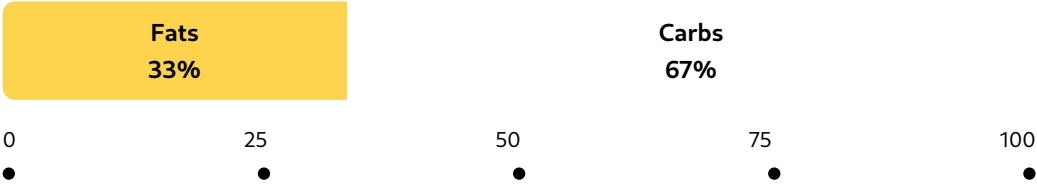
Resting Metabolic Rate Assessment

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.

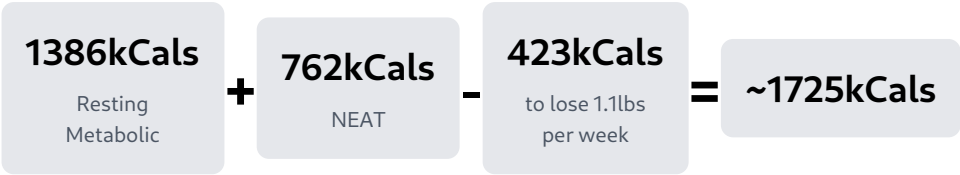
Slow vs Fast Metabolism



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

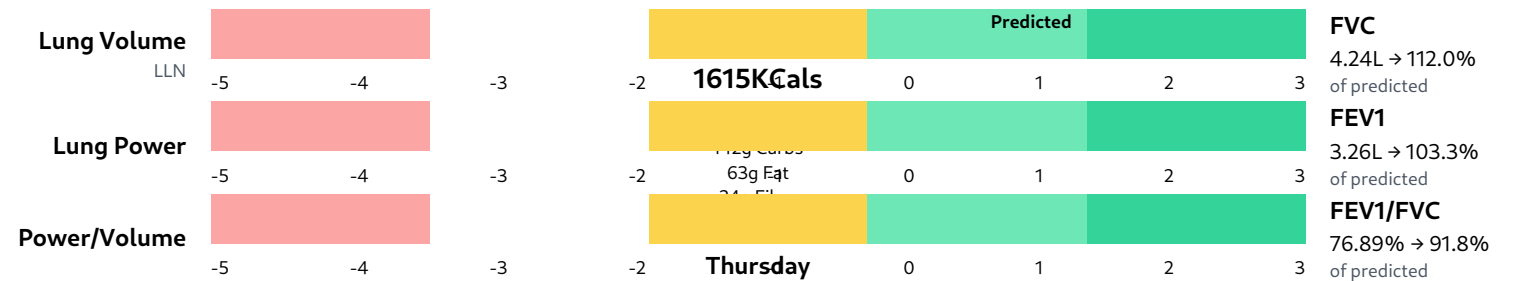
Caloric Deficit with Maintenance/Refeed Example

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.



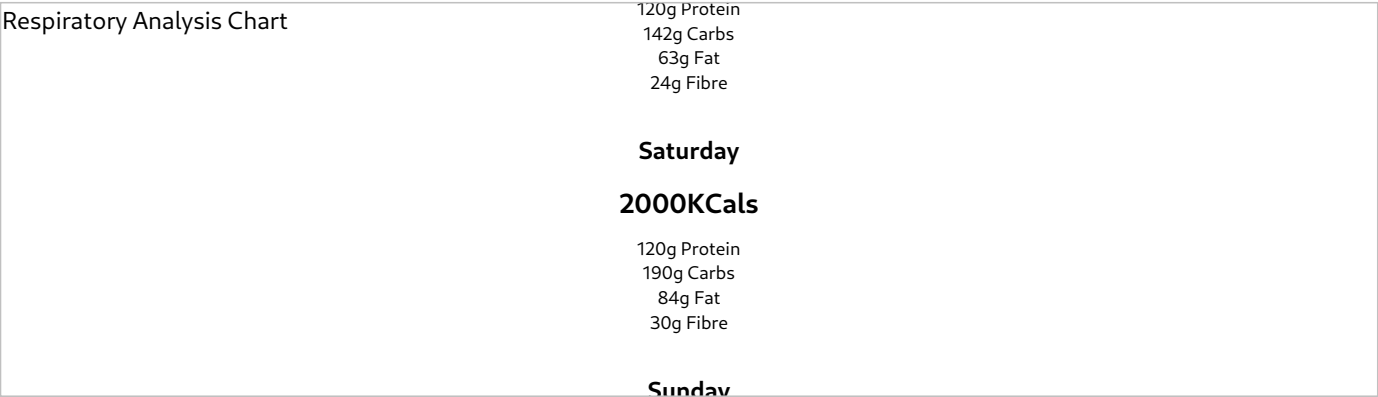
1615KCal

Indications

No Respiratory Capacity Limitation

Friday

Respiratory



Macronutrients Recommendations



Cardio Metrics

Active Metabolic Rate Assessment

The active metabolic rate assessment is a key measure of aerobic fitness. It helps determine your specific heart rate zones and how well your body uses carbohydrates and fats as fuel while you exercise. It is also an indicator of overall health and wellbeing.

VO2 Max - 49.5 (100th percentile)

Age (F)	Very Poor	Poor	Fair	Good	Excellent	Superior
30-39	19.0-24.1	24.1-28.2	28.2-32.2	32.2-35.7	35.7-45.8	45.8+

Personalized Heart Rate Zones

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Improves health and recovery capacity	Improves endurance and fat burning	Improves Aerobic fitness	Improves maximum performance capacity	Develops maximum performance and speed
55-65% of Max Heart Rate	65-75% of Max Heart Rate	80-85% of Max Heart Rate	85-88% of Max Heart Rate	90% of Max Heart Rate
81-96bpm	96-100bpm	100-178bpm	178-188bpm	188-198bpm
3.5mph 2% Incline	3.5-4.0mph 2% Incline	4.0-6.5mph 2% Incline	6.5-7.0mph 2% Incline	7.0-8.0mph 2% Incline
10:39min/km Pace	10:39-9:19min/km Pace	9:19-5:44min/km Pace	5:44-5:20min/km Pace	5:20-4:40min/km Pace
Avg: 4.4kcal/minute	Avg: 5.9kcal/minute	Avg: 9.4kcal/minute	Avg: 12.5kcal/minute	Avg: 12.8kcal/minute
Avg: 0.4g/min Carb Utilization	Avg: 0.6g/min Carb Utilization	Avg: 1.9g/min Carb Utilization	Avg: 2.9g/min Carb Utilization	Avg: 3.1g/min Carb Utilization
Avg: 27 breaths Ideal Range: 15-20 breaths	Avg: 28 breaths Ideal Range: 20-25 breaths	Avg: 31 breaths Ideal Range: 25-30 breaths	Avg: 42 breaths Ideal Range: 30-35 breaths	Avg: 51 breaths Ideal Range: 40+ breaths

Fuel Utilization Report - Institute of Science, Health and Performance

Client: Keirstyn Moran | Assessment Date: July 29 2025

VO2 Pulse

Begins to drop at 180 bpm (Zone 4)

VO2 Pulse Chart

VO2 Breath

Begins to drop at 173 bpm (Zone 3)

VO2 Breath Chart

Fat Metabolism

Fat Max

**Optimal 10-12Kcals/minute*

3.8Kcals/min

49% of Max Heart Rate
97 bpm

Carbs and Fat Crossover

100bpm

51% of Max Heart Rate

100bpm at a speed of 4.0mph and incline of 2%

Fat Metabolism Chart

Recovery

Cardiac Recovery

(1 minute)

33%

Metabolic (CO2) Recovery

(2 minute)

65%

Breath Frequency Recovery

(2.5 minute)

76%

Recovery Chart

Resting Heart Rate - 53bpm

Age (F)	Poor	Below Average	Average	Above Average	Good	Excellent	Athlete
26-35	82bpm +	75-81bpm	71-74bpm	66-70bpm	62-65bpm	55-61bpm	44-54bpm

Training Recommendations

Zone 2 3-4x/week:

- 40+ minutes of Steady State Cardio (HR ____ bpm)
- ____ mph at 2% Incline

Zone 3 1-2x/week:

- 10-20 minutes in zone 3 (HR ____ bpm)
- ____mph + at 2% Incline
- Slow down cadence until HR reaches ____ bpm
- ____mph at 2% Incline
- Maintain HR in zone 1 (____bpm) for 4-8 minutes
- Repeat 2-3 times

Type	Sets	Effort Duration	Zone	RPE	Recovery Duration
Short	8-10	10-30 seconds	5	10	20-60 seconds
Medium	6-8	30-90 seconds	4	8-9	30-90 seconds
Long	4-6	5-10 minutes	3/4	7-8	2.5-5 minutes
Tempo	2-3	10-20 minutes	3	6-7	4-8 minutes
Cardio	1	>40 minutes	2	4-5	N/A

Training Week Example with Progression

Monday

Zone 2
45 mins

Tuesday

Zone 2
45 mins

Wednesday

Zone 3
10mins On
8mins Rest
x2

Thursday

Friday

Zone 2
45 mins

Saturday

Sunday

Monday

Zone 2

Monday

Zone 2
50 mins

Training Week

(To be filled out by your trainer)

Wednesday

Zone 3

10 mins On
Monday
6 mins Rest

x2

Tuesday

Thursday
Wednesday

Thursday
Friday

Zone 2
Friday
50 mins

Saturday
Saturday
Sunday

Sunday

Monday

Wednesday

Thursday

Friday

Saturday

preferred nutrient
Sunday
, weight, target

Saturday

- Download and create an account with My Fitness Pal (or preferred nutrition tracker)
- Fill out the "My Profile" section with your goals (ie: height, weight, target weight)
 - Input your Macros
 - Click the three dots on the bottom right corner
 - Click "Goals"
 - Click "Calorie, Carbs, Protein and Fat Goals" under the Nutrition Goals
 - Set the Calories, Carbs, Protein, and Fat to the recommended macro outlined above.
- Once completed fill out your food intake from each meal on the main page

Sunday

- Weigh yourself in the morning, after your first bowel movement, and naked
- Log your weight into your my fitness pal app
- Track calories in grams - FOLLOW YOUR PERSONAL RECOMMENDATIONS.
- Log in a diary:
 - Log any additional prescribed recommendation (i.e breath work)
 - Complete the prescribed training recommendations (i.e Zone 2 Training)
 - Log additional physical activity (i.e Monday - Strength Training 1 hour)

- Should you find the macronutrient breakdown difficult to follow, reach out to us to discuss a change within your caloric parameters

Nutrition

the main

- weight a

ment, and

- Zone 4 training: 1-4 times per week.
- Wait 24 to 48 hours between intense sessions for recovery.

Glossary

- Zone 5 training: 1-2 times per week.
- Body Fat Percentage: The percentage of your overall body weight that is composed of fat cells. Body fat percentage can be reduced by either losing weight from fat mass, while maintaining lean mass, or maintaining fat mass while increasing lean mass.

Zone 5 increases VO2 max and endurance at VO2 max. The percentage of your overall body weight that is composed of fat cells. Body fat percentage can be reduced by either losing weight from fat mass, while maintaining lean mass, or maintaining fat mass while increasing lean mass.

Zone 3, 4, 5 can be combined with Zone 1 or 2 - the higher zone should be done first!

Metabolic Rate:

Metabolic Rate measures the number of calories your body burns for basic functions and movement, based on factors like weight, age, gender, and height. A higher metabolic rate helps prevent weight gain and supports weight loss by ensuring you burn enough calories. Tracking metabolic rate is key for managing weight and preventing conditions linked to metabolic dysfunction. Positive influences include resistance exercise, proper sleep, and adequate protein, while negative factors include extreme dieting, yo-yo dieting, and excessive cardio. Improving it involves resistance training and optimal nutrition.

Fuel Source:

Fat-burning efficiency measures your cells' ability to use fat as fuel, reflecting mitochondrial and cellular health. It indicates how well your body balances fat and carbohydrate usage to support energy needs, assessed by analyzing oxygen and carbon dioxide in your breath. High fat-burning efficiency suggests strong metabolic and mitochondrial function, linked to better weight management and longevity.

To improve fat-burning efficiency, focus on Zone 2 endurance training and potentially intermittent fasting to enhance oxygen absorption and cellular function. Zone 5 interval training will also help improve fat burning mitochondrial density and capillarization. Factors that reduce fat burning ability include diets high in processed foods, alcohol, and large meals before bed. Conditions related to metabolic stress also hinder fat burning abilities.

NEAT (Non-Exercise Activity Thermogenesis)

refers to the energy expended for all activities that are not deliberate exercise or structured physical activity. This includes daily movements such as walking, fidgeting, standing, cleaning, typing, and even simple tasks like cooking or shopping. NEAT contributes significantly to the total caloric expenditure and plays a key role in maintaining body weight and overall energy balance. It varies widely among individuals, depending on lifestyle, occupation, and habits.

Spirometry:

Spirometry is a diagnostic device used to provide objective measurements of lung volumes and capacities. Lung function is crucial for oxygen delivery during physical activity, and comparing spirometry results to expected values can highlight any potential limitations to performance.

"From a Performance standpoint, it is essential in making informed training recommendations related to respiratory health to optimize endurance performance and metabolic health."

- **FEV1:** Forced Expiratory Volume - the total amount of air expelled in the first second.
- **FVC:** Forced Vital Capacity - the maximum amount of air exhaled in one breath after a maximum inhalation
- **FEV1/FVC:** Calculated ratio used in the diagnosis of obstructive & restrictive lung disease.

By comparing these measurements to expected values based on age, gender, height and ethnicity, healthcare professionals can diagnose a range of lung conditions such as asthma, COPD, restrictive lung diseases, and more.

VO2 max:

VO2 Max, or maximal oxygen consumption serves as a valuable indicator of overall fitness, cardiovascular health, and endurance capacity. VO2 max reflects the efficiency of your heart lung system in pumping oxygen-rich blood to working muscles. A higher VO2 max indicates a stronger cardiovascular system, which is associated with a reduced risk of heart disease and other cardiovascular issues.

Understanding and training to increase your VO2 max can contribute to enhanced physical performance, longevity and well-being.

Glossary

Peak VT:
Peak Volume of air moved throughout the test.

Respiratory Capability Limitations that can be found include:

- **Endurance:** Normal capacity, but cannot maintain their VT over time.
- **Strength/Power:** Normal capacity, but peak VT is not 75-85% of their FEV1 despite FEV1 being normal
- **Coordination (Hyper/Hypo-Ventilation):** Normal capacity, but uses low volumes +/- high BFs at lower intensities. A breathing coordination limitation can also be identified by the loss of volume at higher intensities, which are then recovered upon recovery/stop of activity.

VO2 Pulse:
VO2 Pulse refers to the relationship between oxygen consumption (VO2) and heart rate (HR) during exercise. This measure gives insight into how efficiently the body is using oxygen in relation to the heart's output. A higher VO2 Pulse suggests that an individual is able to deliver oxygen more efficiently to the muscles with each heartbeat.

VO2 Breath:
VO2 Breath refers to the amount of oxygen consumed per breath during exercise, which indicates how effectively the body delivers oxygen to the bloodstream through the lungs with each breath. A more efficient VO2 Breath means the body requires less effort to obtain the same amount of oxygen, indicating better respiratory efficiency and oxygen utilization.

Carb & Fat Crossover:
The point during exercise at which the body shifts its predominant fuel source from fats to carbohydrates. This transition typically occurs as exercise intensity increases, and marks the transition from Zone 2 into Zone 3. As exercise intensity increases, the body starts to rely more on carbohydrates because they provide faster energy.

Endurance training (e.g., long, steady-state cardio within Zones 1 & 2) increases the body's ability to burn fat efficiently at higher intensities, shifting the crossover point to a faster speed, or higher heart rate/intensity. Because fat stores are much larger and can provide a steady stream of energy for prolonged periods, a higher CHO/FAT crossover can help delay fatigue, which is especially beneficial in longer-duration events, where carbohydrate depletion can lead to a significant drop in performance.

Cardiovascular Recovery:
The percentage your heart rate drops within the first minute of the inactive recovery phase in relation to the lowest heart rate recorded prior to the start of the test.

Metabolic (CO2) Recovery:
The percentage that your VCO2 levels (amount of CO2 you are exhaling) drop within the first 1.5 minutes of the inactive recovery phase in relation to the lowest VCO2 recorded prior to the start of the test.

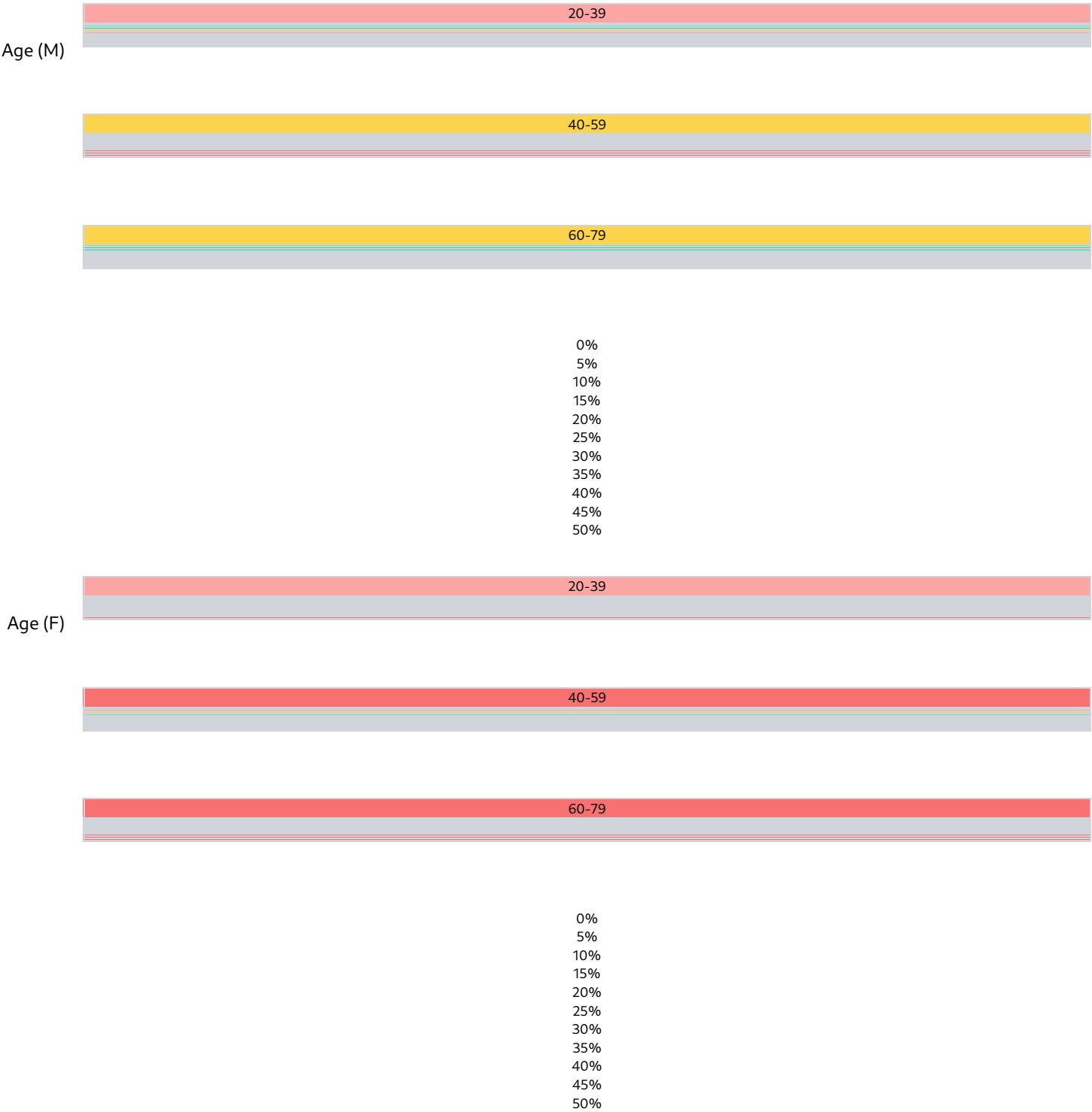
refers to the rate at which the body clears carbon dioxide (CO2) after exercise, reflecting the efficiency of the cardiovascular and respiratory systems in returning CO2 levels to baseline. A faster VCO2 recovery indicates effective management of metabolic byproducts, signaling a healthier metabolic system and lower risk of metabolic disorders.

Breath Frequency Recovery:
Refers to the speed at which the body returns to a normal breathing rate after physical exertion. Faster breath frequency recovery indicates a well-conditioned cardiovascular and respiratory system, allowing the body to efficiently regulate oxygen and CO2 levels. It supports better endurance, faster recovery between intervals, and the ability to sustain higher performance during repeated efforts or prolonged activity. Additionally, a quick return to baseline signals that the autonomic nervous system is functioning well, reducing stress on the body and promoting more efficient recovery. This also reflects a healthier metabolic system, better management of metabolic byproducts like CO2, and a lower risk of chronic conditions.

Local Muscle Activity/SMO2:

During competitions, athletes can also use SmO₂ data to pace themselves effectively. Adjusting intensity based on muscle oxygenation can help prevent premature fatigue and optimize race outcomes

Body Fat Percent Master Chart



Glossary

Resting Heart Rate

Age (M)	Poor	Below Average	Average	Above Average	Good	Excellent	Athlete
18-25	85bpm +	76-84bpm	74-78bpm	70-73bpm	66-69bpm	61-65bpm	60-60bpm
26-35	83bpm +	77-82bpm	73-76bpm	69-72bpm	65-68bpm	60-64bpm	55-59bpm
36-45	85bpm +	79-84bpm	74-78bpm	70-73bpm	65-69bpm	60-64bpm	55-59bpm
46-55	84bpm +	76-83bpm	73-77bpm	70-72bpm	66-69bpm	61-65bpm	56-60bpm
56-65	85bpm +	78-84bpm	74-77bpm	70-73bpm	65-69bpm	60-64bpm	50-59bpm
65+	84bpm +	77-83bpm	73-76bpm	70-73bpm	65-69bpm	60-64bpm	55-59bpm

Age (F)	Poor	Below Average	Average	Above Average	Good	Excellent	Athlete
18-25	81bpm +	74-81bpm	73-78bpm	66-69bpm	62-65bpm	56-61bpm	50-55bpm
26-35	82bpm +	75-81bpm	71-74bpm	66-70bpm	62-65bpm	55-61bpm	54-54bpm
36-45	83bpm +	76-82bpm	71-75bpm	67-70bpm	63-66bpm	57-62bpm	47-56bpm
46-55	84bpm +	77-83bpm	72-76bpm	68-71bpm	64-67bpm	58-63bpm	49-57bpm
56-65	82bpm +	76-81bpm	72-75bpm	68-71bpm	62-67bpm	57-61bpm	51-56bpm
65+	80bpm +	74-79bpm	70-73bpm	66-69bpm	62-65bpm	56-61bpm	52-55bpm

VO2 Master Chart

Age (M)	Very Poor	Poor	Fair	Good	Excellent	Superior
20-29	29.0-38.1	38.1-44.9	44.9-50.2	50.2-61.8	57.1-66.3	66.3+
30-39	27.2-34.1	34.1-39.6	39.6-45.2	45.2-51.6	51.6-59.8	59.8+
40-49	24.2-30.5	30.5-35.7	35.7-40.3	40.3-46.7	46.7-55.6	55.6+
50-59	20.9-26.1	26.1-30.7	30.7-35.1	35.1-41.2	41.2-50.7	50.7+
60-69	17.4-22.4	22.4-26.6	26.6-30.5	30.5-36.1	36.1-43.0	43.0+

Age (F)	Very Poor	Poor	Fair	Good	Excellent	Superior
20-29	21.7-28.6	28.6-34.6	34.6-40.6	40.6-46.5	46.5-56.0	56.0+
30-39	19.0-24.1	24.1-28.2	28.2-32.2	32.2-35.7	35.7-45.8	45.8+
40-49	17.0-21.3	21.3-24.9	24.9-28.7	28.7-34.0	34.0-41.7	41.7+
50-59	16.0-19.1	19.1-24.4	21.8-27.6	25.2-28.6	28.6-35.9	35.9+
60-69	13.4-16.5	16.5-18.9	18.9-21.2	21.2-24.6	24.6-29.4	29.4+

