

### Cardiorespiratory fitness



Excellent

This metric shows how healthy your heart and lungs are how effective your body is in absorbing oxygen

### Fat-burn efficiency



Excellent

This metric shows how effective your body is in using fat as the primary fuel source.

### Mechanical Efficiency



Excellent

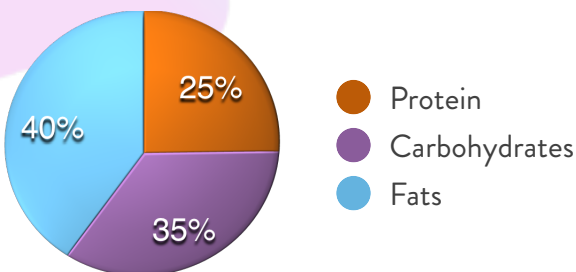
This metric shows how effective your body is in transforming chemical energy from nutrients into mechanical power

<b>VO2 peak</b>	<b>63</b> Top 1%	mil/min/ kg	VO2 shows how effectively your heart and lungs absorb oxygen. The American Heart Association considers it as the most valuable biometric for your overall wellbeing
<b>Resting Metabolic Rate</b>	-	Kcal/day	This is the number of calories your body will consume during the day without any physical activity.
<b>Resting RER</b>	-	Fats - Carb (%)	Resting RER (Respiratory Exchange Ratio) gives the contribution (%) of fats and carbohydrates in the calories you burn at rest.

<b>1st Ventilatory Threshold</b>	<b>135</b>	This is the HR at which you induce the greatest metabolic adaptations to your body by increase its fat burning capacity
<b>Crossover</b>	<b>155</b>	This is the HR at which carbohydrates become a more predominant fuel source than fats
<b>Anaerobic Threshold</b>	<b>160</b>	This is the HR at which your body burns almost exclusively carbohydrates

### Suggested Diet

Caloric intake: 2,850 kcal  
 Active calories: 850 kcal  
 Resting calories: 2,000 kcal  
 Deficit: 0 kcal



### Training Zones

<b>Zone</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>HR</b>	<b>100-130</b>	<b>130-140</b>	<b>140-160</b>	<b>160-184</b>

Workout Type	Times / Week	Workout Breakdown	Zones	Target HR	Duration (min)
Anaerobic Training	3	Warm Up	1	1: 100 - 130	5
		High Intensity Training	3	3: 140 - 160 4: 160 - 184	20
		Clearance	2	2: 130 - 140	10
Aerobic Training	2	Warm Up	1	1: 100 - 130	5
		Fat burning efficiency training	2	2: 130 - 140	40