

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

VO2 peak	63 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
Resting Metabolic Rate	-	Kcal/day	This is the number of calories your body will consume during the day without any physical activity.
Resting RER	-	Fats - Carb (%)	Resting RER (Respiratory Exchange Ratio) gives the contribution (%) of fats and carbohydrates in the calories you burn at rest.

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

Fueling your body appropriately ensures your success with your program. Focusing on achieving your daily protein requirement, adding adequate vegetables and plenty of healthy fats to your meals will satisfy your

Training Zones

Zone	1	2	3	4
HR	100-130	130-140	140-160	160-184

Focus your training on Zone 2 by exercising as much as possible in the 130 - 140 bpm range.

