www.mypnoe.com





www.mypnoe.com

WE ARE WHAT WE REPEATEDLY DO.

Excellence, then, is not an act but a habit.

www.mypnoe.com

Overview



Russ Elliot

Assessment

Mechanical Efficiency Cardiorespiratory Fitness Type II / Fast-twitch Muscles Type I / Slow-twitch Muscles Fat Burning Efficiency Breathing Efficiency





Longevity

According to the Americn Heart Association, a person's peak oxygen consumption during exercise is the hallmark of overall health. VO2peak is now widely considered the strongest predictor of longevity and likeli- hood of cardiovascular disease. For every unit increase in VO2 risk of all cause mortality is reduced by 13%.



Metabolic Efficiency

Chronic dieting, incorrect eating or working out can cause a person's metabolism to slow down through a series of hormonal changes making weigh loss challenging. Scientists have now shown that this slow down in metabolic activity is the principal factor behind people's inability to lose weight even after the adoption of a healthy lifestyle. Cardio-metabolic testing is the only method capable of detecting it and prescribing the diet and workout needed to overcome it.



Lung Health

Chest pain or dyspnea is one of the most common symptoms among middle aged and ealderly individuals. It can be due to several factors such as lung or heart disease or hyperventilation. Identifying its underlying cause is key to overcoming it and cardio-metabolic analysis is the only known method that can effectively achieve this.



Heart Health

Cardio-metabolic analysis is one of the most effective non-invasive tools of detecting the presence of cardiovascular disease such as coronary artery disease. Coronary artery disease is the world's most common and costly cause of death primarily due to lack of early detection.



Breathing & Condition

Approximately 12% of individuals breathe against their metabolic needs, a syndrome referred to as chronic hyperventilation. Hyperventilation causes restriction of blood flow to the brain leading to feelings of dizziness, fatigue, inability to think and in some cases even panic attacks. Whether an extreme sports athlete or a business executive, hyperventilation hinders cognitive performance in critical moments. Cardio-metabolic testing is the most reliable method for detecting hyperventilation and monitoring associated improvement or deterioration.



Breathing & Posture

Ventilation mechanics (i.e. the total amount of air exchanged per breathing cycle, breathing frequency) have been shown to be some of the strongest indicators of myoskeletal problems like ower back pain or posture loss during physical activity that can reduce performance.



Type I & II Muscles

Metabolic efficiency is strongly correlated with the distribution of Type I and II muscle fibers. Type I muscle fibers are used during long endurance type of workouts whereas Type II are used during short and explosive movements.



Fat Burning Efficiency & Cellular Health

Our cells' ability to absorb and utilize oxygen in is the hallmark of cellular health. Using oxygen to ourn nutrients like fats and convert them into energy is a sustainable process that doesn't generate fatigue for the body and maintains intracellular acidity in low levels. Efficiency in utilizing oxygen eads to increased performance in all types of sports and as well increased longevity.



Making sure your body is burning a high enough number of calories on a daily basis is the single most important factor in weight loss. The majority of individuals who go on diets will fail even after the adoption of a healthy lifestyle because their metabolism will slow down making it harder to burn calories. Therefore, the focus of the program will be to ensure your metabolism is in "high" enough levels and will continue to do so even as you begin to cut calories. As the program evolves focus will shift towards cellular health and your ability to burn more fat in high exercise intensities.

The focus of your training should be on improving your cardio-respiratory fitness through HIIT training while maintaining your metabolism in high levels through strenght training. After we achieve this we can focus on improving your fat burning efficiency through cardio training.

Training Zones

Building Anaerobic Capacity	5 VERY HARD	< 2 min	145 - 163 bpm	 Benefits: Develops muscular endurance to lactate acide and high intensity movements Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises 	
Building Aerobic Capacity	4 HARD	2-10 min	130 - 145 bpm	Benefits: Increases maximum performance Feels like: Muscular fatigue and heavy breathing Recommended for: Everybody for shorter exercises	
Building Aerobic Stamina	3 MODERATE	10-40 min	119 - 130 bpm	Benefits : Improves aerobic fitness Feels like : Muscular fatigue and heavy breathing Recommended for : Everybody for moderately long exercises	
Metabolic Conditioning	2 LIGHT	40-80 min	104 - 119 bpm	 Benefits: Improves basic endurance and fat burning Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises 	
	1 VERY LIGHT	20-40 min	89 - 104 bpm	Benefits: Improves overall health and helps recovery Feels like: Very easy for breathing and muscles Recommended for: Weight management and active recovery	

	Units	11-28-2019	
VO2 peak	ml / min / keygen	38	
Anaerobic Threshold	at bpm	140	
Ventilatory Threshold	at bpm	110	
Fat-Max	at bpm	109	

NUTRITION PLAN

METABOLISM

Your metabolism is high but combining it with incorrect eating can slow it down. For example, eating fewer calories than you burn by following your activity tracker can cause your body to burn fewer calories making it harder to lose or maintain weight.

Also, eating the right amount of protein based on your metabolism and training will help you maintain muscle mass even during weight loss. Also, striking the right balance of carbs and fats depending on your workout program will help you increase your fat burning efficiency.



BREATHING

12% of individuals suffer from hyperventilation. It reduces their ability to think, makes them tired and can cause series posture issues like lower back pain. For some it is also the cause of panic attacks.

Your breathing is optimal. By integrating specific breathing exercises you can increase your lung capacity and ventilation efficiency that will help you improve your performance



BREATHING EFFICIENCY