PNOĒ

Rebecca Jones

Coach : John Smith

Caloric-burn efficiency

65%

Good

This metric shows how effective your body is in burning calories during movement. The higher the score, the more calories you burn when moving and the easier it gets to lose weight.

Cardiorespiratory fitness

85%

Excellent

This metric shows how healthy your heart and lungs are. The higher the score, the lower the risk of coronary heart disease, diabetes and stroke.
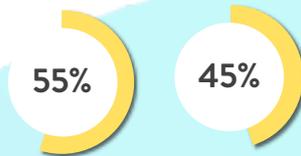
Fat-burn efficiency

45%

Good

This metric shows how effective your body is in using fat as the primary fuel source. The higher the number, the easier it gets to lose fat.
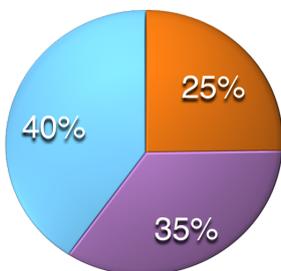
Muscle composition

55% 45%

Type I   Type II

This metric shows the breakdown between Type I & II muscle fibers in your body. The higher the Type II percentage, the easier it is to lose weight.

VO2 peak	46 - Top 15%	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
Fatmax Zone	120 - 130	bpm	This is the heart rate range where your body burns the greatest amount of fat. Beware that you shouldn't train at this point all the time. Weight loss requires a well-rounded exercise program
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.

Suggested Diet

Caloric intake: 1,750 kcal

Active calories: 300 kcal

Resting calories: 1,450 kcal

Deficit: 0 kcal

25% 40% 35%

- Protein
- Carbohydrates
- Fats

Suggested Workout

Workout Type	Times / Week	Workout Breakdown	Zones	Target HR	Duration (min)
Anaerobic Training	1	Warm Up	1	1: 100 - 120	5
		High Intensity Training	3/4	3: 130 - 165 4: 165 - 200	20
		Clearance	2	2: 120 - 130	10
Aerobic Training	2	Warm Up	1	1: 100 - 120	5
		Fat burning efficiency training	2	2: 120 - 130	40