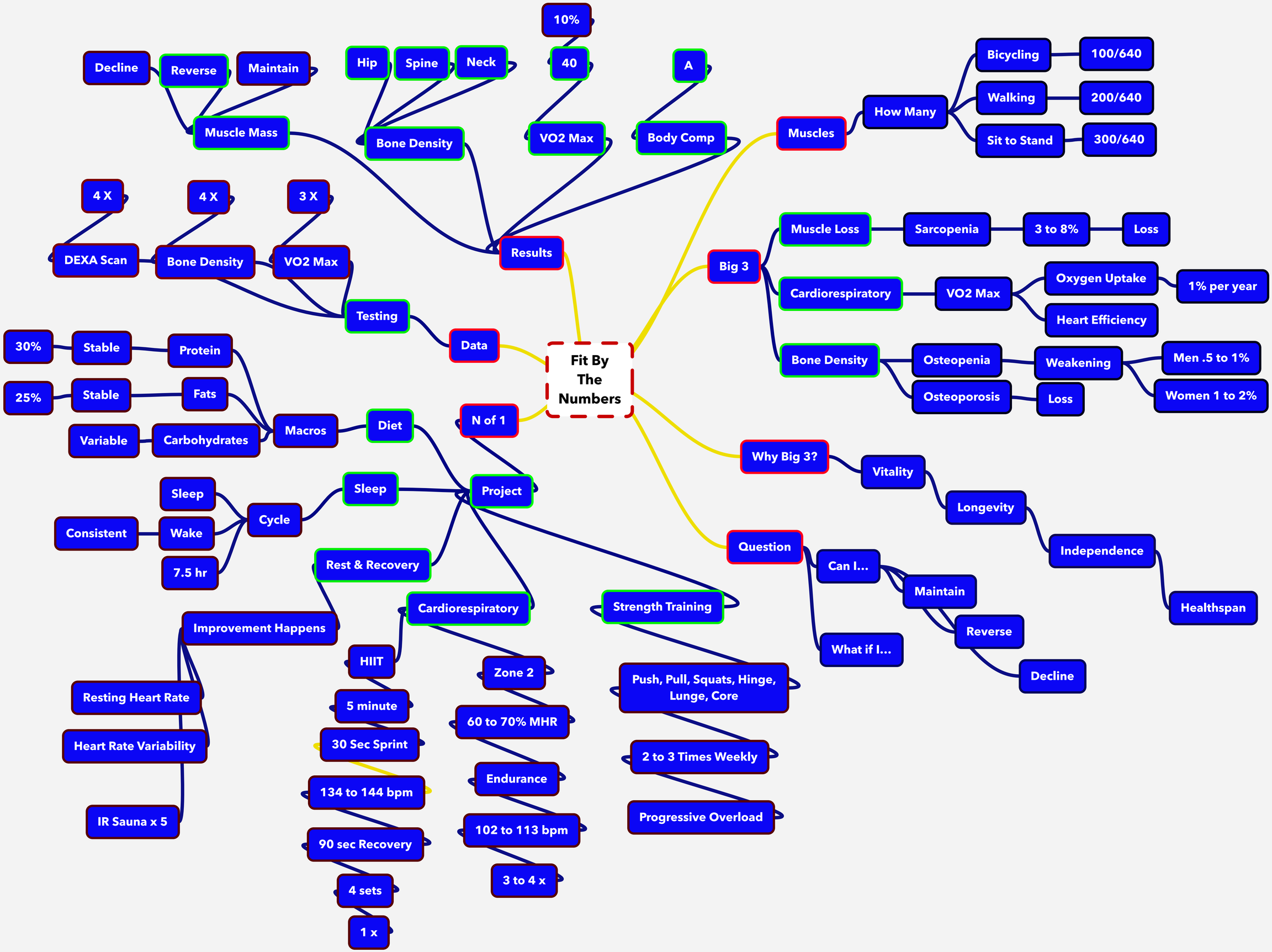
Fit By The Numbers
Results
Muscle Mass
Decline
Reverse
Maintain
Bone Density
Hip
Spine
Neck
VO2 Max
40
10%
Body Comp
A
Testing
DEXA Scan
4 X
Bone Density
4 X
VO2 Max
3 X
Data
Diet
Macros
Protein
Stable
30%
Fats
Stable
25%
Carbohydrates
Variable
N of 1
Project
Sleep
Cycle
Sleep
Wake
7.5 hr
Consistent
Rest & Recovery
Improvement Happens
Resting Heart Rate
Heart Rate Variability
IR Sauna x 5
Cardiorespiratory
HIIT
5 minute
30 Sec Sprint
134 to 144 bpm
90 sec Recovery
4 sets
1 x
Zone 2
60 to 70% MHR
Endurance
102 to 113 bpm
3 to 4 x
Strength Training
Push, Pull, Squats, Hinge, Lunge, Core
2 to 3 Times Weekly
Progressive Overload
Muscles
How Many
Bicycling
100/640
Walking
200/640
Sit to Stand
300/640
Big 3
Muscle Loss
Sarcopenia
3 to 8%
Loss
Cardiorespiratory
VO2 Max
Oxygen Uptake
1% per year
Heart Efficiency
Bone Density
Osteopenia
Weakening
Men .5 to 1%
Women 1 to 2%
Osteoporosis
Loss
Why Big 3?
Vitality
Longevity
Independence
Healthspan
Question
Can I...
Maintain
Reverse
Decline
What if I...