

Jones, tom

Weight: 200 Lbs

Height: 70 Inches

Session Date: 12/20/2004

Congratulations, you have just taken the first step towards making your metabolism work for you! Understanding your metabolism is the key to eliminating those excess fat deposits standing between you and your weight management goals. Your exercise intensity relative to your metabolism determines the effectiveness of your workouts. Work out too hard and your metabolism utilizes primarily carbs, causing you to feel sore and hungry after your workout. At too low of a workout intensity, your metabolism never reaches an optimal level, causing a plateau in both your weight management and fitness. Your personal exercise program will give you the tools to lose fat while retaining muscle, increasing energy levels, and improving your health. Follow your program and you WILL see and feel measurable improvement in a matter of weeks.

STEP 1. Your Aerobic Base

Total - 10.0 KCal/Min Fat - 5.3 KCal/Min

Heart Rate - 163

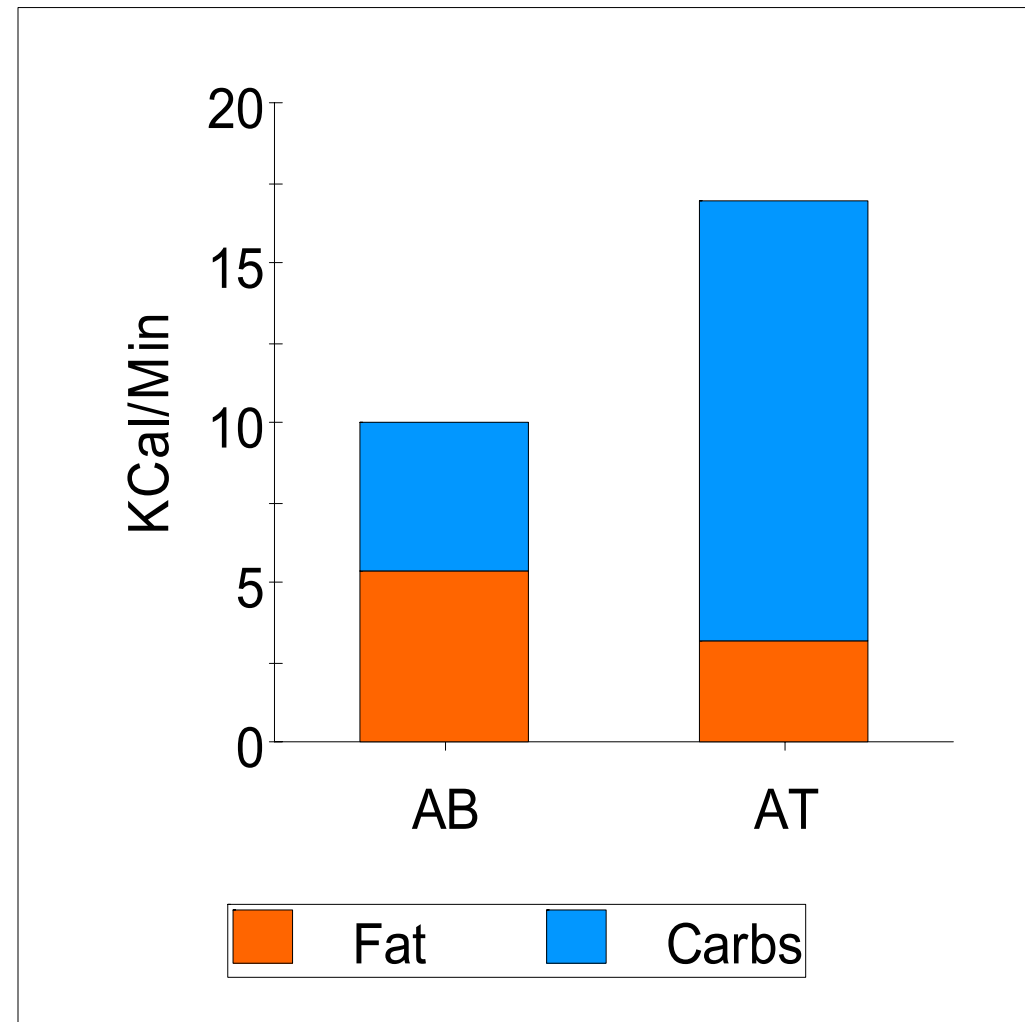
Your Aerobic Base (AB) is the maximum rate at which you burned fat during your assessment. It represents your body's ability to utilize fat during exercise. Fat is the most efficient fuel your body can burn, but if your exercise intensity is not correct, your body will burn more carbs than fat. The first step is to increase your Aerobic Base and to train your muscles to burn fat across a wide range of exercise intensities and heart rates.

STEP 2. Your Anaerobic Threshold

Total - 17.0 KCal/Min, Fat - 3.2 KCal/Min

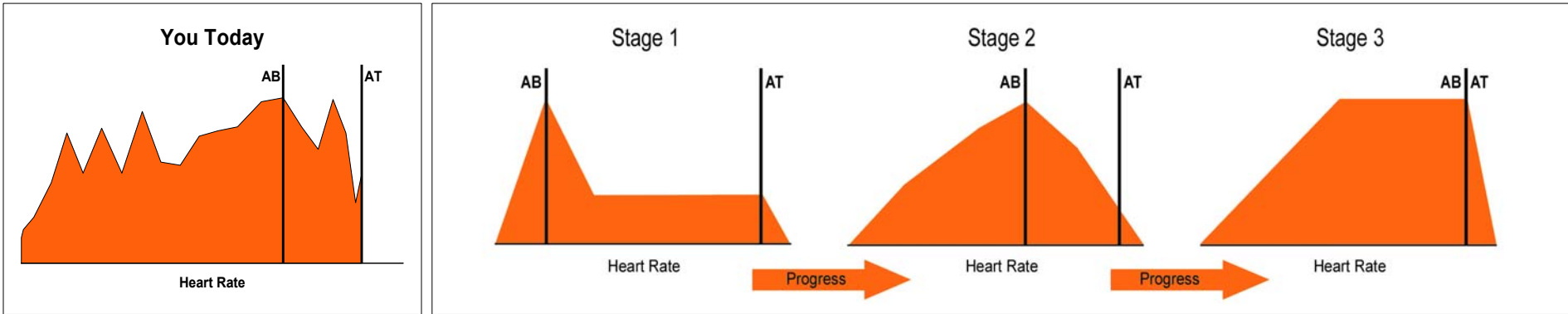
Heart Rate - 182

Your Anaerobic Threshold (AT) is the maximum sustainable rate at which you burned calories (fat and carbs) during your assessment. It represents your highest sustainable exercise intensity. When exercising at high intensity, you might notice that you cannot talk or breathe easily. This is an intensity that pushes you beyond your AT, causing your body to burn mostly carbs. After teaching your body to burn fat efficiently (STEP 1), the next step is to increase the total caloric burn rate (carbs and fat) that you can sustain (AT).



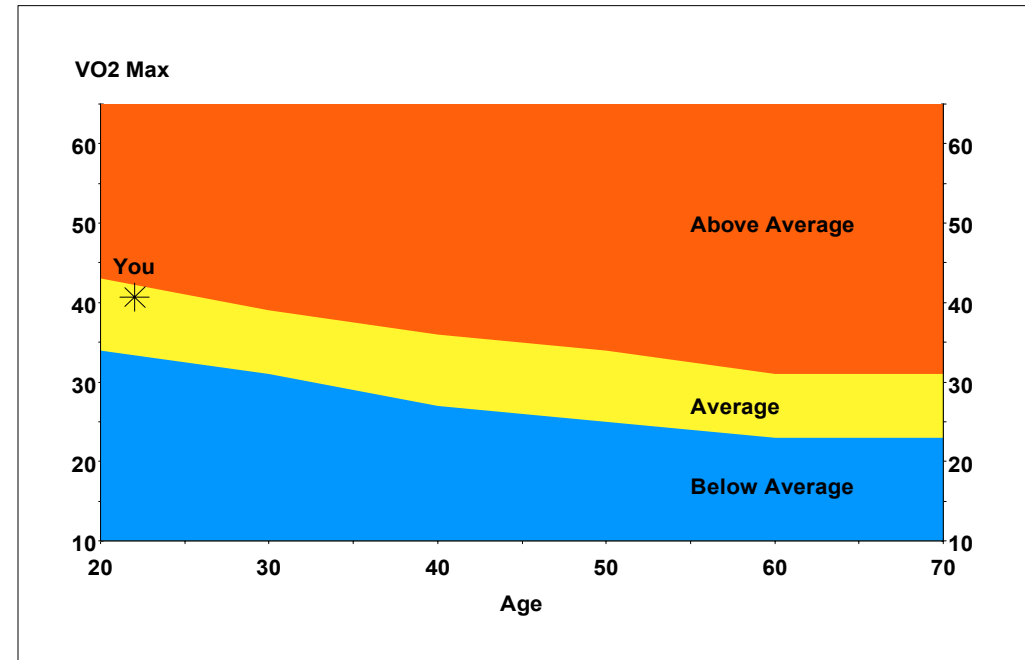
The Goal of Your Individualized Exercise Program

The goal of your individualized program is both to reach your weight management goal and to improve your health. This is accomplished through improvement of your individual metabolism. The picture below illustrates a typical progression of metabolic improvement over time.



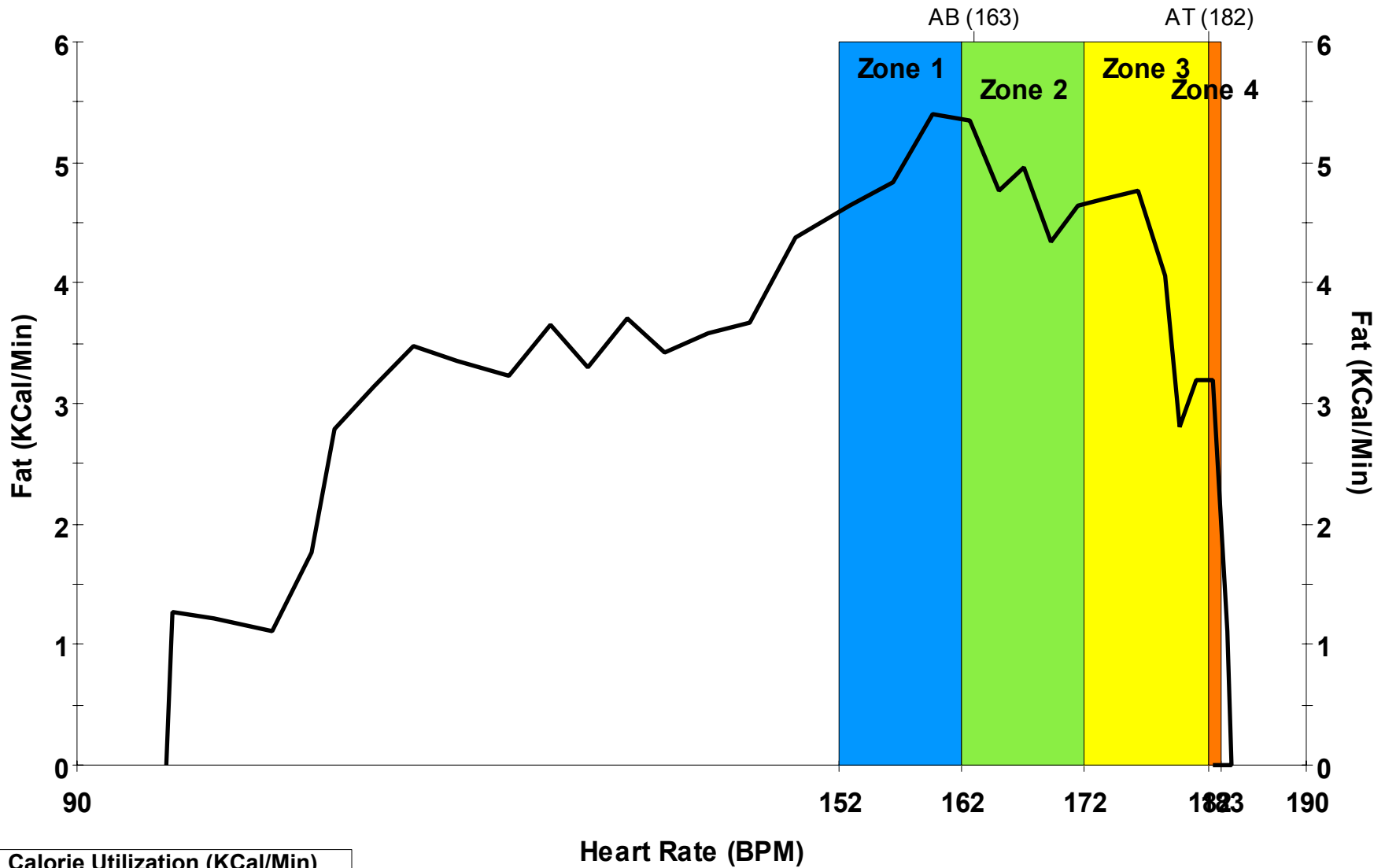
Comparison to Others (Projected VO2 Max) - 40.7 ml/kg/min

The most common question to ask after completing any test is 'How did I do?' Although your metabolism is completely unique to you, studies have been completed that establish age and gender-related normals across the population. The number these studies use to compare is VO2 Max, which is essentially the 'horsepower' of your metabolic engine. This number is largely genetically predetermined and has little to do with the efficiency of your metabolism. Your assessment was ended before you reached your maximum effort; therefore, we used the information collected to project your VO2 Max based on your predicted maximum heart rate. With this in mind, see the graph to the right to see how you compare to the general population!



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

















Calorie Utilization (KCal/Min)				
Fat	5.0	4.8	3.7	3.2
Total	8.3	11.5	14.9	17.0

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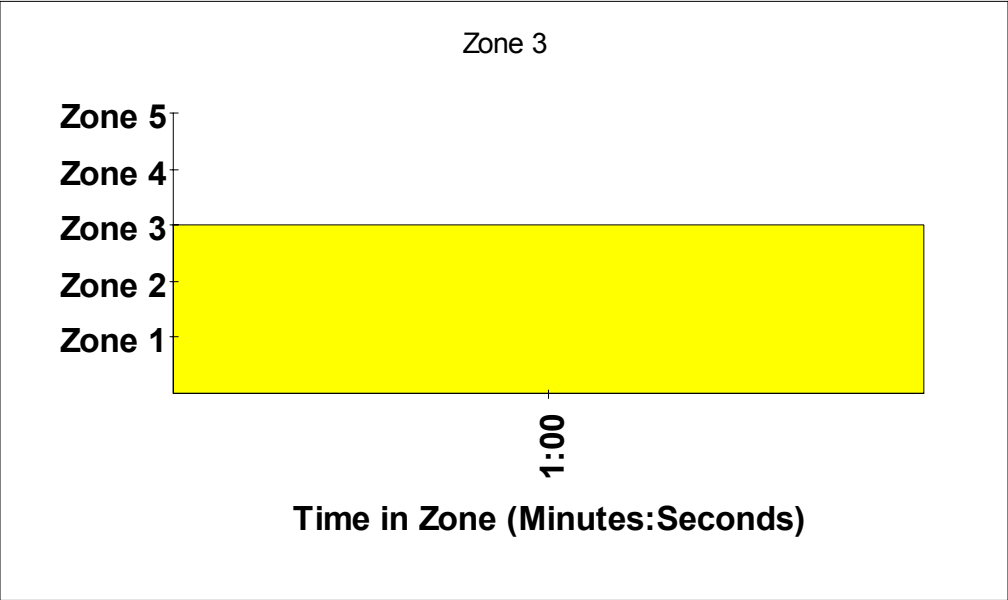
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Your Personalized Exercise Program

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Zone 3 250 [17]		 Zone 3 250 [17]		Zone 3 250 [17]		
Week 2	Zone 3 250 [17]		 Zone 3 250 [17]		Zone 3 250 [17]		
Week 3	Zone 3 250 [17]		 Zone 3 250 [17]		Zone 3 250 [17]		
Week 4	Zone 3 250 [17]		 Zone 3 250 [17]		Zone 3 250 [17]		
Week 5	Zone 3 250 [17]		 Zone 3 250 [17]		Zone 3 250 [17]		
Schedule an appointment to get retested.							
Week 6	Zone 3 250 [17]		 Zone 3 250 [17]		Zone 3 250 [17]		

	Zone 1	Zone 2	Zone 3	Zone 4
Low Heart Rate	152	162	172	182
High Heart Rate	162	172	182	183
Fat KCal/Min	5.0	4.8	3.7	3.2
Total KCal/Min	8.3	11.5	14.9	17.0

The Workout Cycles used in Your Exercise Program



Understanding Your Exercise Program

- Blank squares indicate rest days.
- Warm up for 5 minutes before your workout. Cool down for 5 minutes after your workout.
- If you miss a workout, resume at the workout you missed: do not skip over the workout or go back to a previous workout.
- Strength-training days are indicated by dumbbell symbol. On these days, do the strength-training routines recommended by your personal trainer. It is possible to have a day that contains both strength-training and cardio-training.
- Cardio-training days are indicated by a workout cycle name and a goal. For example, your workout for Week 1 Day 3 uses the workout cycle called 'Zone 3' and has a goal of 250 calories. Your program entry for this day and its workout cycle are shown below. The workout cycle graph illustrates how you should change exercise intensity to vary your heart rate over time. Each bar in the graph represents a period of time in a specific heart rate zone. This workout cycle is a pattern that you should repeat for as many times as is necessary to reach your goal for the day. In this example, you should repeat the 'Zone 3' workout cycle for as many times as it takes to burn 250 calories. It is estimated that this will take about 17 minutes.

Your workout for Week 1, Day 3

