



DYNOSTICS



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DYNOSTICS nutrition analysis of 2018-11-02

Height **1.75**
Weight **75.0 kg**
speed screening **0 min**

Analysis of 2018-04-09

Height **1.82**
Weight **97.0 kg**
Training device **bicycle ergometer**
Test mode **50 W + 30 W**

evaluation nutrition

nutrition



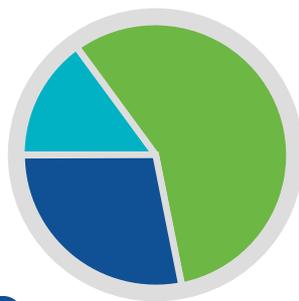
stay tuned - you have potential!

The metabolism values of your analysis:

energy source

15%

Protein



57%

Fat

28%

Carbohydrates

combustion in rest

Your analysis value **1372** kcal



rule of thumb **1739** kcal



That means:

You burn carbohydrates and fats in a satisfactory distribution.

Nevertheless, you should become more active. Now is the right time to increase the amount of burned kcal, especially fats. Because the more you burn at rest, the less you bind acid parameters and the more comfortable you feel.

It looks like you haven't always taken care of your burning parameters in the past. A positive change is now very important. Because your metabolic traffic light shows yellow. This means that you are about to reach a suboptimal stage. If you continue as before, there is the risk of an overacidification.

further analysis values



Your energy sources

What provides your body with energy? You can find that out from a respiratory gas analysis. It analyses your metabolism and determines the distribution of nutrients and energy sources such as fats and carbohydrates. From this, concrete recommendations for your nutrition and strength training can be derived. For most people, the following applies: Ideally, the carbohydrate share does not make up more than 20% of the energy source.

Your energy demand

combustion in rest



Your energy demand

It describes the amount of kcal your body burns at rest within 24 hours in order to supply your muscles, organs and brain with sufficient energy. That's good to know: The quantity and quality of the muscles have a significant influence on basal metabolic rate. If the basal metabolic rate does not burn enough kcal and fats, your body quickly stores fat, which is very difficult to get rid of.

performance metabolic rate



performance metabolic rate

Your average burn during the day through work, sport, free time behaviors. It describes the additional energy requirement

further analysis values

Calorie burning & calorie requirement

Combustion per day **1688** kcal



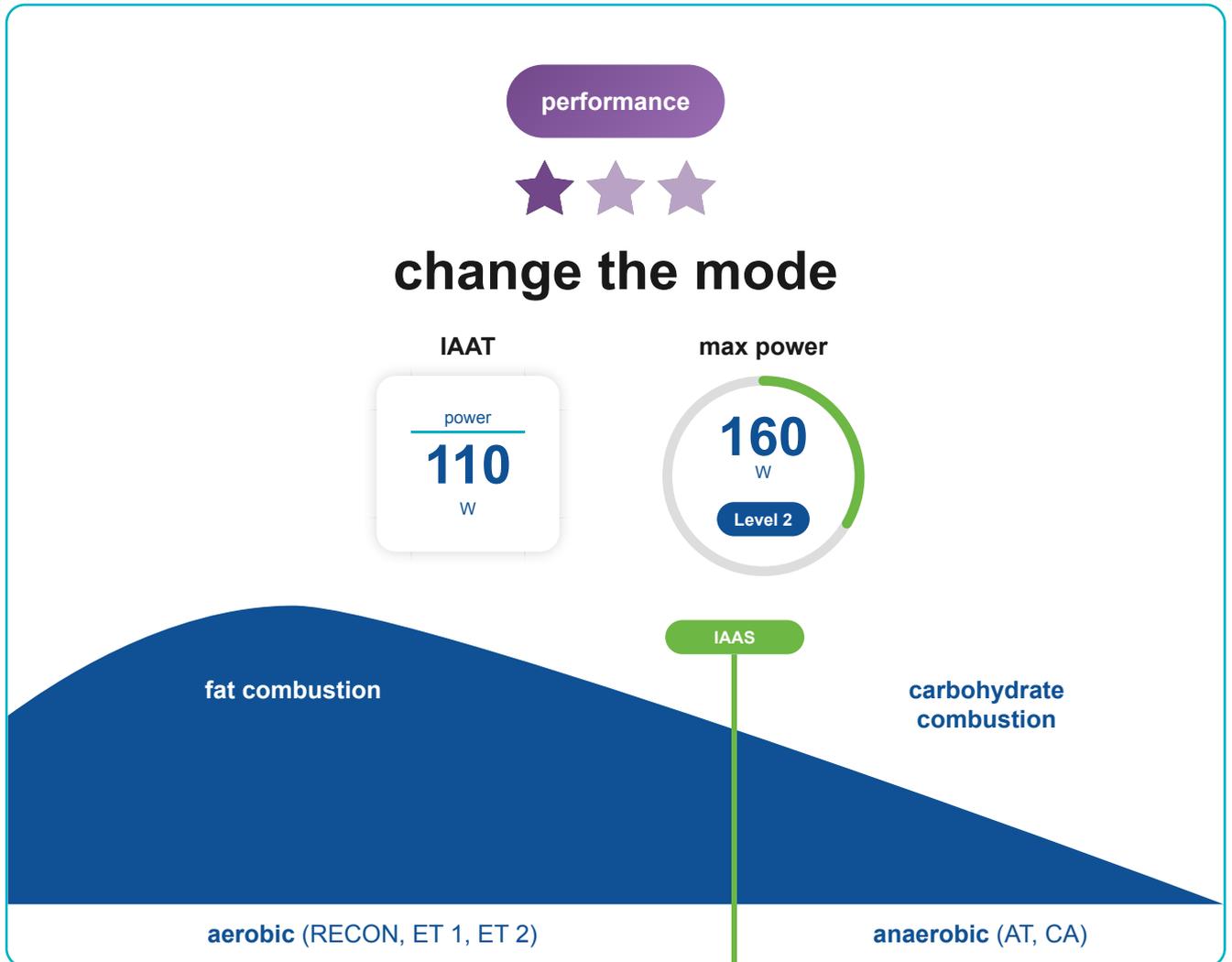
calorie requirement **1519** kcal



Daily burned calories = the total metabolism

It describes the sum of basal metabolic rate and performance metabolic rate. Only if you know how many kcal you burn per day can you perfectly adapt your training and eating habits to it. Since you now know how many kcal you burn per day (total metabolism), we can now perfectly adjust your training and eating habits to it. Depending on your goal, your daily calories intake (optimal calorie intake) must be below, above or equal to your daily burned calories.

evaluation performance



About time for a change!

Your individual DYNOSTICS performance analysis has revealed two possible scenarios of your current situation.

Option 1: Your body does not get enough exercise and training. As a result, your carbohydrate metabolism is activated too early and in too high dimensions when you do sport. We want to change that!

Option 2: Maybe you belong to the group of athletes who train too intensive for their physical conditions. This has led to a kind of "overtraining". Even then there is need for improvement for you.

In both cases: Beware of hyperacidity! Your metabolic traffic light is already set to red. You are at a sensitive threshold of hyperacidity due to the factors mentioned above. If you continue as before, your health could suffer in the long run.

heart rate ranges

Your individual pulse ranges

	biking		running
RECON:	<124 bpm	<63 W	<134 bpm
ET1-Area:	124-141 bpm	63-89 W	134-151 bpm
ET2-Area:	141-149 bpm	89-110 W	151-159 bpm
Anaerobic threshold (IAAT)			
High intensity 1:	149-155 bpm	110-128 W	159-165 bpm
High intensity 2:	>155 bpm	>128 W	>165 bpm

RECON:

This pulse range is important for active recovery after intensive training sessions or phases as well as after competitions. With a unit in this heart rate zone, you can accelerate recovery.

ET1-Area:

This pulse range is probably particularly interesting for you. It forms the basis for your training success. For a good reason: Here you train intensively your fat burning and develop your basic endurance. In addition, this pulse range has a very positive effect on your health. Train slowly and evenly and as long as possible in ET1 pulse. This is the best way for your body to learn to use fat as an energy source.

ET2-Area:

This pulse range is assigned to the more intensive basic endurance training. Fat burning still predominates here. However, the body slowly starts taking energy out of the carbohydrate storage. If you work in this training area, your body will develop quick adaptations, the limits of which are reached after a relatively short time.

High intensity 1:

This pulse range is also called threshold training. This is where strength endurance and stamina are trained on inclines and the maximum oxygen intake is optimised. The health effect is low. Rather, the pulse area is used for short-term high burning of carbohydrates and to increase the competition performance.

High intensity 2:

Training in this heart rate zone improves endurance, stamina at the limit and lactate tolerance. Correctly performed training stimuli in this pulse zone lead to accelerated regeneration and increase the vitality for short and very intensive loads.

further analysis values



power: 110 W
time: 08:58 min
heart rate: 149 bpm

Level 2

Your individual anaerobic threshold

The individual anaerobic threshold is the performance and pulse range in which the body changes from an oxygen-saturated situation to a phase of oxygen deficit. Sports scientists distinguish between aerobic and anaerobic training. For them and also for us, the individual anaerobic threshold is a crucial parameter for developing a solid training plan.

By the way: This threshold is also called the transition from fat metabolism to carbohydrate metabolism. Each of us reaches the IAAS at an individual point in time of our physical performance. If you really want to train efficiently, you should know your personal pulse range at this threshold.



absolute: 2.27 l/min
relative: 23 ml/min/kg

Level 3

Your VO2max

The VO2max is a value that describes the actual maximum oxygen uptake during maximum physical strain. In general, the higher the oxygen intake, the better the physical condition. The VO2max represents the efficiency of the oxygen-absorbing, oxygen-transporting and oxygen-using subsystems of the organism: The more blood per minute is transported by the heart and flows through the circulation, the more O2 is absorbed from the breath into the blood by gas exchange and transported to the working muscles. The maximum oxygen uptake capacity therefore reflects the cardiorespiratory performance of a person. It is therefore an important parameter for evaluating aerobic endurance potential.

further analysis values



power: 160 W
time: 14:00 min
heart rate: 164 bpm

Level 2

Your maximum performance

Your maximum performance is nothing more than the maximum speed you have reached on the treadmill or the highest wattage on the bike. It is the peak of the DYNOSTICS performance analysis and the point at which the performance analysis is completed and the recovery phase begins. As a result, we now see your performance, the time, your maximum heart rate and your maximum oxygen intake.



Level 3

Your regeneration

Regeneration indicates how quickly your body can recover from high stress. We measure the number of heartbeats your cardiovascular system reduces within 3 minutes.

Your goal: weight loss

We want you to achieve your personal goal **weight loss** as effectively as possible. That's why DYNOSTICS offers you individual recommendations in the 3 areas of movement, strength training and nutrition. Professionals train with this holistic concept - and now you, too!

Movement	Strength training		Nutrition			
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Your strategy

A lot of work out isn't always the key, but the right dosage of work out helps you to achieve your goals! The right workout in your case is train mainly in the aerobic area for fat burning.

Your recommendation

Your key to constant and permanent weight loss:
Endurance training. -> Increased fat burning - less kilos on the scale.

Training session	Frequency	Total duration	Duration	Heart rate zones running	Heart rate zones cycling
Workout 1 ET 1	1x per week	60–90 min	90 min	134 – 151 bpm	124 – 141 bpm
Workout 2 ET 1	1x per week	60–90 min	90 min	134 – 151 bpm	124 – 141 bpm
Workout 3 AT	1x per week	47–52 min	3 min 5 min in addition 3 15-20 min	159 – 165 bpm pause repetitions < 134 bpm	149 – 155 bpm pause pause < 124 bpm

Proper training in the long-term method (ET1 and AT)!

Exercise slowly and evenly for a long time in the Fat Metabolism (GA1). In addition, it is important to increase the amount of burnt kcal, DYNOSTICS also adds an interval training above the IAAT (anaerobic training). These units are the perfect counterpart to fat metabolism training and will be quit stressful.

We recommend that you carry out another diagnostics after approximately 20 training sessions to calculate your new IAAT. If you get to a level above 40%, you can follow the training plan IAAT> 40% training.

Your goal: weight loss

Movement

Strength training

Nutrition

Your strategy

A mix of 2/3 strength endurance and 1/3 muscle building
Frequency: 1-2x per week muscular training for 45 minutes

Ask your trainer for an individual training plan!

Your recommendation

The following recommendations are based on your last measured basal metabolism situation. If you have experience in strength training, you can deviate from this after consultation with your trainer.

strength endurance

Intensity: 15-20 repetitions. It corresponds to a load limit after 75 - 90 seconds.

Sets: 2-3 sets

Pause: 75 seconds pause after each set

muscle building

Intensity: 7-8 repetitions. It corresponds to a load limit after 45 - 60 seconds.

Sets: 2-3 sets

Pause: 90 seconds pause after each set

more tips

How does effective weight loss work?

If you want to lose weight, you have to build muscles. This is as important as regular endurance training, even for women.

Muscles are burn artists and our best buddies.

More muscle mass - more energy burned - less kilos on the scale

Building up strength

Do your exercises slowly and in a controlled manner in order to make maximum use of the target muscles. Your trainer will be happy to show you how to perfect your exercises.

Repeat the analysis after 3 months. You get your new, changed values, an adapted training plan and avoid a habituation effect of your body.

Your goal: weight loss

Movement

Strength training

Nutrition

Your strategy

Stay above your basal metabolic rate while eating.

Your recommendation

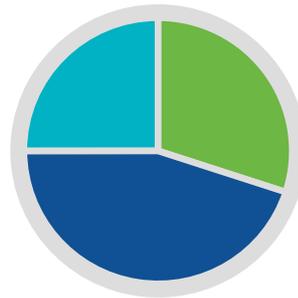
For your training goal **weight loss** a nutrition in the following proportions is perfect:

30%

Fat

45%

Carbohydrates



25%

Protein

more tips

Drink

Drink at least 2 litres of water throughout the day, more on training days. Drink a large glass of water before each main meal in order to achieve a feeling of satiety more quickly.

Focus

is on a regular and high-protein-contented diet.

Protein

Eat meals/snacks with a high content of protein after strength training. Dairy products combined with fruit are well suited for this.

Fats

consume in doses. Prefer the low-fat varieties for animal foods. Vegetable oils provide important micronutrients. That's why we integrate it into your menu daily, but sparingly, for example as dressing and frying oil.

Carbohydrates

in the form of sweets, ready-to-serve products and soft drinks should be reduced or avoided. Instead, enjoy wholemeal cereals, potatoes, vegetables and fruit. A must for every athlete!

Rests

between meals of more than 4 hours. This way you maintain an even supply of energy and nutrients without peaks and gaps.

Composition Meal

Each meal should consist of a protein and a vegetable or fruit component. Add a carbohydrate component to your main meals.

Warm Meal

It should also contain a large portion of vegetables and/or salad. These include a lean protein component from meat, fish, a dairy product, egg or pulses. Add potatoes, rice or noodles.

Breakfast

Perfect in the morning: A cottage cheese or yoghurt muesli with oat or other cereal flakes, fruit and a few nuts.

Meal with bread

Preferably wholemeal bread with a little bit of butter and a lean topping (e.g. cheese, ham). The ideal complement is a large portion of salad or raw vegetables.

Snacks

reduce blood sugar fluctuations and prevent hunger attacks or cravings. The ideal supply of performance-enhancing micronutrients are foods with a high content of protein with a fruit or vegetable such as: Cheese with cucumber or yoghurt with fruit.

