

BLASTPRO₂FILE

CLASSIC

APPOINTMENT DETAILS

DATE: Apr.24.16
NAME: Nora Princiotti
AGE: 21 Jun.27.94
WEIGHT: 151.0 lb (68.6 kg)
HEIGHT: 5' 7" (170 cm)

PROFILE TYPE: BP CLASSIC
GOAL: Performance
SPECIALIST: Sarah Buie
LOCATION: DC
CLIENT ID: 06.N.27

1. Would like workouts to be more efficient
2. Check in with current fitness status
3. Would like run a marathon with Dad in the next 2 yrs

NEXT PROFILE:

JUN
08
 2016

CARDIO PRESCRIPTION

FAT BURN



FAT BURN workouts expand your fat burning ability over an increasingly wider intensity range. The benefits include fat loss, improved muscle tone, better endurance, less muscle fatigue, and a boost in overall fat calories burned during normal activity.



HIGH INTENSITY

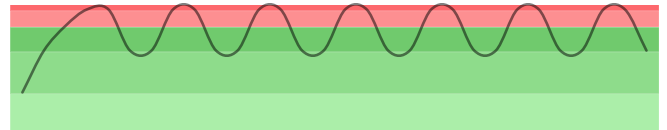
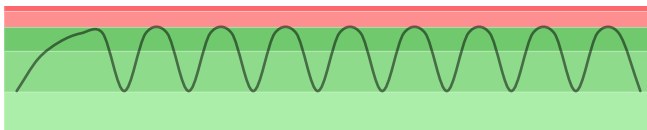
HIGH INTENSITY workouts condition your cardiovascular system to process oxygen more efficiently. The benefits include faster sprinting ability, quicker recovery, lower resting heart rate, and an overall improvement in health and cardiovascular fitness.

Friday	Sunday		
30 min bike	30 min bike		

Monday	Tuesday	Thursday	
8 mi run	30 min bike	8 mi run	

- 1 ELEVATE your heart rate to 174-183 bpm
- 2 RECOVER to 136 bpm (BOT of ZONE 2) or
- 3 REPEAT this pattern through

- 1 ELEVATE your heart rate above 184 bpm
- 2 RECOVER to 166 bpm (BOT of ZONE 3) or
- 3 REPEAT this pattern through



N FAT LOSS - IMPROVED MUSCLE TONE
O BETTER ENDURANCE - LESS MUSCLE FATIGUE
T BOOST IN FAT CALORIES DURING NORMAL ACTIVITIES
E
S Start lifting heavy - 2 sets of 15, work one muscle at a time

N LOWER RESTING HEART RATE
O FASTER SPRINTS - QUICKER HEART RATE RECOVERY
T OVERALL IMPROVEMENT IN CARDIOVASCULAR FITNESS
E
S Don't worry as much about your exact heart rate!

RESTING METABOLIC RATE (RMR)

* For the most custom nutrition coaching, a nutrition consultation with the BLAST Registered Dietiti

RMR	-	0 cal	Calories your unique metabolism requires to efficiently support vital functions.
Lifestyle: 0	-	#N/A	Calories burned daily while performing your normal everyday living activities.
Average Daily Exercise	-	0 cal	Calories burned during your typical workout week, distributed evenly over 7 days.
Energy Balance	-	0 cal	Energy balance assumes that each calorie burned is replaced through nutrition.
Daily Caloric Goal	-	#N/A	Calories needed daily to maintain your current body weight.

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HEART RATE TRAINING ZONES

VO₂ PEAK 32.0

The highest measured volume of oxygen consumed during your VO₂ test. It's also a well established measure of cardiovascular fitness.

HR PEAK 208

The highest heart rate measured during your VO₂ test. While it is not a measure of fitness, it does help measure HR recovery.

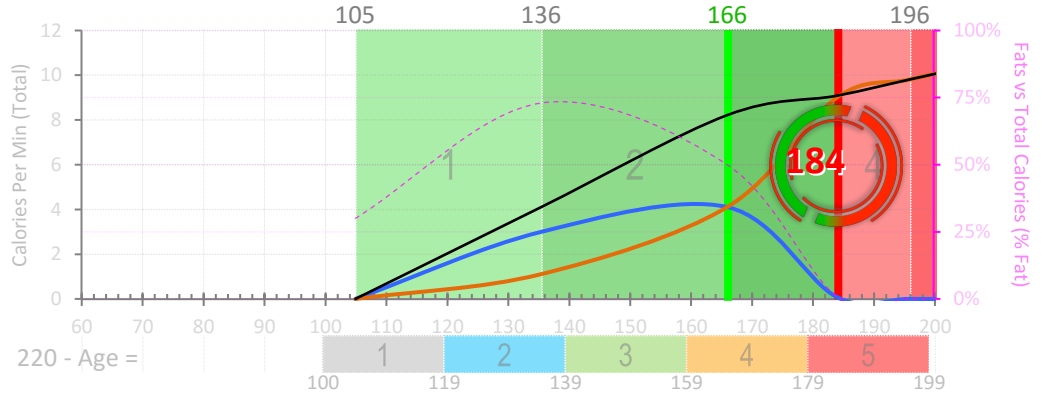
YOUR NUMBER 184

BEYOND THIS INTENSITY YOUR BODY STOPS BURNING FAT.

Training above this intensity helps improve cardiovascular fitness.

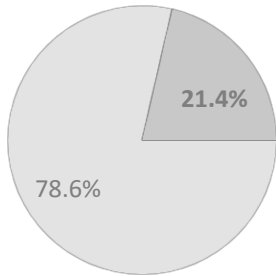
BASE "50/50" 166

The highest exercise intensity where half the calories you burn are from fat. For many people, training here feels comfortable.



	HR	VO ₂	Cal/m
HR Peak	208	32.0	10.5
Your Number	184	26.6	9.1
Base	166	24.9	8.2

BODY COMPOSITION



21.4 %

lean (lb) | fat (lb)
118.7 | 32.3

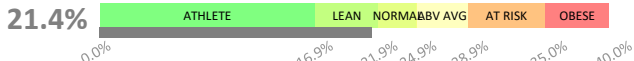
Category	ATHLETE	LEAN	NORMAL	ABVAVG	AT RISK	OBESE
%	< 17	17 - 21.9	22 - 24.9	25 - 28.9	29 - 35	> 35

site >	chest	side	hip	arm	back	abs	leg
* skinfold (mm)	7.5	14.0	12.5	16.5	8.5	16.5	32.5

* numbers represent the skinfold thickness (mm) at each site, not body fat % at each site

FITNESS ASSESSMENTS

BODY COMPOSITION



	RESULT	SCORE / TOTAL	CATEGORY
TODAY	21.4%	31.5 / 35	Lean
GOAL	16.9%	35	Athlete
TODAY	32.0	19.4 / 25	Fair
GOAL	33.0	20.1	Good
TODAY	30	14.1 / 15	Excellent
GOAL	35	15.0	Superior
TODAY	68	14.7 / 15	Excellent
GOAL	70	15.0	Superior
TODAY	20 1/2"	9.2 / 10	Excellent
GOAL	24"	10.0	Superior

Improving your Body Composition from Lean to Athlete will increase your BLAST Score by 3.5 points.

Improving your VO₂Peak from Fair to Good will increase your BLAST Score by 0.6 points.

Improving your Push-Ups from Excellent to Superior will increase your BLAST Score by 0.9 points.

Improving your Curl-Ups from Excellent to Superior will increase your BLAST Score by 0.3 points.

Improving your Flexibility from Excellent to Superior will increase your BLAST Score by 0.8 points.

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BLAST SCORE

The BLAST Score is a fun, efficient tool where your body composition and fitness assessments are all expertly collected into one score to provide a snapshot of your current fitness. The BLAST Score is so closely connected to your unique fitness, that every repetition, every inch, and every point improvement is enough to reflect change.

FLEXIBILITY is essential to efficient mobility. Tightness in the low back and hamstrings is often related to muscle pain and stiffness. The sit & reach assessment may help determine a person's risk for future pain and injury.

BLAST Score pts : **9 of 10**
Inches / Category : **20.5 / Excellent**

BODY COMPOSITION describes the percentages of fat mass (fat tissue) and lean mass (muscular tissue, connective tissue, bone, and body organs) in the body. Although there are different standards for men and women, optimal body composition is an indication of good health and efficient mobility. Body composition determines leanness, therefore achieving a better body composition is a significant step toward improving quality of life and overall

BLAST Score pts : **32 of 35**
% / Category : **21.4 / Lean**

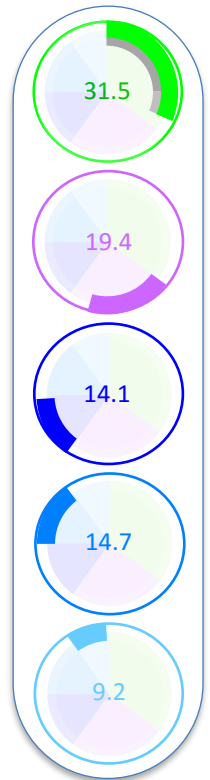
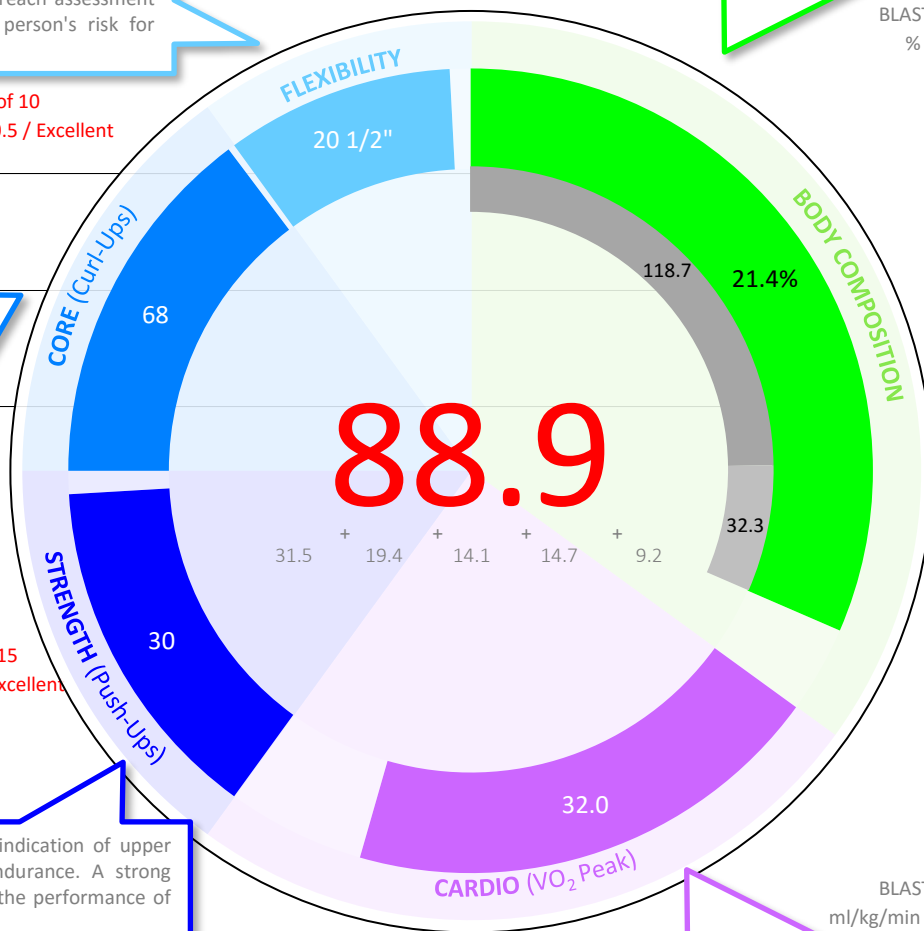
Curl-Ups test the strength and endurance of abdominal and trunk muscles. Strength in this area is important to activities of daily living, sports performance, and the prevention and rehabilitation of lumbar (back) disorders.

BLAST Score pts : **15 of 15**
Reps / Category : **68 / Excellent**

Push-Ups are a good indication of upper body strength and endurance. A strong upper body improves the performance of

BLAST Score pts : **14 of 15**
Reps / Category : **30 / Excellent**

VO₂ is a measurement of the volume of oxygen consumed. The rate of oxygen consumption is directly proportional to the rate of caloric expenditure. **VO₂ Peak** is the highest measured level of oxygen consumed during your Active (Treadmill) VO₂ Test and is an excellent measure of cardiovascular fitness. The higher the



BLAST Score pts : **19 of 25**
ml/kg/min / Category : **32 / Fair**

Improvement in the gaps in the circle above, will increase your BLASTSCORE by 6.2 points, from 88.9 to 95.1 We look forward to seeing your progress in JUN!