

# Fitness Gene Test

## SAMPLE SUMMARY REPORT



The answer to whether you can be an athlete, gymnast, or weightlifter lies in your genes. Genetics plays a key role in fitness and health. Fitness genomics is essential not only for improving athletic performance.

## Endurance Related

- Aerobic Capacity Trainability
- Endurance
- Lactate Threshold

## Physical Traits

- Body Mass Index
- Lean Body Mass
- Pain Tolerance

## Exercise Response

- Exercise Motivation
- Fat Loss Response to Exercise
- Muscle Damage and Recovery
- Resistance Training and Muscle Building

## Endurance Related

- Achilles Tendinopathy
- Anterior Cruciate Ligament Injury
- Concussion
- Muscle Injury
- Rotator Cuff Injury
- Tennis Elbow

## Flexibility

- Flexibility

## Power Related

- Hand Grip Strength
- Power

# Fitness Genomics

## Endurance Related

Traits	Risk	Rating	Description
 Lactate Threshold	Typical	5.4	As per your genotype, your Lactate Threshold is typical.
 Aerobic Capacity Trainability	Typical	4.7	As per your genotype, your Aerobic Capacity Trainability is typical.
 Endurance	Typical	4.5	As per your genotype, your Endurance profile is typical.

## Power Related

Traits	Risk	Rating	Description
 Hand Grip Strength	Good	4.0	As per your genetics, you have a good hand grip strength ability.
 Power	Typical	4.6	As per your genotype, your Power profile is typical.

## Injury Risk

Traits	Risk	Rating	Description
 Muscle Injury	Typical	5.5	As per your genotype, you have a typical risk for Muscle Injury.
 Rotator Cuff Injury	Poor	6.2	As per your genotype, you have an elevated risk for Rotator Cuff Injury.
 Anterior Cruciate Ligament Injury	Typical	5.9	As per your genotype, you have a typical risk for Anterior Cruciate Ligament Injury.
 Tennis Elbow	Typical	6.0	As per your genotype, you have a typical risk for Tennis Elbow.
 Concussion	Poor	6.8	As per your genotype, you have an elevated risk for Concussion.
 Achilles Tendinopathy	Good	4.0	As per your genotype, you have a low risk for Achilles Tendinopathy.

## Exercise Response

Traits	Risk	Rating	Description
 Insulin Sensitivity and Regulation of Energy Intake	Poor	7.5	As per your genetics, your response to insulin sensitivity is poor.
 Blood Glucose Response to Exercise	Typical	5.0	As per your genetics, your relative ability to reduce blood glucose levels in response to exercise is typical.
 Triglyceride Response to Exercise	Typical	5.0	As per your genetics, your relative ability to reduce blood triglycerides levels in response to exercise is typical.
 Muscle Damage and Recovery	Typical	5.9	As per your genotype, your Muscle Damage and Recovery profile is typical.
 Fat Loss Response to Exercise	Typical	5.5	As per your genotype, your Fat Loss Response to Exercise is typical.
 Resistance training and Muscle building	Typical	5.0	As per your genotype, your response to Resistance Training and Muscle Building is typical.
 Exercise Motivation	Good	3.6	As per your genetics, you have good intrinsic motivation for exercise.
 HDL Response to Exercise	Typical	4.1	As per your genetics, you have a typical ability to increase HDL levels in response to exercise.
 Blood Pressure Response to Exercise	Typical	4.3	As per your genetics, your blood pressure response to exercise is typical.

## Flexibility

Traits	Risk	Rating	Description
 Flexibility	Typical	5.0	Your genetic profile indicates typical Flexibility.

## Physical Traits

Traits	Risk	Rating	Description
 Pain Tolerance	Slightly Elevated	6.3	As per your genotype, you are highly pain sensitive.
 Reaction Time	Poor	6.4	As per your genetics, you have a high likelihood of impairment of reaction time.
 Lean Body Mass	Good	3.9	As per your genetics, you have a good inherent ability to have higher lean body mass.
 Resilience	Excellent	2.0	As per your genetics, you have a very high likelihood of developing Resilience.