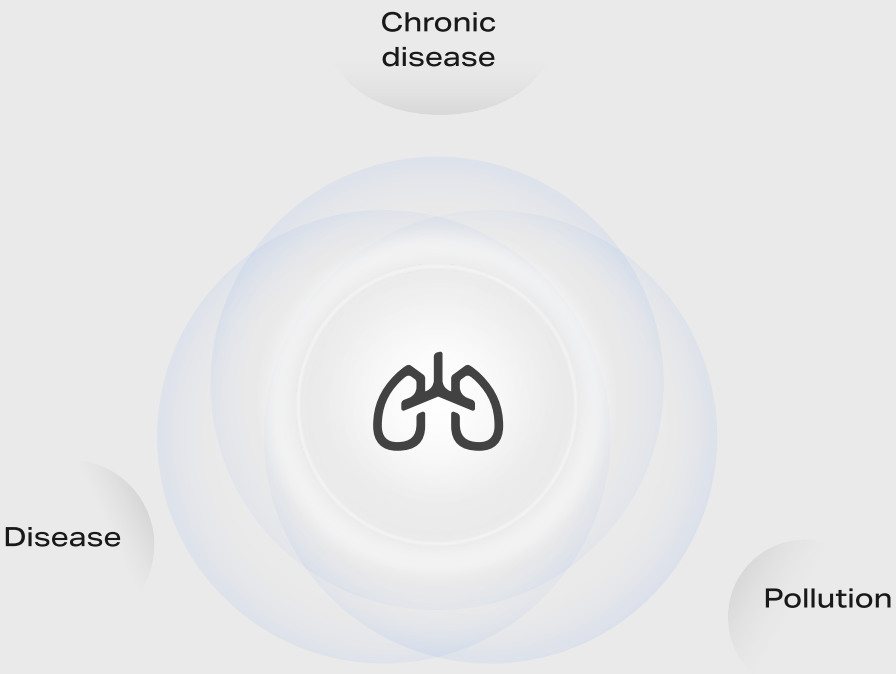
# PNOĒ Precision Breathwork Report

## Metrics Assessed

- Respiratory Capacity
- Expiration Power
- Respiratory Capability
- Breathing Coordination
- Breathing & Cognition
- Breathing & Posture




Whether it's an infectious respiratory disease, pollution or a chronic condition such as asthma our respiratory system can be negatively affected in many different ways. This analysis provides you with a detailed overview of how your lung fitness has been affected and what you can do improve it. To provide you with these insights we combined the biometrics tracked through the PNOĒ Resting and Active metabolic tests and spirometry assessment.

## Breathing at Exercise

| Metric | Score | Insights |
|---|---|---|
| Respiratory Capacity | 69% Good | When low, it can lead to feelings of fatigue, negative mood, reduction in fat burning capacity and reduced ability to recovertive. |
| Expiration Power | 26% Poor | When low, it can lead to oxygen deprivation in your muscles & organs and lower muscle oxygenation leading to fatigue buildup. |
| Respiratory Capability | 68% Good | When low, it can lead to feelings of fatigue, dizziness and even chronic disease such as COPD or cystic fibrosis and reduced ability to remove fatigue metabolites from your body during exercise. |
| Respiratory Coordination | 100% Excellent | Irregular breathing patterns can lead to feelings of dizziness & fatigue, high risk of injuries due to destabilized core and reduced carbon dioxide levels in the blood. |

Score affected by limitations in:
Zone2 Zone3 Zone5

Low Priority
High Priority

## Breathing at Rest

| Metric | Score | Insights |
|---|---|---|
| Breathing & Cognition | 46% Predicted | Chronic hyperventilation reduces cognitive capacity at work, increases feelings of fatigue & anxiety. Breathing abnormalities in low to medium exercise intensities can impact your cognitive capacity. |
| Breathing & Posture | 70% Good | Abnormal breathing patterns can increase the risk for myoskeletal problems and can<br><br>contribute to myoskeletal injuries across all sports and reduce performance in endurance sports. |

High Priority

# Active Breathing Training

## Respiratory Coordination training

Respiratory Coordination limitation

| Weekly frequency | Duraton | Sets | Work duration |
|---|---|---|---|
| 4 | 15 min | 8-10 | 20-60 sec |

| Breathing frequency | Work - Rest ratio | Breathing resistance |
|---|---|---|
| N/A | 1:3 | Inspiration: A - Expiration: 1 |

### Pyramid Details

| Zone2 | Zone3 | Zone4 | Zone5 |
|---|---|---|---|
| 20 / 25 / 30 | 25 / 30 / 35 | 30 / 35 / 40 | 40 / 45 / 50 |

# Recommended Weekly Schedule

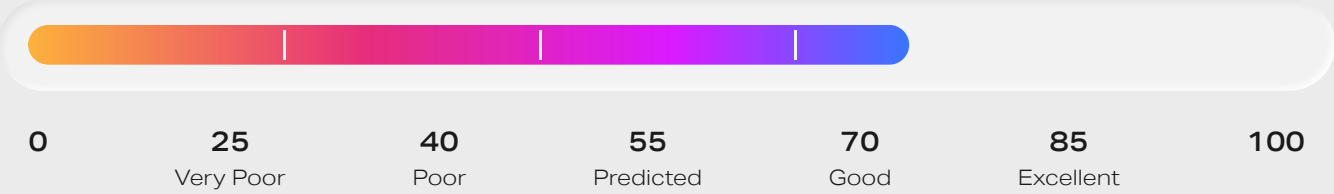
| | Active | Rest |
|---|---|---|
| Monday | Capacity volume training | Expiratory volume training |
| Tuesday | Capacity volume training | |
| Wednesday | | Expiratory volume training |
| Thursday | | Coordination training |
| Friday | Expiratory volume training | Respiratory volume training |
| Saturday | Expiratory volume training | |
| Sunday | | |


## Download our app

Download the PNOĒ Precision app to gain access to comprehensive walkthrough for completing the recommended breathwork training and track your progress overtime.

Download on the App Store

# Respiratory Capacity 69%




## What it means

It's a gauge of whether your lungs can expand and contract enough during training based on your age and gender.

## Why it's important for your wellness

A high Respiratory Capacity ensures that your lungs can supply enough oxygen to your body. This is essential for your overall well being as oxygen deprivation will cause your muscles and organs to work less effectively. This is manifested through feelings of fatigue during daily activities, dizziness and negative mood.

## Why it's important for your performance

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## What you can do about it

To overcome this limitation you need to increase your lung volume. The best way to do this is by following our recommended breathing training exercises called "". These exercises involve a mouthpiece for applying resistance during inhalation and exhalation.

# Respiratory Capability 68%


## What it means

It's a gauge of whether you use your lung capacity during training at a satisfactory level. Respiratory Capability differs from Respiratory Capacity (previous metric) since the former refers to whether you can use whatever volume your lungs have, whereas the latter refers to whether your lungs have the necessary volume in the first place.

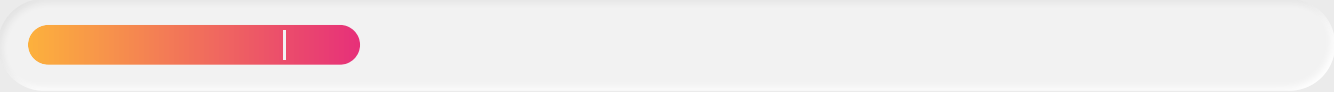
## Why it's important for your wellness

Respiratory Capability is complementary to Respiratory Capacity as you need to be able to have enough lung volume but also be able to use it in order to supply enough oxygen to your body. This is essential for your overall well being as oxygen deprivation will cause your muscles and organs to work less effectively. This is manifested through feelings of fatigue during daily activities, dizziness and negative mood.

## Why it's important for your performance

Athletic performance requires a high Respiratory Capacity and Respiratory Capability as you need to have enough lung volume and be able to use it in order to supply your muscles with enough oxygen to function properly. A low Respiratory Capability will limit your athletic performance similar to a low Respiratory Capacity by lowering muscle oxygenation and leading to fatigue buildup.

# Expiratory Power 26%



| 0 | 25 | 40 | 55 | 70 | 85 | 100 |
|---|---|---|---|---|---|---|
| | Very Poor | Poor | Predicted | Good | Excellent | |

## What it means

It's a gauge of whether your lungs have strength to fully contract during exhalation.

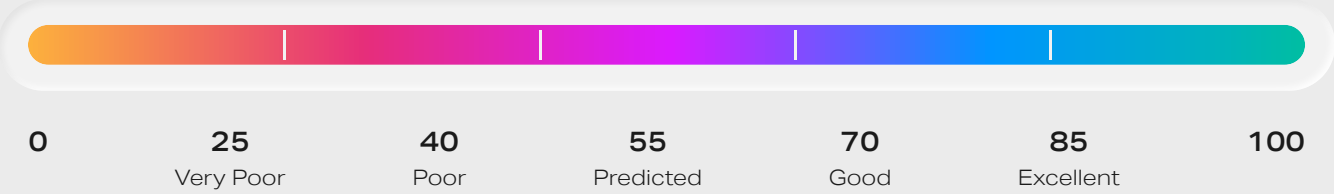
## Why it's important for your wellness

Having lung muscles that are strong enough to effectively empty your lungs during exhalation is important for ensuring proper breathing function. Pushing enough air out during exhalation is necessary for clearing carbon dioxide effectively. When exhalation isn't strong enough carbon dioxide may start to build up leading to feelings of fatigue, dizziness and even chronic disease such as COPD and cystic fibrosis.

## Why it's important for your performance

Strong exhalation is critical for athletic performance as clearing carbon dioxide is a key mechanism for removing fatigue metabolites from your body during exercise. When carbon dioxide isn't effectively cleared fatigue buildup in the muscles starts almost immediately.

# Respiratory Coordination 100%




## What it means

It's a gauge of whether your breathing follows a normal pattern during training that's not negatively impacting your posture, brain function, and muscle oxygenation.

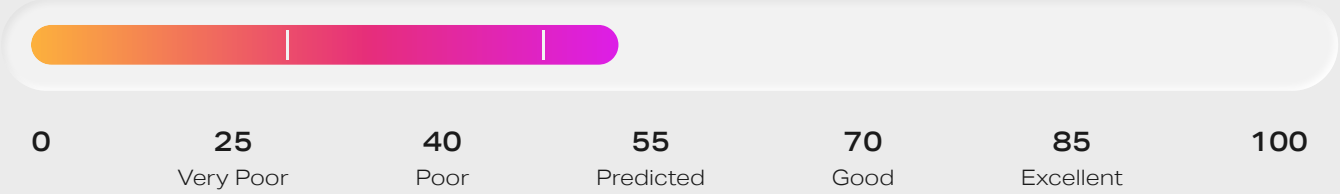
## Why it's important for your wellness

Irregular breathing patterns during training,also known as hyperventilation, will limit brain oxygenation and destabilize your core. Lower brain oxygenation causes feelings of dizziness and fatigue. A destabilized core elevates the risk of injuries such as lower back pain.

## Why it's important for your performance

Irregular breathing patterns during training, also known as hyperventilation, reduce carbon dioxide levels in the blood making it harder for oxygen to enter the cells of your working muscles. This in turn limits your ability to move as oxygen is the most important element for athletic performance.

# Breathing & Cognition 46%




## What it means

It's a gauge of how your breathing affects your brain function and ability to think.

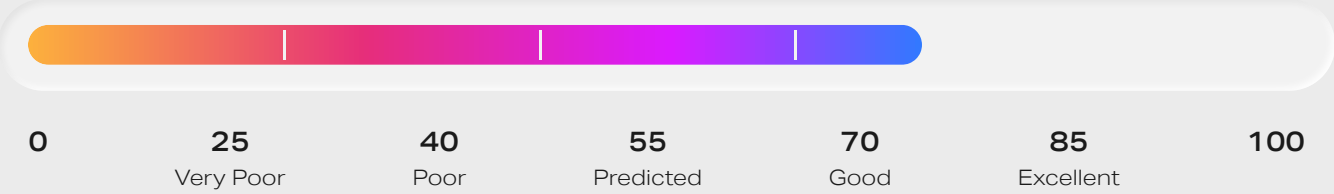
## Why it's important for your wellness

Hyperventilation is considered one of the most common but under-diagnosed conditions that severely impact the quality of life in our society. It's estimated that 15% of the population chronically hyperventilates, with only a handful knowing about it. Chronic hyperventilation reduces cognitive capacity at work, increases feelings of fatigue, and is associated with higher rates of anxiety and panic attacks.

## Why it's important for your performance

Hyperventilation during training reduces oxygen delivery to the brain almost immediately, causing you to react slower and respond less effectively to situations requiring rapid reflexes. Hyperventilation doesn't only occur during high exercise intensities. More than 30% of athletes suffer from subtle breathing abnormalities in low to medium exercise intensities impacting their cognitive capacity during most of their athletic performance.

# Breathing & Posture 70%




## What it means

It's a gauge of how your breathing affects your posture, likelihood of myoskeletal injury, and lower back pain.

## Why it's important for your wellness

Abnormal breathing patterns are critical contributors to myoskeletal injuries across all sports. Moreover, they directly reduce performance in endurance sports by lower movement economy and increasing the rate with which your body accumulates fatigue. Alleviating breathing abnormalities that destabilize your core is one of the easiest and most impactful wins in your training.

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