MUSCLE ENERGY SCAN RESULTS

5/10/17 8:52 AM
8h pre training
fasting

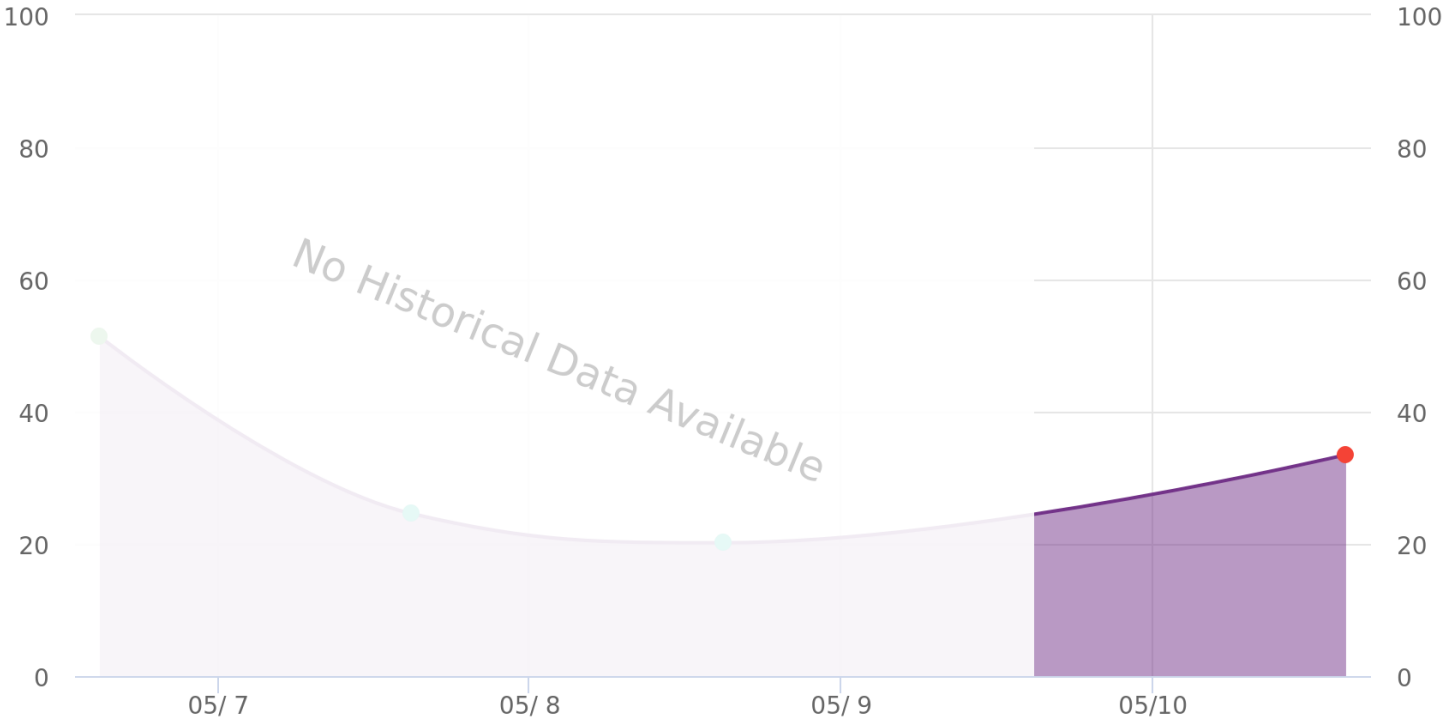
Height: 6'2"
Weight: 200 lbs

Device: LadyLumify
Trainer: Marlena Zimmerman

Muscles Scanned

Calf (GS)

Prior Scans



FUEL LEVEL pg 2
How much fuel each muscle holds.
Average

FUEL RATING pg 3
The quality of the fuel in each muscle.
Low

FUEL SYMMETRY pg 4
The balance of fuel b/w left and right.
High

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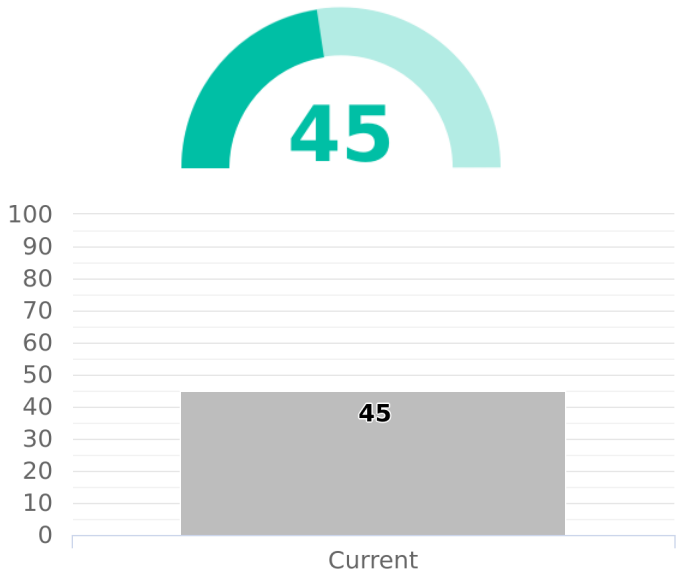
FUEL LEVEL

AVERAGE

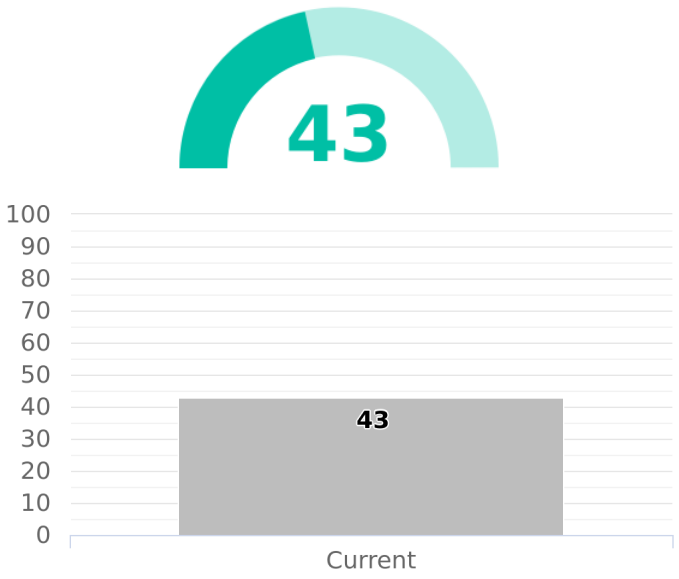
Overall Fuel Levels are within acceptable ranges. To return to optimal status you will need to make adjustments to your current exercise/nutrition/rest routines.

Calf (GS)

Left



Right



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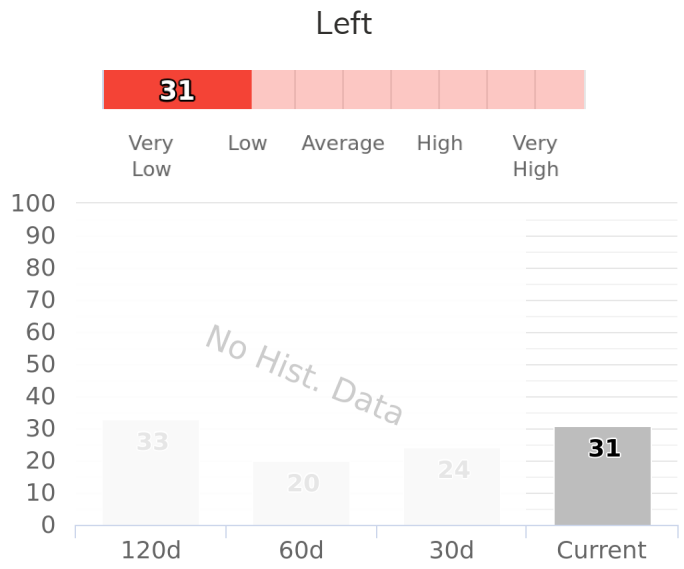
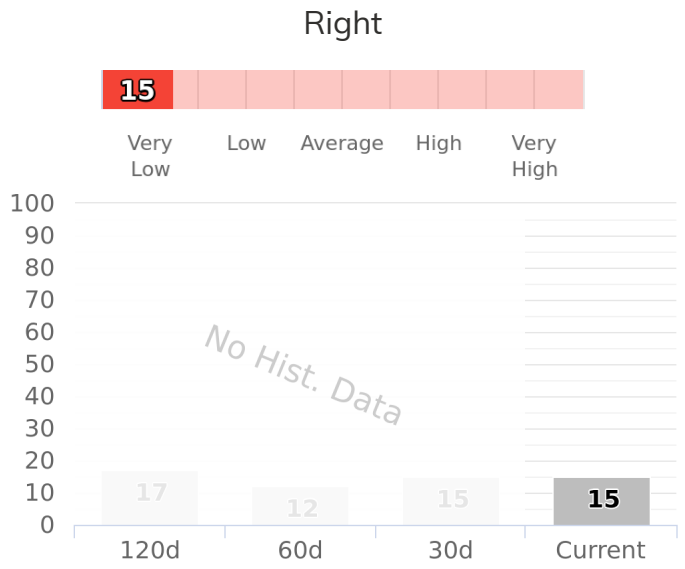
FUEL RATING

LOW

Your overall Fuel Rating for the muscles scanned is low compared with the MuscleSound population. Immediate adjustments to your preparation routines will be needed to improve your score over time.

Calf (GS)





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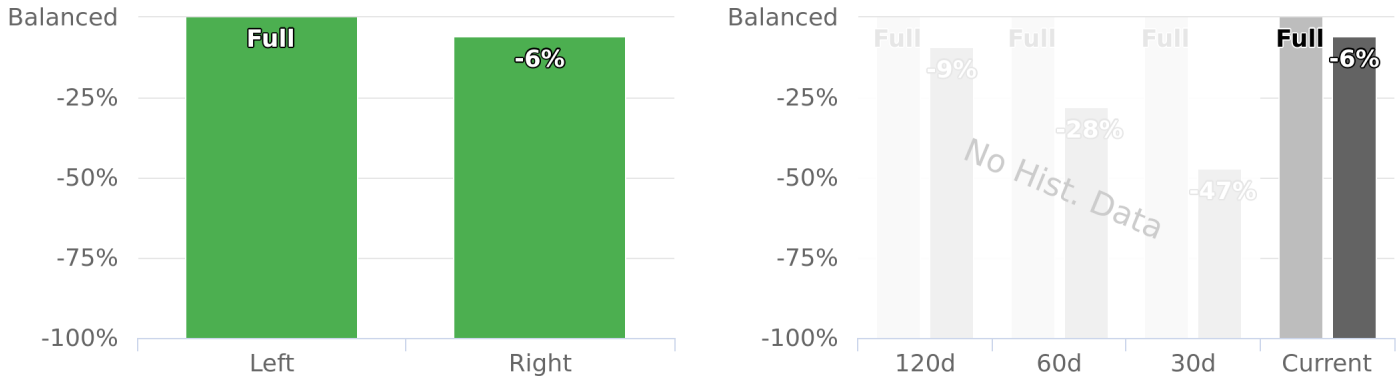
FUEL SYMMETRY

HIGH

Overall Fuel Symmetry between the bilateral muscles scanned is within optimal levels. No action is required at present time.

Calf (GS)



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PLEASE NOTE

The advice in this Report provides general directions for optimizing your fueling and refueling strategies, based on the scanned status of your muscles. All advice is evidence based. Apart from the duration and intensity of exercise, a number of other factors can influence fuel levels including nutrition, sleep quality, physical or psychological stress, travel and climatic conditions. Because of this we recommend consulting a coach, nutritionist or sports medicine physician for a more personalized implementation of the advice provided in this Report.

FUEL LEVEL

The 'Fuel' that muscles use during moderate to high intensity exercise is predominantly made up of Glycogen. However, other muscle constituents that contribute to energy production, such as protein, carnitine and creatine are also part of this Fuel.

The importance of Fuel Level: A properly fueled muscle will perform at a higher intensity for a longer duration before becoming fatigued, and is also less prone to soft tissue damage. Low glycogen levels during hard training/competition will decrease performance, and also cause micro damage to the muscle's internal structures. This impairs the muscle's ability to store glycogen, reducing its capacity to produce energy. It may also create a vicious cycle leading to overtraining.

FUEL RATING

A muscle's capacity to store and utilize fuel changes over time in response to such things as overtraining, illnesses, vacations, injuries, etc. The ability to track these longer term changes is made possible by comparing the fuel level in an individual muscle to the fuel levels of thousands of comparable muscles in our MuscleSound database.

The importance of Fuel Rating: Identifying trends in muscle fuel storage allows an individual to better know if they are improving over time as well as showing the potential for how well a muscle could score. It also answers a critical question "How do I rate compared to others like me?".

FUEL SYMMETRY

Under normal circumstances skeletal muscles store and utilize fuel contralaterally and equally across the body unless there is an inherent asymmetric component for a specific sport or activity. Contralateral muscle fuel differences can be the result of muscle damage (e.g. following eccentric exercise), a current/prior injury, improper technique or asymmetric training routines. This compromises fuel uptake, particularly for glycogen.

The Importance of Fuel Symmetry: Contralateral differences in muscle fuel may result in a one-sided reduction in force production and/or early onset of fatigue. It can also lead to increased injury risk. Fuel Symmetry can be used by coaches and/or nutritionists as an early warning of these potential risks.

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