



Ixcela Internal Fitness™ Results for

Jane Doe

Sample and Analysis Information

This test was analyzed at Ixcela, 135 South Rd., Bedford, MA 01730

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This is not a health assessment intended diagnose, treat, cure, or prevent any disease.

CLIA ID Number
22D2244792

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Name

Jane Doe

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Date of Birth

March 2, 1980

Biological Sex

Female

Ixcela Product

Ixcela Pro Internal Fitness Program

Specimen ID

TESTJANE04

Specimen Type

Dried Blood Spot (Whole Blood)

Specimen Collection Date

February 9, 2020

Specimen Received Date

February 11, 2020

Date Reported

February 17, 2022

Introducing the Five Areas of Health







Ixcela Tests 11 Metabolites and Maps them to 5 Areas of Health



Ixcela tests eleven metabolites that are extremely important to your health. These metabolites were identified from data arising from thousands of studies spanning the last fifty years. Our co-founder's research team processed more than 35,000 samples over the last five decades.

Through careful data mining and statistical analysis, we determined that these eleven blood-based metabolites were extremely significant markers of disease risk and progression, and were overall markers of health and wellness. All eleven metabolites are related to the gut microbiome in some way—they are either secreted by specific types of bacteria in the gut, are molecules that are regulated by the gut, or are metabolites that indicate the output and functionality of the gut. Many of them are critical because the body converts them into other needed substances (for example, tryptophan is eventually converted into melatonin, which is important for sleep).

In your report, you will find descriptions of the metabolites that are above or below optimal levels, as well as those that did not trigger any recommendations. For additional context, we have also correlated the metabolites with the various areas of health they influence. We call these the "Five Areas of Health." They include Gastrointestinal Fitness, Emotional Balance, Cognitive Acuity, Energetic Efficiency, and Immuno Fitness. Many of the metabolites we test are not just important for gut health; they also play key roles in these other areas of health. With this information, we hope you will gain the knowledge you need to understand and improve your gut health.

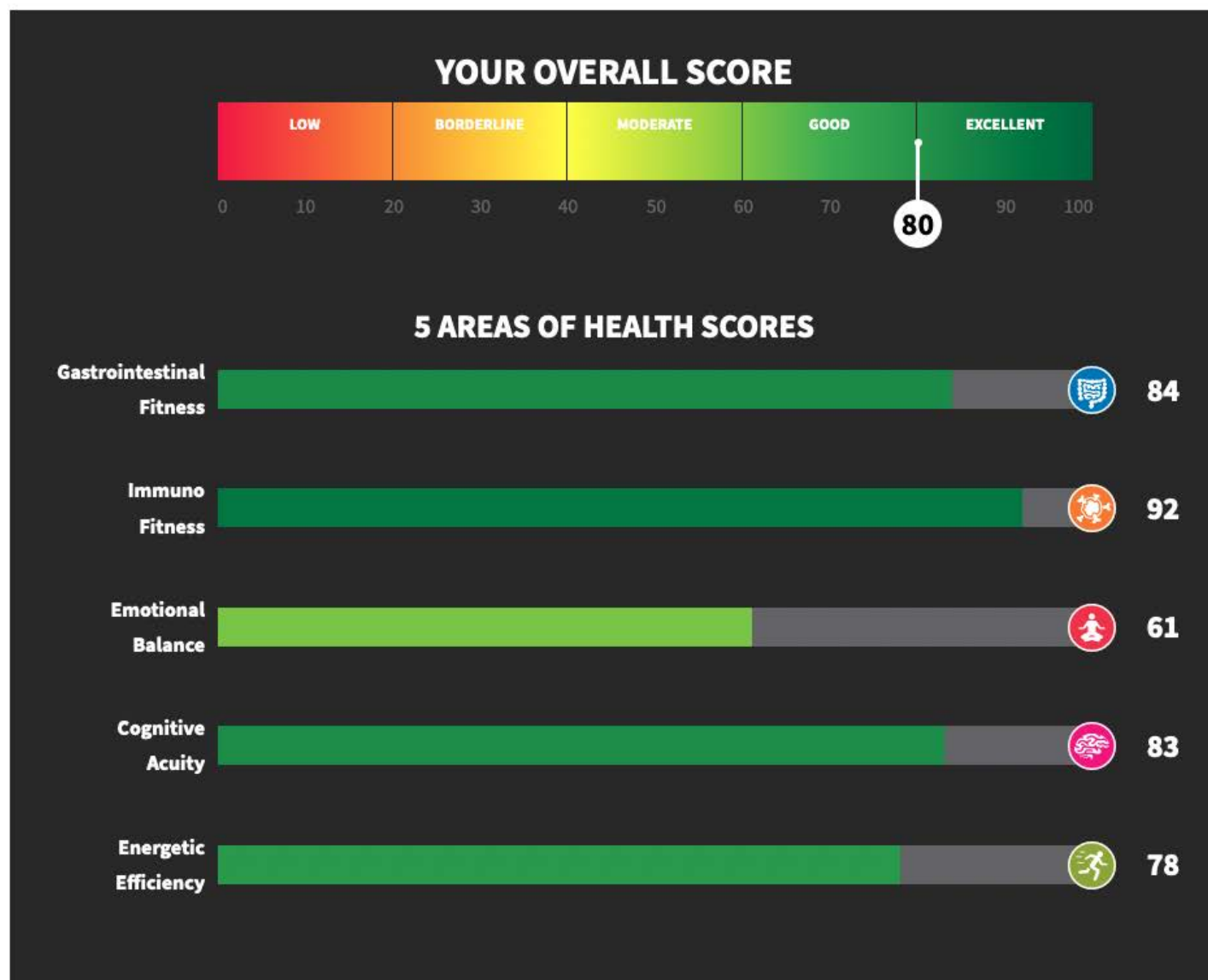
 View 5 Areas of Health and Metabolite Chart	+
 Gastrointestinal Fitness	+
 Immuno Fitness	+
 Emotional Balance	+
 Cognitive Acuity	+
 Energetic Efficiency	+

Go to ixcela.com/resources/ixcela-citations.html to view all citations in this report.

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Your Internal Fitness™ Results



What do your scores tell you?

Your overall Internal Fitness™ score is a composite of your five categorical scores: Gastrointestinal Fitness, Immuno Fitness, Emotional Balance, Cognitive Acuity, and Energetic Efficiency, which are all critical for determining your total internal health score. The scoring methodology is based on reviewed literature and data collected at Ixcela. These scores can be improved by implementing the nutrition, exercise, supplement, and lifestyle interventions listed in this report.

An overall score in the 80s reflects that your daily lifestyle choices seem to be doing an **excellent job** of giving your body what it needs. An average Ixcela Internal Fitness™ score is between 55 and 75. We do not see a score in the 80s often so take some time to reflect and appreciate your current practices that are supporting your gut health. Then review the metabolite-specific nutrition, supplement, and lifestyle recommendations in your report to see if you can further boost your excellent score.

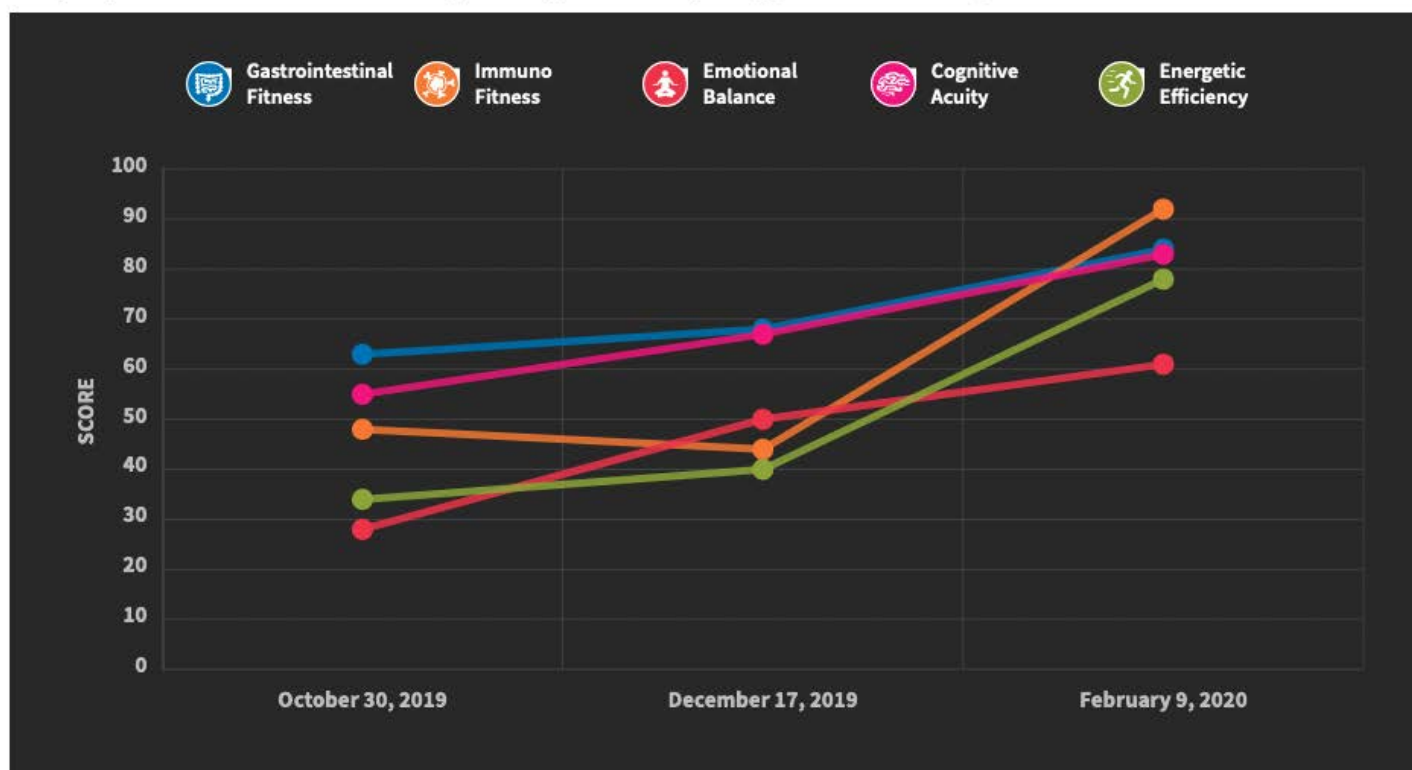
Ixcela Profile History Tracker

Monitoring Your Progress Over Time

Great gut health is not a destination—it's a journey that requires consistency and thoughtful lifestyle choices. It can take up to six months to see significant changes in your gut microbiome after incorporating new healthy habits. We recommend retesting your gut health every three months to track changes. This allows you to see the impact of the nutritional, fitness, and mindfulness changes you incorporate into your daily routine.

Physical and mental stress are often overlooked as important factors in microbiome changes. Factors that could negatively impact your scores include recent antibiotic use, mental stress, overtraining, poor sleep quality, sudden diet changes, heavy caffeine intake, alcohol consumption, and medications.

View your personalized recommendations for specific suggestions for improving your metabolites and your scores.

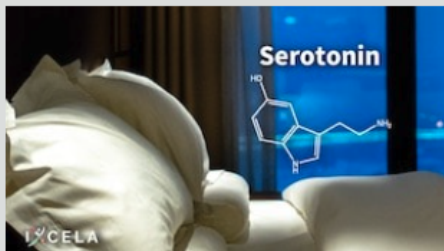


Your Metabolite Levels

In simple terms, a metabolite is the by-product of a breakdown process in the body (e.g., digestion or another chemical breakdown process). Metabolites can come from the breakdown of consumed food, ingestion of medicines, or tissue breakdown. These metabolites then travel to different areas of the body and can serve in various functions including growth, reproduction, and health maintenance.

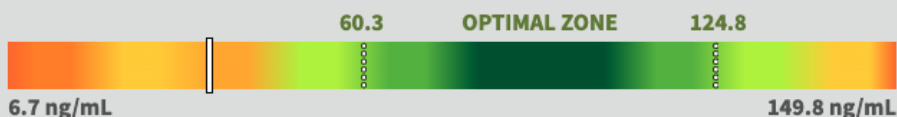


Metabolites below optimal levels



Serotonin

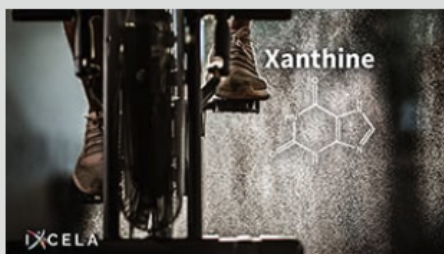
YOUR VALUE: **45 ng/mL** (*Below optimal levels*)



Serotonin is a tryptophan metabolite. Approximately 90% of serotonin is produced by cells of the gut lining, where gut bacteria help to regulate and support the production of serotonin.^[13] Serotonin is a neurotransmitter linked to mood regulation, muscle health, gut health, brain health, and the ability to fall asleep.^[14] Serotonin is one of the most important signaling molecules within the gut, where it helps to initiate digestion.^[15] Low peripheral serotonin can be affected by diet, a bacterial dysbiosis (bacterial imbalance), or some prescription medications.^[16]

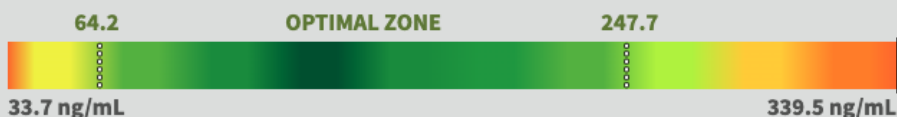


Metabolites above optimal levels



Xanthine

YOUR VALUE: **449 ng/mL** (*Above optimal levels*)



Xanthine (XAN) is a metabolite of the purine pathway.^[25] In the digestive tract, xanthine induces hydrochloric acid production and promotes secretion of pepsin from cells lining the stomach, which aids in digestion.^[27] However, elevated xanthine can lead to oxidative stress and increase risk of inflammation. Elevated xanthine may be the result of caffeine intake, cardiovascular overtraining, and/or physical and emotional stress.^[28] Xanthine accumulation during strenuous cardiovascular exercise can limit energy output, in turn affecting performance.



3-Methylxanthine

YOUR VALUE: 195 ng/mL (Above optimal levels)



3-Methylxanthine (3MXAN) is a purine metabolism-breakdown product of caffeine and the drug theophylline (commonly used to treat lung diseases).^[28,29] Metabolites of the purine pathway are significant because they affect both the gut and the brain. In the gut, 3MXAN increases hydrochloric acid and pepsin secretion, which both aid digestion.^[30] Elevated 3MXAN may be related to the consumption of caffeinated beverages and foods like coffee, tea, and chocolate.

✓ Metabolites within optimal levels



Indole-3-Acetic Acid

YOUR VALUE: 191 ng/mL (Within optimal levels)



Indole-3-acetic acid (IAA) is a naturally occurring plant hormone that is also produced by some gut bacteria.^[4] Proper levels of IAA maintain beneficial Lactobacillus species of gut bacteria. IAA is a precursor to other important metabolites, like indole-3-propionic acid (IPA).^[5,6] Both high and low levels of IAA can indicate a potential dysbiosis (bacterial imbalance), which can lead to a variety of adverse symptoms, including gastrointestinal (GI) distress, inflammation, poor immune system, sleep disturbances, skin inflammation, and negative health outcomes.

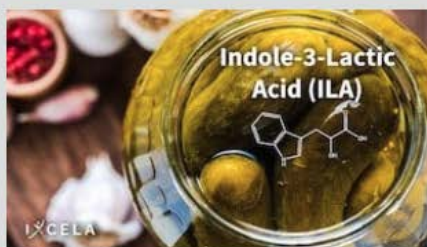


Indole-3-Propionic Acid

YOUR VALUE: 287 ng/mL (Within optimal levels)

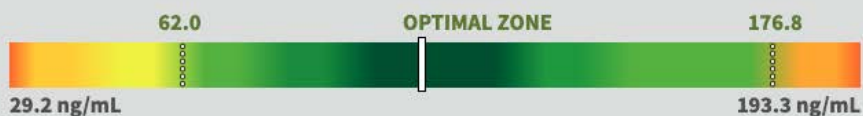


Indole-3-propionic acid (IPA), a strong neuroprotective antioxidant, is a key indicator of a healthy gut microbiome.^[1,2] IPA plays a crucial role in regulating intestinal permeability.^[3] Healthy intestines allow nutrients to pass into the bloodstream, but prevent potentially harmful substances from migrating to areas of the body where they could cause inflammation and gastrointestinal (GI) distress.



Indole-3-Lactic Acid

YOUR VALUE: 108 ng/mL (Within optimal levels)



Indole-3-lactic acid (ILA) is found in fermented foods and produced by some gut bacteria from the amino acid tryptophan. Proper levels of ILA are important for the production of other essential metabolites, like indole-3-propionic acid (IPA).^[6] Low or high levels of ILA may indicate gut bacteria dysbiosis (bacterial imbalance), which can lead to a variety of adverse symptoms, including gastrointestinal (GI) distress, inflammation, poor immune system, sleep disturbances, skin inflammation, and negative health outcomes.^[7]



Total Indoxyl Sulfate

YOUR VALUE: 197 ng/mL (Within optimal levels)



Indoxyl sulfate (IDS) is produced in the liver from the breakdown products of tryptophan created by colon microbes.^[22,24] IDS is considered a uremic toxin when elevated, but when IDS is in range, it also has antioxidant properties that support heart health.^[190]



Kynurenine

YOUR VALUE: 211 ng/mL (Within optimal levels)



Kynurenine (KYN) is a tryptophan metabolite made in the liver.^[16] Gut bacteria influence the conversion of tryptophan into kynurenine.^[18] Kynurenine plays a critical role in energy, dilating blood vessels, inflammatory mechanisms, immune response, and neurological function.^[19,20] It is used in the production of niacin (vitamin B3), a vitamin that helps your body turn food into energy and maintains DNA integrity.^[21] It is most commonly found in animal sources, kiwis, bananas, plums, and vegetables.



Kynurenine

YOUR VALUE: **211 ng/mL** (Within optimal levels)



Kynurenine (KYN) is a tryptophan metabolite made in the liver.^[16] Gut bacteria influence the conversion of tryptophan into kynurenine.^[18] Kynurenine plays a critical role in energy, dilating blood vessels, inflammatory mechanisms, immune response, and neurological function.^[19,20] It is used in the production of niacin (vitamin B3), a vitamin that helps your body turn food into energy and maintains DNA integrity.^[21] It is most commonly found in animal sources, kiwis, bananas, plums, and vegetables.



Tyrosine

YOUR VALUE: **10.0 µg/mL** (Within optimal levels)



Tyrosine (TYR) is a nonessential amino acid found in the diet. It is a building block for several neurotransmitters.^[36] When tyrosine is present, gut bacteria produce enzymes that support the production of these important neurotransmitters that regulate mood, behavior, and general feelings of well-being.^[35] Specifically, tyrosine is involved in the production of dopamine and initiative-oriented behavior. Sufficient tyrosine is also essential for the thyroid gland to produce hormones T3 and T4, which regulate growth, metabolism, body temperature, and heart rate.^[35]



Uric Acid

YOUR VALUE: **27.3 µg/mL** (Within optimal levels)



Uric acid (UA) is the final product of purine metabolism.^[31] Gut bacteria play a role in converting other purine metabolites into uric acid.^[32] Metabolites of the purine pathway are important because they affect both the gut and the brain.^[32,33] Purines are key components of cellular energy systems, cellular signaling, and DNA and RNA production.^[31] When uric acid is within optimal levels, it has been shown to act as a strong antioxidant and play a role in our immune response.^[29]

Your Nutrition Recommendations

1. Focus on adding more vitamin C-rich foods to your diet



SHOW ALL

- [Why this recommendation?](#)

Vitamin C is an antioxidant that may support the metabolism of elevated stress marker metabolites, such as **uric acid**, **xanthine**, and **kynurenine**. Although it is most well known for its role in immune health, vitamin C also supports iron absorption and tissue repair, and is involved in a variety of enzyme reactions.^[54] As an antioxidant, vitamin C promotes cell healing by reducing free radical damage to the lining of the gastrointestinal tract.

Vitamin C is also needed for the absorption of **tyrosine**, and it plays an important role in the tyrosine pathway, specifically in regulating dopamine.

Aim to include at least 3 servings of vitamin C-rich foods daily to help support purine metabolism and combat oxidative stress and inflammation.

Include a variety of vitamin C-rich food sources to support optimal levels of:

- Xanthine

+ [Already including these foods?](#)

2. Include foods that are rich in omega-3 fatty acids to support serotonin levels



+ [Why this recommendation?](#)

+ [Already including these foods?](#)

3. Reduce or eliminate caffeine



+ [Why this recommendation?](#)

+ [Already excluding these foods?](#)

4. Consider increasing water intake



Water



Herbal Tea



Sparkling W...



Bone Broth ...



Bone Broth



Watermelon



Low Sugar ...



Low Sugar ...



Coconut Wa...



Cantaloupe ...



Cucumber



Citrus Fruit

+ [Why this recommendation?](#)

+ [Already including these foods?](#)

5. Ensure adequate tryptophan intake



Chicken Thi...



Organic Po...



Free-Range ...



Pork



Lamb



Dairy



Seafood



Greek Yogurt



Mackerel



Organic Soy...



Pumpkin Se...



Whey Protei...



Wild Game ...



Black Beans



Red Kidney ...



Cauliflower



Walnuts



SHOW
ALL

+ [Why this recommendation?](#)

+ [Already including these foods?](#)

Go to ixcela.com/resources/ixcela-citations.html to view all citations in this report.

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Your 90-Day Macronutrient Plan

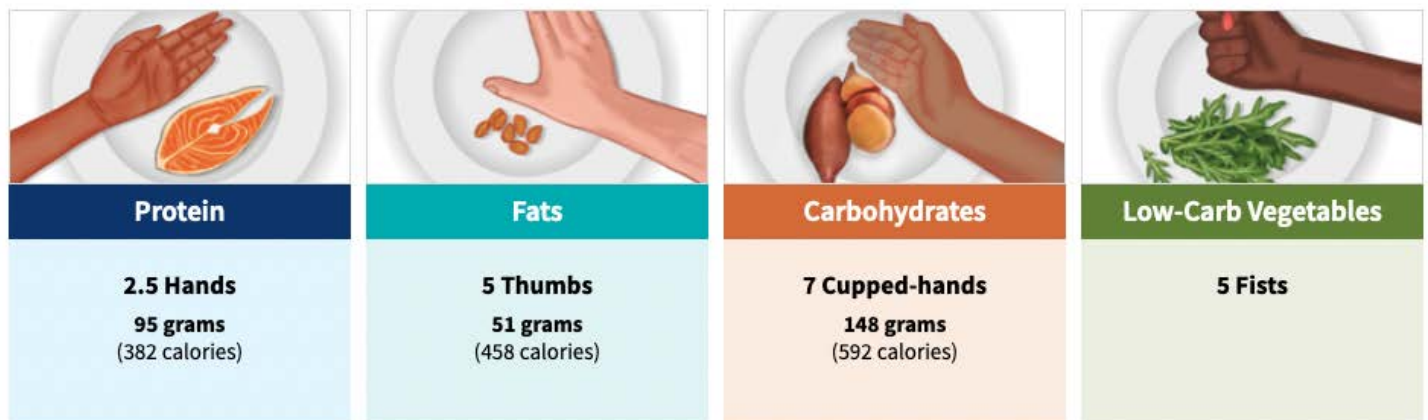
Good Nutrition is Important for Gut Health

Your Ixcela macronutrient plan is based on the individual profile you completed. It factors in your current activity level, age, gender, height, and target weight. If your activity level increases or decreases, you may need to adjust your calories. Ixcela uses the well-researched Mifflin-St. Jeor formula, a predictive equation for resting energy expenditure in healthy individuals, to determine calorie and macronutrient recommendations. Please consult your physician before starting a nutrition and exercise program.

In your profile, you indicated that you:

- ✓ Would like to lose weight
- ✓ Currently work out 4-6 hours per week
- ✓ Prefer to eat an omnivore diet (including both plant-based and animal-based foods)

Your Macronutrient Summary: Approximately 1432 calories per day



Quick Ways to Measure Macronutrients



Proteins

We use HANDS to measure protein amounts. Using your hand as a visual representation of a portion size will help you stick to your macronutrient guidelines. To understand how much protein you are eating, we suggest you use a food scale to weigh a serving of protein and then compare the serving size to your hand. A typical hand is about the same size as 200 grams of meat, which contains about 40 grams of protein.

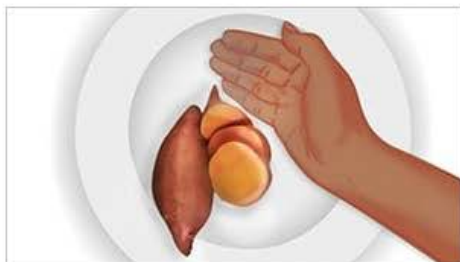
1 HAND = 40 GRAMS PROTEIN



Fats

We use THUMBS as a measure of fat. You can use your thumb to measure items you know are essentially fatty foods. (Remember: a lot of proteins contain fats too.)

1 THUMB = 10 GRAMS OF FAT



Carbohydrates

We use CUPPED HANDS to measure moderate and high carbohydrates. Moderate and high carbohydrates include whole fruits, grains, starchy vegetables, and beans and other legumes. Typically, 1 cupped hand contains about 30 grams dry weight. This amount of high carbs will contain approximately 20 grams of carbohydrates.

1 CUPPED HAND = 20 GRAMS CARBS



Low-Carb Vegetables

We use a FIST to measure low-carb vegetables. A serving of raw, non-starchy vegetables is about the size of a clenched fist or about 1 cup. When cooked, vegetables tend to shrink due to water loss, so a serving of cooked, non-starchy vegetables is between ½ cup and ¾ cup.

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Your Top 3 Recommended Recipes

Gut-Healthy Meal Ideas

We recommend trying recipes that contain ingredients that support your two lowest scores. Log into your Ixcela.com account to find additional entrée, side, and snack options in the Ixcela Recipe Library. *Note: Access to the recipe library is included in all Ixcela subscriptions. If you have the one-time kit, you get a 30-day trial. You can upgrade to a subscription at any time.*



1. Turkey Satay and Sprout Salad

Turkey is a lean protein that contains the amino acid tryptophan. Tryptophan is the precursor to the neurotransmitter serotonin. Serotonin, the precursor to the sleep hormone melatonin, contributes to feelings of well-being. By including a variety of tryptophan-rich foods, you can support serotonin and melatonin levels.

[Take me to the recipe](#)



2. Pork Tenderloin Veggie Bowl

Pork tenderloin is a low-fat, high-protein meat option. It also contains a variety of B vitamins and is a good source of tryptophan, one of the eleven metabolites tested by Ixcela.

[Take me to the recipe](#)



3. Vegetable Stir-Fry

A successful stir-fry includes at least five different colorful vegetables, so it is a great way to get a variety of vegetables into one meal. The variety of fibers in the plant-based ingredients is extremely beneficial to maintaining a healthy and diverse gut microbiome.

[Take me to the recipe](#)

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Your Recommended Supplements

Supplements to Support Your Metabolite Levels

The following supplements are recommended based on your metabolite levels. Some of these supplements may not be available in your country. While Ixcela recommends using our high-quality, lab-tested supplements, you can substitute with supplements from your favorite brand.

Consult your doctor before taking supplements, especially if you are taking medication, have a chronic illness, are being treated for a chronic illness, or are pregnant or planning to become pregnant.



1. Ixcela Defend (Vitamin C + Zinc)

Ixcela Defend includes vitamin C and zinc, which are both well known for helping to support the immune system. Vitamin C, along with proper hydration, plays a role in metabolizing the purine metabolites and stress markers.

+ [About Vitamin C](#)

+ [About Zinc](#)

[View Supplement Details](#)

[Add to Cart](#)



2. Ixcela Protect (N-Acetyl-L-Cysteine + L-Methionine + Selenium)

Antioxidants support the reduction of oxidative stress in the body and promote healthy growth and metabolism.

+ [About N-Acetyl-L-Cysteine \(NAC\)](#)

+ [About L-Methionine](#)

+ [About Selenium](#)

[View Supplement Details](#)

[Add to Cart](#)



3. Ixcela Balance (5-HTP + Vitamin B6)

Ixcela Balance was recommended to support improving levels of serotonin. Amino acid 5-hydroxytryptophan (5-HTP) converts to serotonin to support serotonin production in the human body, and vitamin B6 supports the synthesis of neurotransmitters.

If taking antidepressants like selective serotonin reuptake inhibitors (SSRIs), abstain from taking Ixcela Balance. Please consult your physician before following this supplement recommendation.

+ [About 5-HTP](#)

+ [About Vitamin B6](#)

[View Supplement Details](#)

[Add to Cart](#)



4. Ixcela Biome Support (*Probiotic + Prebiotic*)

Ixcela's seventeen-strain probiotic and prebiotic is recommended to support the diversity and population of the gut microbiome. Probiotics are also beneficial to the metabolism of all metabolites.

+ [About Our Probiotic](#)

+ [About Our Prebiotic \(FOS and Inulin\)](#)

[View Supplement Details](#)

[Add to Cart](#)



5. Ixcela Night (*Melatonin*)

Melatonin has a well-documented role in the body's circadian rhythm and sleep cycle. Ixcela Night is recommended when your health questionnaire indicates that you have trouble falling asleep or staying asleep.

+ [About Melatonin](#)

[View Supplement Details](#)

[Add to Cart](#)

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Your Mindfulness Recommendations

1. Include at least 30 minutes of direct sun exposure daily to support serotonin levels

Options Include:



Walk in the ...



Include ligh...



Eat lunch o...



Go outside i...



Go to the be...



Go to the park

– [Why this recommendation?](#)

Direct and indirect sunlight exposure correlates with decreased anxiety due to increased serotonin production. [Serotonin](#) is a neurotransmitter that supports sleep and feelings of well-being. Approximately 90% of serotonin is produced in the gut and approximately 10% is produced in the brain. Sunlight exposure (natural or artificial) supports production of serotonin in the brain; therefore, light therapy or exposure to the sun may be an important intervention. You may want to apply sunscreen to prevent sunburn. Sunscreen protects the skin without interfering with the benefit of direct sunlight.

Depending on your location and/or the season, 30 minutes of daily sunlight exposure may not be feasible. For those who live in cold climates or locations with harsh winters, light therapy can supplement direct sunlight exposure. It is beneficial to include 5 consecutive days of 30-minute light therapy sessions per week.

+ [What to do if already doing this activity](#)

2. Prepare for quality sleep

Options Include:



Go to bed t...



Avoid scree...



Use room d...



Set temper...



Use a white ...



Take a low-...



Do 10 minut...



Do the 12-P...

+ [Why this recommendation?](#)

+ [What to do if already doing this activity](#)

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Your Top 3 Mindfulness Resources

Calm, Resorative Ideas to Recharge Your Battery

The mind plays an important role in your overall health. Ultimately, the mind controls many of the fundamental processes critical to internal health. Our goal is to help you learn how to harness and build some of the mental skills that will allow you to get the most benefit from our lifestyle modification recommendations.



1. Mindful Journaling and Logging

Mindful journaling and logging is meditative writing that helps us to evaluate our emotions and determine why we are feeling a certain way (stressed, hurt, happy, relaxed). With time and practice, mindful writing not only becomes more comfortable, but it can also provide a great deal of emotional relief.

[Take me to the resource](#)



2. Relax Your Tired Mind and Restless Body

Do you get into bed feeling tired, but then find yourself tossing and turning because you just can't seem to relax and get comfortable?

[Take me to the resource](#)



3. Restorative Practice: Guided Stretching Video

Stretching is a simple and effective way to ease the mind and the muscles. Following this guided stretching practice means that you don't have to remember or create a full routine. Light stretching is beneficial first thing in the morning to warm the body and before bed to promote relaxation.

[Take me to the resource](#)

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Your Fitness Recommendations

1. Aim to include 5 minutes of light stretching daily

Here are some ideas:



Cat stretch



Cobra stretch



Quad stretch



Child's pose



Toe touch s...



Tricep stretch



Ardha Mats...



Ixcela warm...

– [Why this recommendation?](#)

Light stretching has several benefits: preventing muscle injury, relieving stress, improving digestion, soothing headaches, increasing blood circulation, and improving posture. Stretching for just five minutes each day is a simple practice that will help you de-stress and wind down from a physically or emotionally taxing day. The metabolites xanthine, uric acid, total indoxyl sulfate, and kynurenine can become elevated due to physical and emotional stressors. To ease muscle tension and promote gut health, consider adding five minutes of stretching to your evening or early morning routine. Review the Ixcela Warm-Up Series for guidance.

+ [What to do if already doing this activity](#)

2. Walk before or after your lunch break

Here are some ideas:



Quick walk ...



Brisk walk o...



Take the stairs

+ [Why this recommendation?](#)

+ [What to do if already doing this activity](#)

3. Review the at-home workouts in the Ixcela Exercise Library

Here are some ideas:



Ixcela home...



Squats



Push-ups

+ [Why this recommendation?](#)

+ [What to do if already doing this activity](#)

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Your 90-Day Fitness Plan

Variety and Daily Movement is Important for Gut Health

Varying intensity and types of exercise is important for maintaining gut health. Your Ixcela fitness plan was designed by Olympic-caliber trainers and it includes strength training, cardio training, and restorative exercises. Your plan was personalized using the information you provided in your health profile. In your health profile, you indicated that you:

- ✓ **Would like to lose weight**
- ✓ **Currently do 2 sessions of strength training per week**
- ✓ **Currently do 2 sessions of cardio per week**
- ✓ **Do not have a gym membership**
- ✓ **Want to focus on strengthening your core (You will see this in the work-on section of your strength training workout.)**
- ✓ **Consider yourself a beginner at strength training**

Month 1 Workouts

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
STRENGTH YOUR PRT - HOME WORKOUT 1 40-60 minutes	CARDIO: HIIT High-intensity intervals 20-25 minutes	LIFE Walk, yoga, golf, etc. 1-4 hours	STRENGTH YOUR PRT - HOME WORKOUT 2 40-60 minutes	CARDIO: VIIT Varied-intensity intervals 40-75 minutes	LIFE Walk, yoga, golf, etc. 1-4 hours	RESTORATION Eat well, repair, growth, low stress, low activity



Mondays: YOUR PRT - HOME WORKOUT 1

This Progressive Resistance Training (PRT) workout takes 40-60 minutes to complete. Click on the links below to watch a video on how to do the exercises.

- [Air Squat with Band](#)
- [Warm-Up Sequence](#)
- [Instructions on how to do your PRT workout](#)



Tuesdays: Cardio HIIT Session

Choose the cardio modality that you prefer for this high-intensity interval session (HIIT). This workout is only 20-25 minutes. Here are some ideas: Run, bike, swim, row, or skate.



Wednesdays: Life Activities

Be active. Move for at least 60 minutes and try to get some outdoor activity. Here are some ideas: Walk, hike, golf, paddle, or practice yoga.



Thursdays: YOUR PRT - HOME WORKOUT 2

This Progressive Resistance Training (PRT) workout takes 40–60 minutes to complete. Click on the links below to watch a video on how to do the exercises.

- [Warm-Up Sequence](#)
- [Instructions on how to do your PRT workout](#)



Fridays: Cardio VIIT Session

Choose the cardio modality that you prefer for this varied-intensity interval session (VIIT). Aim to workout 40–75 minutes. Here are some ideas: Run, bike, swim, row, or skate.



Saturdays: Life Activities

Be active. Move for at least 60 minutes and try to get some outdoor activity. Here are some ideas: Walk, hike, golf, paddle, or practice yoga.



Sundays: Restorative Activities

Eat well, repair growth, low stress, stretching, foam rolling, self-massage, meditation, downtime, slow walk, low activity. Utilizing sauna, steam room, hot tub, Epsom salt bath, aromatherapy relaxation.



Month 2 Workouts



Month 3 Workouts



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YOUR PRT - HOME WORKOUT 1 (Weeks 1-4)

STEP 1: PREPARATION (MOBILIZE AND ACTIVATE MUSCLES)

MOBILITY	ACTIVATION
Cobra x 6 → Open-Close Book x 5 E/S → Cat-Cow x 8 → Thread the Needle x 6 E/S → Yoga Lunge-Rotation x 5 Breaths E/S → 4 Point Hip Thrusts x 8	SL Hip Thrusts x 12 E/S → DL Hip Thrusts x 15 → Air Squats x 15 → SL Aeroplane HOLD 3 sec x 5 E/S

STEP 2: MAIN (STRENGTH TRAINING SECTION)

	EXERCISE	REST	SET	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Coaching
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	NOTES
COUPLET #1	Air Squat (30 seconds)	30 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Push Up (30 seconds)	30 sec	1									
			2									
			3									
TRIPLET #2	Sumo Squat (30 seconds)	30 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Dips (30 seconds)	30 sec	1									
			2									
			3									
	Reverse Lunge (30 seconds)	30 sec	1									
			2									
			3									

STEP 3: WORK ON (TARGETED BODY PART)

CORE CIRCUIT #1	
30 sec	Prone Plank
30 sec	1/4 Plank
30 sec	Side Plank
30 sec	1/4 Plank
30 sec	Prone Plank
	REPEAT other side
30 sec	REST
	x 2 Rounds

Step 4: FINISHER (Cardio Blast)

HIIT--1--MINUTE ROUNDS	
40 sec	Row/ Bike/ Run (Very Hard RPE 8-9+)
20 sec	REST
	x 8-10 Rounds

YOUR PRT - HOME WORKOUT 2 (Weeks 1-4)

STEP 1: PREPARATION (MOBILIZE AND ACTIVATE MUSCLES)

MOBILITY	ACTIVATION
Cobra x 6 → Open-Close Book x 5 E/S → Cat-Cow x 8 → Thread the Needle x 6 E/S → Yoga Lunge-Rotation x 5 Breaths E/S → 4 Point Hip Thrusts x 8	SL Hip Thrusts x 12 E/S → DL Hip Thrusts x 15 → Air Squats x 15 → SL Aeroplane HOLD 3 sec x 5 E/S

STEP 2: MAIN (STRENGTH TRAINING SECTION)

	EXERCISE	REST	SET	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Coaching
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	NOTES
COUPLET #1	Air Squat Pump (30 seconds)	30 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Shoulder Touches (30 seconds)	30 sec	1									
			2									
			3									
TRIPLET #2	Sumo Squat Pump (30 seconds)	30 sec	1								Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.	
			2									
			3									
	Reverse Bridge Knee Lift (30 seconds)	30 sec	1									
			2									
			3									
	Lunge (30 seconds)	30 sec	1									
			2									
			3									

STEP 3: WORK ON (TARGETED BODY PART)

CORE CIRCUIT #1	
30 sec	Prone Plank
30 sec	1/4 Plank
30 sec	Side Plank
30 sec	1/4 Plank
30 sec	Prone Plank
	REPEAT other side
30 sec	REST
	x 2 Rounds

Step 4: FINISHER (Cardio Blast)

HIIT-1-MINUTE ROUNDS	
40 sec	Row/ Bike/ Run (Very Hard RPE 8-9+)
20 sec	REST
	x 8-10 Rounds

YOUR PRT - HOME WORKOUT 1 (Weeks 5-8)

STEP 1: PREPARATION (MOBILIZE AND ACTIVATE MUSCLES)

MOBILITY	ACTIVATION
Cobra x 6 → Open-Close Book x 5 E/S → Cat-Cow x 8 → Thread the Needle x 6 E/S → Yoga Lunge-Rotation x 5 Breaths E/S → 4 Point Hip Thrusts x 8	SL Hip Thrusts x 12 E/S → DL Hip Thrusts x 15 → Air Squats x 15 → SL Aeroplane HOLD 3 sec x 5 E/S

STEP 2: MAIN (STRENGTH TRAINING SECTION)

	EXERCISE	REST	SET	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Coaching
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	NOTES
COUPLET #1	Reverse Lunge (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Shoulder Touches (40 seconds)	20 sec	1									
			2									
			3									
TRIPLET #2	Side Lunge (40 seconds)	20 sec	1								Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.	
			2									
			3									
	4 Point Hip Thrusts (40 seconds)	20 sec	1									
			2									
			3									
	Lunge (40 seconds)	20 sec	1									
			2									
			3									

STEP 3: WORK ON (TARGETED BODY PART)

CORE CIRCUIT #2	
30 sec	Hollow Rock HOLD
30 sec	Hollow Rock
30 sec	Side Pendulum E/S
30 sec	GB Stir the Pot Left
30 sec	GB Stir the Pot Right
30 sec	GB Roll Out
30 sec	REST
	x 2 Rounds

Step 4: FINISHER (Cardio Blast)

HIIT—1—MINUTE ROUNDS	
40 sec	Row/ Bike/ Run (Very Hard RPE 8-9+)
20 sec	REST
	x 8-10 Rounds



YOUR PRT - HOME WORKOUT 2 (Weeks 5-8)

STEP 1: PREPARATION (MOBILIZE AND ACTIVATE MUSCLES)

MOBILITY	ACTIVATION
Cobra x 6 → Open-Close Book x 5 E/S → Cat-Cow x 8 → Thread the Needle x 6 E/S → Yoga Lunge-Rotation x 5 Breaths E/S → 4 Point Hip Thrusts x 8	SL Hip Thrusts x 12 E/S → DL Hip Thrusts x 15 → Air Squats x 15 → SL Aeroplane HOLD 3 sec x 5 E/S

STEP 2: MAIN (STRENGTH TRAINING SECTION)

	EXERCISE	REST	SET	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Coaching
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	NOTES
COUPLET #1	Air Squat Pump (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Collapsing Plank (40 seconds)	20 sec	1									
			2									
			3									
TRIPLET #2	Sumo Squat Pump (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Reverse Bridge Knee Lift (40 seconds)	20 sec	1									
			2									
			3									
Walking Lunge (40 seconds)	20 sec	1										
		2										
		3										

STEP 3: WORK ON (TARGETED BODY PART)

CORE CIRCUIT #2	
30 sec	Hollow Rock HOLD
30 sec	Hollow Rock
30 sec	Side Pendulum E/S
30 sec	GB Stir the Pot Left
30 sec	GB Stir the Pot Right
30 sec	GB Roll Out
30 sec	REST
	x 2 Rounds

Step 4: FINISHER (Cardio Blast)

HIIT—1—MINUTE ROUNDS	
40 sec	Row/ Bike/ Run (Very Hard RPE 8-9+)
20 sec	REST
	x 8-10 Rounds

YOUR PRT - HOME WORKOUT 1 (Weeks 9-12)

STEP 1: PREPARATION (MOBILIZE AND ACTIVATE MUSCLES)

MOBILITY	ACTIVATION
Cobra x 6 → Open-Close Book x 5 E/S → Cat-Cow x 8 → Thread the Needle x 6 E/S → Yoga Lunge-Rotation x 5 Breaths E/S → 4 Point Hip Thrusts x 8	SL Hip Thrusts x 12 E/S → DL Hip Thrusts x 15 → Air Squats x 15 → SL Aeroplane HOLD 3 sec x 5 E/S

STEP 2: MAIN (STRENGTH TRAINING SECTION)

	EXERCISE	REST	SET	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Coaching
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	NOTES
COUPLET #1	DL Hip Thrust Floor (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Air Squat (40 seconds)	20 sec	1									
			2									
			3									
TRIPLET #2	Reverse lunge (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Collapsing Plank (40 seconds)	20 sec	1									
			2									
			3									
	SL Hip Thrust Floor (40 seconds)	20 sec	1									
			2									
			3									
TRIPLET #3	Sumo squat (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Lunge (40 seconds)	20 sec	1									
			2									
			3									
	Shoulder Touches (40 seconds)	20 sec	1									
			2									
			3									

STEP 3: WORK ON (TARGETED BODY PART)

CORE CIRCUIT #3	
15 reps E/S	Push Up Plank Shoulder Taps
15 reps E/S	Push Up Plank Knees to Elbow
15 reps E/S	Pike Toe Touches
15 reps E/S	Standing DB or BAND Side Bend
15 reps E/S	BAND Rips
15 reps E/S	Pavlov Band Press
30 sec	REST
	x 2 Rounds

Step 4: FINISHER (Cardio Blast)

HIIT—1—MINUTE ROUNDS	
40 sec	Row/ Bike/ Run (Very Hard RPE 8-9+)
20 sec	REST
	x 8-10 Rounds

YOUR PRT - HOME WORKOUT 2 (Weeks 9-12)

STEP 1: PREPARATION (MOBILIZE AND ACTIVATE MUSCLES)

MOBILITY	ACTIVATION
Cobra x 6 → Open-Close Book x 5 E/S → Cat-Cow x 8 → Thread the Needle x 6 E/S → Yoga Lunge-Rotation x 5 Breaths E/S → 4 Point Hip Thrusts x 8	SL Hip Thrusts x 12 E/S → DL Hip Thrusts x 15 → Air Squats x 15 → SL Aeroplane HOLD 3 sec x 5 E/S

STEP 2: MAIN (STRENGTH TRAINING SECTION)

	EXERCISE	REST	SET	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Coaching
				REPS	LOAD	REPS	LOAD	REPS	LOAD	REPS	LOAD	NOTES
COUPLET #1	DL Hip Thrust Floor (40 seconds)	20 sec	1									Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.
			2									
			3									
	Air Squat Pump (40 seconds)	20 sec	1									
			2									
			3									
TRIPLET #2	Side lunge (40 seconds)	20 sec	1								Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.	
			2									
			3									
	Push up (40 seconds)	20 sec	1									
			2									
			3									
SL Hip Thrust Floor (40 seconds)	20 sec	1										
		2										
		3										
TRIPLET #3	Sumo Squat Pump (40 seconds)	20 sec	1								Track how many reps you can do in the time period stated for each exercise. If you are holding barbells, add the weight to the 'Load' column to track your progress.	
			2									
			3									
	Skaters Squat (40 seconds)	20 sec	1									
			2									
			3									
Dips (40 seconds)	20 sec	1										
		2										
		3										

STEP 3: WORK ON (TARGETED BODY PART)

CORE CIRCUIT #3	
15 reps E/S	Push Up Plank Shoulder Taps
15 reps E/S	Push Up Plank Knees to Elbow
15 reps E/S	Pike Toe Touches
15 reps E/S	Standing DB or BAND Side Bend
15 reps E/S	BAND Rips
15 reps E/S	Pavlov Band Press
30 sec	REST
	x 2 Rounds

Step 4: FINISHER (Cardio Blast)

HIIT—1—MINUTE ROUNDS	
40 sec	Row/ Bike/ Run (Very Hard RPE 8-9+)
20 sec	REST
	x 8-10 Rounds

Cardio: High-Intensity Interval Training (HIIT) Options

Coaches Notes:

- Equipment modality of your choice.
- Use RPE's as a guide.
- All sessions above you can increase difficulty by adding more rounds or sets.

HIIT #1 — ROW	
	Dynamic Warm Up
1 min	Very Hard (RPE 8-9)
1 min	Off
	x 10-12 Rounds
	Cool Down

HIIT #2 — RUN	
	Dynamic Warm Up
1 min	Sprint (RPE 8-9)
1 min	Off
	x 10-12 Rounds
	Cool Down

HIIT #3 — ROW OR RUN	
	Dynamic Warm Up
1 min	Very Hard (RPE 8-9)
15 sec	Off
45 sec	Very Hard (RPE 8-9)
15 sec	Off
30 sec	Very Hard (RPE 8-9)
15 sec	Off
15 sec	Max (RPE 9-10)
45 sec	Off
	x 5-6 Rounds — Aim to maintain speed/intensity
	Cool Down

HIIT #4 — ROW OR RUN	
	Dynamic Warm Up
40 sec	Very Hard (RPE 8-9)
20 sec	Off
	x 5 Rounds
20 sec	Max (RPE 9-10)
40 sec	Off
	x 5 Rounds
2 min	Recovery
	x 2 Sets
	Cool Down

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Cardio: Variable-Intensity Interval Training (VIIT) Options

Coaches Notes:

- VIIT conditioning sessions can be substituted for group training classes (e.g., spin, body combat, as well as other training systems such as CrossFit, F45, Orange Theory, Barry's Bootcamp, Soul Cycle).
- Equipment modality of your choice.
- Use RPE's as a guide.
- All sessions above you can increase difficulty by adding more rounds or sets.

VIIT #1 - CHOOSE ANY CARDIO EQUIPMENT	
	Dynamic Warm Up
4 min	Moderate (RPE 5-6)
1 min	Easy
	x 3 Rounds
3 min	Moderate (RPE 6-7)
1 min	Easy
	x 4 Rounds
2 min	Very Hard (RPE 7-8)
1 min	Easy
	x 5 Rounds
	Cool Down

VIIT #2 - CHOOSE ANY CARDIO EQUIPMENT	
	Dynamic Warm Up
2 min	Moderate (RPE 6-7)
1 min	Very Hard (RPE 8-9)
1 min	Very Easy
	x 10-15 Rounds
	Cool Down

VIIT #3 - CHOOSE ANY CARDIO EQUIPMENT	
	Dynamic Warm Up
5 min	Moderate (RPE 5-6)
1 min	Walk easy walk
	x 6-8 Rounds
	Cool Down

VIIT #4 - CHOOSE ANY CARDIO EQUIPMENT	
	Dynamic Warm Up
2 min	Build (RPE 5-6)
1 min	Hard (RPE 6-7)
30 sec	Very Hard (RPE 7-8)
30 sec	Sprint (RPE 9)
1 min	Walk
	x 8-10 Rounds
	Cool Down

VIIT #5 - CHOOSE ANY CARDIO EQUIPMENT	
	Dynamic Warm Up
4 min	Mod-Hard (RPE 6-7)
1 min	Easy
	x 5-6 Rounds
	Cool Down

VIIT #6 - CHOOSE ANY CARDIO EQUIPMENT	
	Dynamic Warm Up
2 min	Hard (RPE 7-8)
1 min	Easy
	x 8-10 Rounds
	Cool Down

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Metabolic Conditioning (MetCon) Options

Coaches Notes:

- The MetCon exercises are high-intensity circuits that integrate functional strength/movements with cardio. You can substitute with similar movements.
- Equipment modality of your choice.
- Use RPE's as a guide.
- All sessions below you can increase difficulty by adding more rounds or sets.

METCON #1	
4 x	Cardio 50 sec Hard (RPE 7-8), 10 sec OFF
21 x	Air Squats
15 x	KB Swings
9 x	Burpees
6 x	High Box Jump
	x 3-5 Rounds
	Cool Down

METCON #2	
2 min	Cardio Very Hard (RPE 8-9)
9 x	T2B
12 x	BB or DB Thrusters
15 x	Push Ups
21 x	Air Squats
	x 4-6 Rounds
	Cool Down

METCON #3	
	EMOM: Every Minute on the Minute
1 min	Cardio — ROW/RUN/BIKE HARD (RPE 7-8)
12 x	KB Swings
	Recovery (time left till 2 min)
	x 3- 5 Rounds
	Cool Down

METCON #4	
	Set Rower Intervals: 30 sec interval and 90 sec rest intervals
30 sec	Cardio — ROW/RUN/BIKE Very Hard (RPE 8-9+)
10 x	KB Swings
	Recovery (time left till 90 sec)
	x 4-6 Rounds
	Cool Down

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**Work-on Options****Core**

CORE CIRCUIT #1	
30 sec	Prone Plank
30 sec	1/4 Plank
30 sec	Side Plank
30 sec	1/4 Plank
30 sec	Prone Plank
	REPEAT other side
30 sec	REST
	x 2 Rounds

CORE CIRCUIT #2	
30 sec	Hollow Rock HOLD
30 sec	Hollow Rock
30 sec	Side Pendulum E/S
30 sec	GB Stir the Pot Left
30 sec	GB Stir the Pot Right
30 sec	GB Roll Out
30 sec	REST
	x 2 Rounds

CORE CIRCUIT #3	
15 reps E/S	Push Up Plank Shoulder Taps
15 reps E/S	Push Up Plank Knees to Elbow
15 reps E/S	Pike Toe Touches
15 reps E/S	Standing DB or BAND Side Bend
15 reps E/S	BAND Rips
15 reps E/S	Pavlov Band Press
30 sec	REST
	x 2 Rounds

CORE CIRCUIT #4	
30 sec	Bicycles
30 sec	Penguins
30 sec	Knee Slides
30 sec	Swimmers
30 sec	GB Roll Out
30 sec	GB Prone Hold
30 sec	REST
	x 2 Rounds

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Ixcela Kickstart Assessment Program customers have trial access to Ixcela's recipe, mindfulness, and exercise libraries for 30 days.

Upgrade your account for continued access to all Ixcela libraries.

See examples from the libraries in the subsequent pages.

BACK

PRINT

Turkey Satay and Sprout Salad

About this Recipe

Meal: Entrée

Serves: 4

Prep time: 15 minutes

Cook time: 20-30 minutes

Category



Dietary Preference

- ✓ Dairy-Free
- ✓ Gluten-Free
- ✓ Omnivore (Everything)

Nutrition Information

Serving Size: 1/3 cup rice, 4oz (113g) turkey breast, 1 cup sprout salad without dressing

Calories: 420

Protein: 25 grams (1/2 hand)

Fat: 20 grams (2 thumbs)

Low Carb: 15 grams (1 fist)

Moderate-High Carb: 20 grams (1 cupped-hand)



Registered Dietitian's Notes

Fiber-rich alfalfa sprouts are naturally high in enzymes that support digestion and nutrient absorption, providing a unique, healthy boost to any meal. After trying sprouts in this meal, you will want to add them to all of your wraps, soups, omelets, and salads. See our healthy, creamy [Cashew Satay Dressing](#) for a perfect complement to the alfalfa sprouts and this salad.

Ingredients

- 1 cup uncooked brown rice (or 2 cups cooked)
- 4 cups green cabbage, shredded
- 1 cup carrots, julienned
- 1 cup alfalfa sprouts
- 2 tablespoons radish, thinly sliced
- Juice of 1 lime
- 2 tablespoons sesame oil
- Pinch of salt
- 17 ounces (482g) turkey breast fillets
- 2 tablespoons olive oil
- Zest of 1 lemon
- 1/2 teaspoon salt
- 8 tablespoons [Cashew Satay Dressing](#)
- Garnish with fresh cilantro (coriander), optional

BACK

PRINT

Turkey Satay and Sprout Salad

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Category



Dietary Preference

- ✓ Dairy-Free
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Calories: 420

Protein: 25 grams (1/2 hand)

Fat: 20 grams (2 thumbs)

Low Carb: 15 grams (1 fist)

Moderate-High Carb: 20 grams (1 cupped-hand)

Directions

1. Prepare rice as instructed on the packet. (Either soak and boil or steam in the microwave.)
2. Prepare all your salad ingredients: Finely shred the cabbage, peel and julienne the carrots, and thinly slice the radish and place the slices in ice water.
3. Place the cabbage, carrots, and sprouts in a large mixing bowl and lightly toss to mix. Season the salad with the juice of one lime, 2 tablespoons sesame oil, and a pinch of salt. Toss the salad so it is evenly dressed, and set aside until serving.
4. Season the turkey breast fillets with olive oil, lemon zest, and a pinch of salt.
5. Heat a medium-sized pan and fry off the turkey breasts on moderate heat for 3–4 minutes on each side. Once they are cooked, let them rest for 5 minutes before slicing into strips.
6. To each bowl, add a heaped serving spoon of brown rice and a generous serving of salad. Divide the turkey strips equally between the four bowls. Finish off by drizzling two tablespoons of [Cashew Satay Dressing](#) over the turkey, and garnish the dish with radish slices.

Serving Suggestion

The rice and turkey can be substituted with any grain or protein of choice.

Other recipes you may enjoy:



Chicken Parmesan with Mediterranean Vegetables



Breakfast Tacos



Homemade Grass Fed Beef Burger

Recipe Library

Over 160 recipes!

FILTER BY: [Clear filters](#)

Category +

Meal +

Dietary Preference -

- AIP
- Dairy-Free
- Gluten-Free
- Low FODMAP
- Nut-Free
- Omnivore (Everything)
- Pescatarian
- Vegan
- Vegetarian

Macronutrient +



Chicken Parmesan with Mediterranean Vegetables



Breakfast Tacos



Homemade Grass Fed Beef Burger



Beetroot Hummus



Sweet Potato Nachos



Salmon Teriyaki Poke Bowl



Fillet Steak Kebabs with Mint and Yogurt



Berry, Yogurt, and Chia Seed Parfait



Mediterranean Vegetable and Halloumi Bake



Quiche with Sweet Potato Crust



Braised Coconut Curried Chicken



Roasted Tomato Sauce



Thai-Style Pesto Rice Noodles with Shrimp



Overnight Protein Oats



Barley and Mushroom Risotto

Mindfulness Library



Bedtime Stretch Sequence



Peaceful Waves Audio and Video



Restorative Practice: Guided Stretching Video



Restorative Practice: Mindful Movement



Shoulder Stand- A Revitalizing Inversion Pose



90 / 90 Breathing



Wide-legged Forward Bend



Pre-Workout Stretch Sequence



Digestion Stretch Sequence



Change Your Daily Intentions: A Positivity Guide



Simple Habits that Make a Big Impact and Daily Wellness Checklist



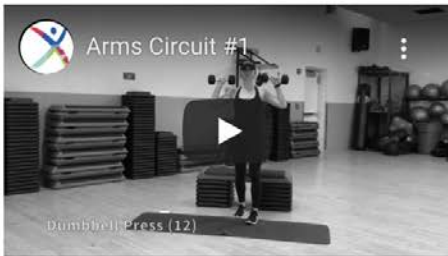
12 Point Bedroom Audit for Quality Sleep

Exercise & Workout Library

Body Part
 Exercise Name
 Workouts



Arms



Arms Circuit #1



Arms Circuit #2

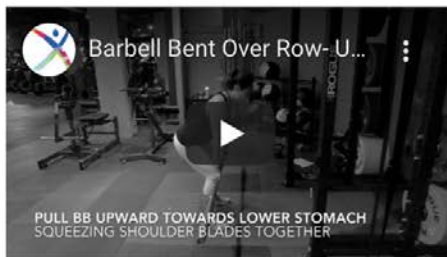


Arms Circuit #3

Back



Barbell Bent Over Row



Barbell Bent Over Row Undergrip



Chin Up



Chin Up Chest to Bar



Chin Ups ISO Hold



Chin Up Weighted

BACK

Air Squat with Band



The exercise library includes 1-2 minute exercise videos that demonstrate exercises listed in your Ixcela results.