SEQUENCING

Athletic Performance

Your genes can affect many aspects of your health, including your potential to excel at specific workouts and sports. The genetic testing results below allow you to personalize your physical fitness routine in-order to help you reach your fitness and wellness goals.

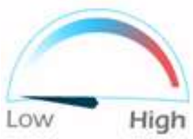
Genetic testing for athletic performance focuses on a gene that determines your muscle fiber type. A number of different genes that are associated with exercise-induced fatigue and exercise-induced muscle damage have also been analyzed.

Your genes indicate you are likely to excel at

Power-based Sports and Training

Athletic Predisposition

You are likely to excel at power-based sports and physical activities. This doesn't mean you can't play or excel at endurance-based sports, only that when participating in endurance-based sports you are more likely to experience fatigue and muscle pain earlier and more intensely than people predisposed to those endurance sports.



Significant Exercise-Induced Fatigue

A number of genes were assessed and you are not genetically predisposed to becoming abnormally fatigued while exercising.

Exercise-Induced Muscle Damage

You do not have sickle cell trait and are not at risk of exercise-induced muscle damage due to this specific trait.

Genetically Tailored Training

Your Athletic Predisposition

- Your genes indicate that you are *more likely* to excel in sports requiring physical power and strength. These activities include:
  - Five to ten minutes intervals of intense exercise on cardio equipment
  - Resistance and weight training
  - Short distance running and sprints
  - Short distance swimming
  - Gymnastics, wrestling, and boxing
  - Ice hockey, soccer, volleyball, tennis, archery, and downhill skiing

- Based on your genes, you are *less likely* to excel at sports that require endurance. These activities usually involve low to medium physical exertion and last longer than 20 minutes without rest. They include:
  - Using cardio equipment, such as the elliptical, treadmill, Stairmaster, or rowing machine for longer than 20 minutes without a rest
  - Long distance and marathon running
  - Long-distance swimming
  - Rowing, kayaking, and canoeing
  - Hiking, mountaineering, and cross-country skiing
  - Triathlons such as Ironman competitions

Exercise-induced Fatigue

- You are not predisposed to an abnormal amount of exercise-induced fatigue.

- While everyone has the potential to become tired after prolonged exercise, you most likely will *not* experience an abnormal amount of fatigue.

Exercise-induced Muscle Damage

- You do not have sickle cell trait.

- Sickle cell trait is a condition in-which the shape of red blood cells can change from circular into a sickle-like shape, usually if the person is exposed to decreased oxygen levels and/or dehydration, both of which may occur during exercise. When blood cells sickle, they can cause damage to various muscles throughout the body, including the heart, potentially leading to death. Many people, however, do not know they have this condition until after it negatively affects their health. Because of this, we screened your genes for sickle cell trait and you do *not* have this condition.

SEQUENCING

Analysis Alerts

This page contains important information about to the analysis of your genetic data. The alerts below are provided so that you are aware of any limitations that were identified during the analysis of your data. You may want to discuss the alerts with your healthcare professional.

Additional information about alerts: https://sequencing.com/knowledge-center/app-alerts

Ambiguity in genetic data

✓ **No ambiguity exists in the genetic data.**

Incomplete genetic data

✓ **Genetic data used in this analysis is complete.** There was no incomplete data. 100% of data was available to analyze each disease, condition and trait that appears in this report.

No genetic data (analysis not possible)

There was no genetic data available, and no genetic analysis could occur, for the following diseases, conditions, traits or medications.

This table differs from the 'Incomplete genetic data' table above because genetic analysis was still performed for everything listed above. This was possible because for those diseases, conditions, traits or medications,, there was at least *some* genetic data available.

Disease, Condition, Trait or Med. ***Analysis not possible***	**Available Data**	**Your Analysis** ***available variants***	**Required for Full Analysis** ***total known variants***
Insurmountable Exercise-induced Fatigue	0%	0	2