

Alex M.

Saturday, 02 May 2026 - 07:15 AM - Cycling - 60 min interval session

01 - ORTHO CHECK

06:42 AM

78

ORTHO READINESS

Vascular Response: **84**

HR Response: **56 / 68 / +12**

*Strong posture-aware readiness;
threshold work cleared.*

02 - TRAINING SESSION

07:15-08:15 AM

84

WORKOUT SCORE

Cardio Strain: **67 (peak 78)**

CV Efficiency: **78**

HR Drift: **4.2%**

*Threshold work, executed cleanly;
18 min at threshold.*

03 - RECOVERY CHECK

2 checks today

84

RECOVERY SCORE

Latest at 2.5h post: **+13 from 1st check**

Recovery Completeness: **78**

Multi-system recovery on schedule.

THE ARC

You came in well-prepared - Ortho Readiness 78, strong vascular and autonomic response to the postural challenge. The session executed cleanly: 18 minutes of Threshold Time, Cardiovascular Efficiency 78, Cardio Strain peaking at 78 around minute 35, and Workout Score 84. Recovery progressed across the day from Score 71 at 45 min to 84 at 2.5 hours.

WHAT YOUR BODY TELLS US

Your cardiovascular response was controlled and consistent with the planned threshold session. Heart rate rose under load and returned toward morning values after training. Your nervous system ran tight during the work, then began reorganizing on schedule after the session. The posture response from the Ortho Check matched the recovery trajectory you are showing now.

Hydration is the note to act on. You entered slightly under your typical fluid baseline, then dropped 2.1% across the session. Drink steadily through the evening - the fluid loss should be replaced today, not tomorrow.

TOMORROW

Expected Readiness

Moderate, around 60-65

Recommended training

Easy aerobic, 45-60 min, Z2 max

Recovery Demand from today

~14 hours

Watch

If your morning Resting HR (lying) is still 4+ bpm above your typical 56, take an extra rest day - the elevated HR would mean recovery is incomplete.

01 - TEST DETAIL

Ortho Check

06:42 AM - Handheld - 1 min lying + 1 min standing - Sensors: ECG | PPG | BIA | Temperature | IMU

ORTHO READINESS

78

Threshold work OK

Push the intervals as planned

VASCULAR RESPONSE

84

AUTONOMIC SHIFT

Strong

shift

HR RESPONSE

56 / 68

+12 bpm

CARDIAC RESERVE

79

THRESHOLD READINESS

81

TBW

58.2%

-1.4% from baseline

AI INTERPRETATION

Strong readiness across the board - Ortho Readiness 78, with Threshold Readiness 81. Today's intervals are well within reach. Your posture response was clean: on standing, vascular tightening was strong (Vascular Response 84), and your nervous system shifted from rest-mode toward action-mode in the right magnitude.

Heart rate climbed from 56 lying to 68 standing - a delta of 12 bpm, right in your typical morning range. Cardiac Reserve 79: ECG signal stayed clean and consistent. Hydration is the one note: TBW 58.2% sits 1.4% below baseline. Drink before you start, refuel during.

7-DAY ORTHO READINESS TREND

ORTHO READINESS LAST 7 DAYS

78

+5 vs your 7-day average of 73



Posture-aware readiness trended upward across the week. Today's 78 is the highest in this window, with no accumulating-fatigue pattern in these readings.

02 - TEST DETAIL

Training Session

07:15-08:15 AM - 60 minutes - Cycling - Sensors during session: ECG | Temperature | IMU

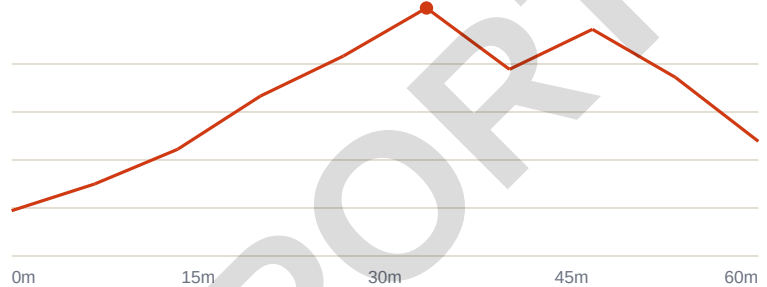
WORKOUT SCORE

84

Solid

Threshold work, executed cleanly

CARDIO STRAIN TRAJECTORY Total: 67 - Peak: 78



Z1 8m

Z2 18m

Z3 22m

Z4 6m

Threshold Time 18m

CV EFFICIENCY

78

HR DRIFT

4.2%

THRESHOLD TIME

18 min

CARDIO STRAIN

67

peak 78

RECOVERY DEMAND

14h

moderate

TEMP SHIFT

+0.8C

peak

STRESS

38

post-session

AI INTERPRETATION

Solid threshold work - Workout Score 84, with 18 minutes of Threshold Time across your four intervals. Cardiovascular Efficiency landed at 78: productive work for the cardiac cost. HR Drift at 4.2% is clean; nothing accumulated enough to push you off pace.

Inter-interval recovery was strong through the first three repeats, slightly slower by the fourth - the expected pattern for accumulated load. Form and cadence stayed stable. Temperature rose 0.8C and then plateaued, showing controlled thermal response at this intensity.

7-DAY CARDIO STRAIN TREND

CARDIO STRAIN LAST 7 DAYS

67

3 quality sessions, alternating with rest

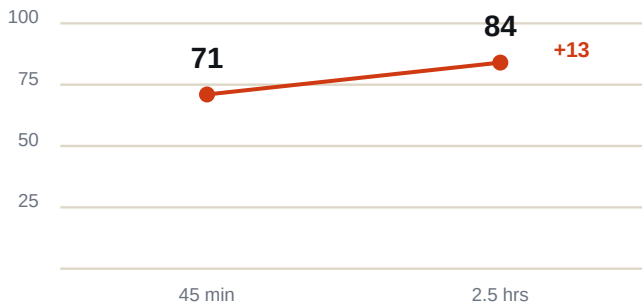


03 - TEST DETAIL

Recovery Check

2 checks today - 45 min and 2.5 hr post-session - Sensors: ECG | PPG | BIA | Temperature | IMU

RECOVERY ACROSS CHECKS



LATEST CHECK - 2.5 HR POST-SESSION

84

Recovery Score
+13 from first check

RECOVERY DEPTH (LATEST CHECK)

RECOVERY COMPLETENESS

78

+14 from check 1

VASCULAR RECOVERY

82

+14

AUTONOMIC RESET

88

+10

RESIDUAL STRAIN

18

-14

PHYSICAL STATE (LATEST CHECK)

RESTING HR

56

back to T1 lying

THERMAL STATE

91

TBW

56.8%

-1.4% from T1

AI INTERPRETATION

Recovery has progressed cleanly across the day. By the second check at 2.5 hours, Recovery Score reached 84 (+13 from the first check) and Recovery Completeness caught up to 78. Vascular Recovery moved from slightly behind Autonomic Reset to nearly aligned by check two.

Resting HR is back to your morning lying value of 56. Residual Strain dropped from 32 to 18, meaning most of today's load has cleared. Hydration improved between checks (TBW recovered by 0.7%). Keep drinking through the evening.

DEEP DATA - APPENDIX

Ortho Check - supporting metrics

All physiological metrics captured during the morning Ortho Check, including phase-specific values and signal-quality indicators. These metrics inform the AI report but are not surfaced in the standard test view.

HEART RATE VARIABILITY

RMSSD lying	62 ms (87% baseline)	RMSSD standing	44 ms (62% baseline)
SDNN lying	78 ms	SDNN standing	52 ms
pNN50 lying	32%	pNN50 standing	11%
LF/HF Ratio lying	1.2 (parasympathetic)	LF/HF Ratio standing	2.4 (sympathetic shift)
LF power lying	486 ms2	HF power lying	405 ms2
LF power standing	612 ms2	HF power standing	255 ms2

VASCULAR AND CARDIAC

PTT lying (mean)	274 ms	PTT standing (mean)	251 ms
PTT shift, lying to standing	-23 ms (typical range)	PTT Stability	94% (high)
Pulse Wave Velocity	6.2 m/s	PWV context	Within personal envelope
Vascular Tone Index lying	78	Vascular Tone Index standing	71
Pulse Waveform Morphology	Typical, baseline-matched	Vascular Pressure Trend	Stable
Pulse Strength lying / standing	0.92 / 0.86	R-peak amplitude variability	3.1% (clean)
Beat-to-beat shape stability	96%	ECG morphology consistency	Within personal envelope

SIGNAL QUALITY, RESPIRATORY AND BASELINE

ECG-PPG Coupling	94% (high)	Perfusion Index	2.4
Respiratory Rate lying	17 bpm	Respiratory Rate standing	19 bpm
SpO2 (lying)	98%	Skin temperature	32.6C (vs baseline 32.7C)
Recovery composite (input)	72	Reserve composite (input)	81
Baseline Conformity Score	86%	Personal envelopes	HR/HRV/PTT all within range
Transition window quality	Stable, no flags	Baseline maturity	45 days (mature)

DEEP DATA - APPENDIX

Training Session - supporting metrics

All physiological metrics captured during the training session, including interval-by-interval patterns and IMU-derived motion data. These metrics inform the AI report but are not surfaced in the standard test view.

HEART RATE AND INTER-INTERVAL DYNAMICS

Personal max HR estimate	188 bpm	Threshold HR (calibrated)	168 bpm
Warm-up HR slope	+2.4 bpm/min	Cool-down HR slope	-3.1 bpm/min
Time-to-Z3 in interval 1	47 sec	Time-to-Z3 in interval 4	62 sec (slower)
Peak HR (interval 3)	172 bpm (Z4)	HR at session end	92 bpm
Recovery interval 1 to 2	95% (strong)	Recovery interval 2 to 3	88% (strong)
Recovery interval 3 to 4	76% (moderate)	Recovery interval 4 to end	62% (slower, expected)
HRV during work (mean)	14 ms (RMSSD)	HRV in cool-down	22 ms (recovering)
HRV drop magnitude	-18 ms (32 to 14)	HRV recovery rate	Within personal pattern

CARDIO STRAIN, THERMAL AND MOTION

Trajectory shape	4-peak interval profile	Shape match to plan	High
Strain peak time / value	Min 35 / 78	Strain pattern vs typical	Matches typical pattern
Total strain accumulated	67	Threshold Time (calibrated)	18 min
Temperature rise rate	0.05C/min (steady)	Temperature plateau	Min 25-55
Cool-down rate	0.04C/min	Peak temperature	+0.8C above baseline
IMU cadence stability	Within 6%	IMU effort intervals detected	4 (matches plan)
IMU recoveries detected	3 (between intervals)	Motion stability	High

SESSION CONTEXT AND FIT

Baseline Conformity (session)	82%	Pattern-fit to typical signature	High
Time above threshold zone	18 min (matches calibration)	Stress	38 (post-session)

DEEP DATA - APPENDIX

Recovery Check - supporting metrics

All physiological metrics captured during the two Recovery Checks, including return-toward-Test 1 comparisons and inter-check trajectories. Values shown for both checks where applicable.

HRV AND AUTONOMIC RECOVERY (VS TEST 1 LYING)

RMSSD check 1 (45 min)	48 ms (78% of T1)	RMSSD check 2 (2.5 hr)	59 ms (95% of T1)
SDNN check 1	61 ms	SDNN check 2	74 ms (95% of T1)
LF/HF Ratio check 1	1.6 (returning)	LF/HF Ratio check 2	1.3 (near baseline)
Respiratory Rate check 1	16 bpm (vs T1 17)	Respiratory Rate check 2	16 bpm (settled)
Autonomic Reset ck1 / ck2	78 / 88 (+10)	Parasympathetic dominance	Re-established by ck2
HRV recovery rate	Within personal pattern	Sympathetic load decay	Within expected curve

PTT AND VASCULAR RECOVERY (VS TEST 1 LYING)

PTT check 1 (45 min)	265 ms (-9 from T1 lying)	PTT check 2 (2.5 hr)	271 ms (-3, near baseline)
Vascular Tone Index ck1 / ck2	72 / 76 (T1 lying: 78)	Pulse Wave Velocity	6.3 m/s (vs T1 6.2)
Pulse Waveform Morphology	Typical by ck2	Vascular Pressure Trend	Settling toward baseline
Pulse Strength	0.91 (T1 lying: 0.92)	ECG-PPG Coupling ck1 / ck2	94% / 96%

PHYSICAL, HYDRATION AND VALIDATION

Skin temperature ck1 / ck2	33.0C / 32.7C (back to T1)	Cooling rate	0.12C/hr (typical)
TBW ck1 to ck2	56.1% to 56.8% (drinking)	Cellular vs extracellular	Shifting toward cellular
SpO2 ck1 / ck2	97% / 98%	Fluid distribution	Cellular hydration improving
Recovery Demand from Test 2	14 hr	Recovery Score at ck2	84 (on schedule)
Inter-check trajectory shape	Linear (clean recovery curve)	Pattern-fit to typical	High