

MyFitnessGenes®

An actionable genetic test to maximise your athletic potential

**Empower your body.
Reach your full potential.**

**A new formula to improve sports.
Your training programme based on your genes.**

MyFitnessGenes® is a genetic test that identifies the genetic predisposition for athletic potential. Obtain a more personalised training programme for a full athletic performance.

MyFitnessGenes® is a 99% accurate and actionable test that makes use of the most recent and rigorous scientific studies.

ISO 9001
BUREAU VERITAS
Certification



bsi. ISO
13485
Medical Devices
Quality
Management

UK NEQAS

The Power of Genetics.

33 Genes

- Informative genetic profile
- Personalised training actions
- Power and endurance genetic potential
- Muscle building predisposition
- Tissue injury risk
- Recovery ability
- Omega-3 and antioxidants needs

You will never look at yourself the same way.



Power



Endurance



Power-Endurance



VO₂ max



Injury



Recovery



Energy Refuel



Muscle Building

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HEARTGENETICS
GENETICS & BIOTECHNOLOGY

Information disclosure: The genetic test results cannot be used for clinical diagnostics or prevention. **Limitations:** Genetic results should be considered as additional information for the training plan. Scientific knowledge validity rests upon the testing date.