

GeneAdvise

**GeneADRB2**

ADRB2 is preferably expressed in fat tissue and is involved in the fat mobilization processes for Aco energy.

GeneADRB3

ADRB3 is expressed in the fatty tissue and presents in fat deposits, in which there are often processes of liposuction and thermal regulation.

GeneFABP2**Fa # y acid-bindingprotein-2**

FABP2 coding for protein in the process of recruitment, transport and intracellular metabolism of fatty acids along a long chain.

GenePPAR**Peroxisome proliferator-activated receptor**

PPAR regulates inflammatory processes, cell differentiation, glucose homeostasis and lipids.

GeneAPOA2

APOA2 is a high-density protein (HDL). It has a crucial role in the operation of the arterial system.

basso	no	si	8/14	BRIGNANI	3/1	1/5
basso	si	si	4/14	CRISSETIG	2,5/1,5	1/5
bilanciato	si	si	9/14	DESTRO	2,5/1,5	0/5
basso	si	si	8/14	DIFRANCESCO	3/1	1/5
bilanciato	no	si	3/14	DONSAH	3,5/0,5	1/5
bilanciato	si	si	8/14	FALLETTI	2/2	0/5
bilanciato	si	no	4/14	FRABOTTA	2/2	0/5
bilanciato	no	si	7/14	HELANDER	3,5/0,5	1/5
basso	no	no	6/14	KEITA	3,5/0,5	2/5
bilanciato	si	si	5/14	KINGSEY	1,5/2,5	0/5
basso	no	no	8/14	KRAFTH	2/2	0/5
alto	si	no	7/14	KREJCI	2/2	2/5
bilanciato	si	no	3/14	MASINA	3/1	0/5
basso	no	no	5/14	MBAYE	2,5/1,5	0/5
bilanciato	no	no	8/14	MONTEBRUGNOLI	2,5/1,5	2/5
alto	si	no	7/14	NAGY	3,5/0,5	0/5
basso	no	no	9/14	OKWONKWO	3,5/0,5	0/5
bilanciato	si	si	5/14	PATTARELLO	2/2	0/5
bilanciato	no	si	9/14	PETROVIC	1,5/2,5	1/5
bilanciato	si	si	2/14	POLI	3/1	0/5
bilanciato	si	si	5/14	PORTANOVA	2/2	1/5
bilanciato	si	no	4/14	PULGAR	1,5/2,5	1/5
bilanciato	no	no	8/14	RABBI	2/2	0/5
alto	si	si	2/14	RAVAGLIA	2,5/1,5	0/5
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basso	no	si	9/14	ROSSO	2,5/1,5	1/5
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basso	no	no	8/14	TAIDER	3,5/0,5	2/5
bilanciato	si	no	3/14	VALENCIA	2/2	0/5
bilanciato	si	si	3/14	VERDI	2/2	1/5
Carbo/lipidi	Esercizio fisico	Acidi grassi	> BMI		Forza espl/resist	Osteo injuries

ADIPOA / AADRB1 / C

APOA5 / C

GHSR / A

LEPTIN / AA

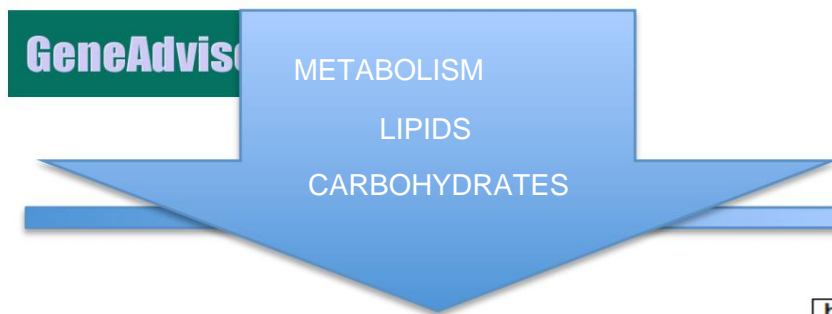
NPY / C

VEGF / G

FTO / 136A

FTO / 980FTO / 085C

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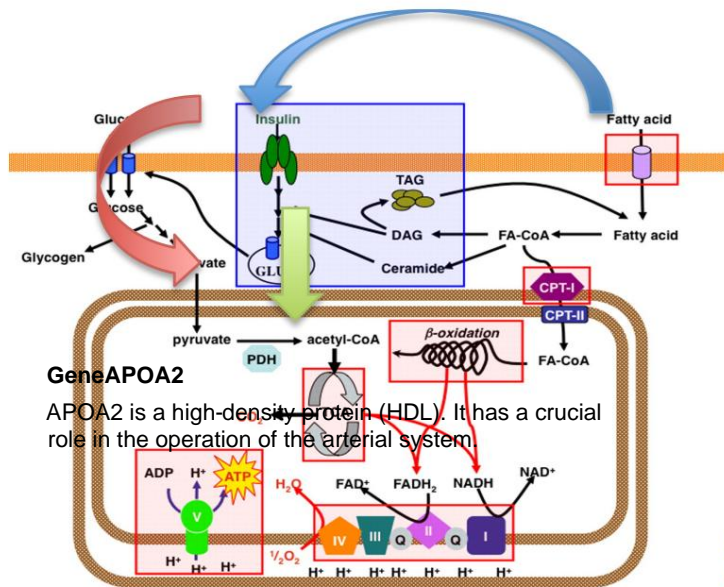
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Carbo/lipidi	Esercizio fisico	Acidi grassi	> BMI		Forza espl/resist	Osteo injuries

ADIPOA / AADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980FTO / 085C	FTO / 449G
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bilanciato	si	si		FALLETTI	2/2	0/5
bilanciato	si	no		FRABOTTA	2/2	0/5
bilanciato	no	si				
basso	no	no				
bilanciato	si	si				
basso	no	no				
alto	si	si				
bilanciato	si	si				
basso	no	no				
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METABOLISM
FAT MOBILIZATION
PERENERGY

ADIPOA / AADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G
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METABOLISM
ANSWER
RECRUITMENT
FATTY ACIDS

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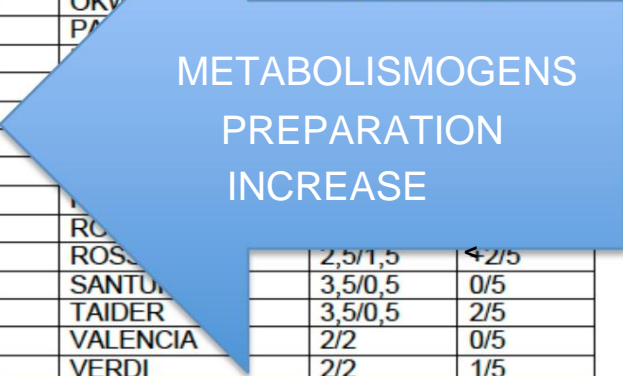
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alto	si	no	7/14	NAGY	3,5/0,5	0/5
basso	no	no	9/14	OKW	2,5/0,5	0/5
bilanciato	si	si	5/14	PA		
bilanciato	no	si	9/14			
bilanciato	si	si	2/14			
bilanciato	si	si	5/14			
bilanciato	si	no	4/14			
bilanciato	no	no	8/14			
alto	si	si	2/14			
bilanciato	si	si	2/14	RO		
basso	no	si	9/14	ROSSI	2,5/1,5	4/5
bilanciato	no	no	8/14	SANTU	3,5/0,5	0/5
basso	no	no	8/14	TAIDER	3,5/0,5	2/5
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Adiponectin R.adrenergic Apolipoprotein R.Grelin Leptin NeuropeptideY EndGrowthF.

Fat metabolism Appetite Vascularization

FAT GENE

> BMI

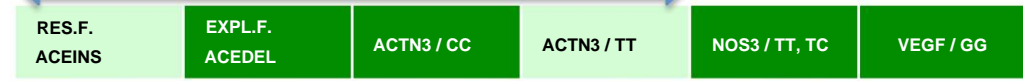
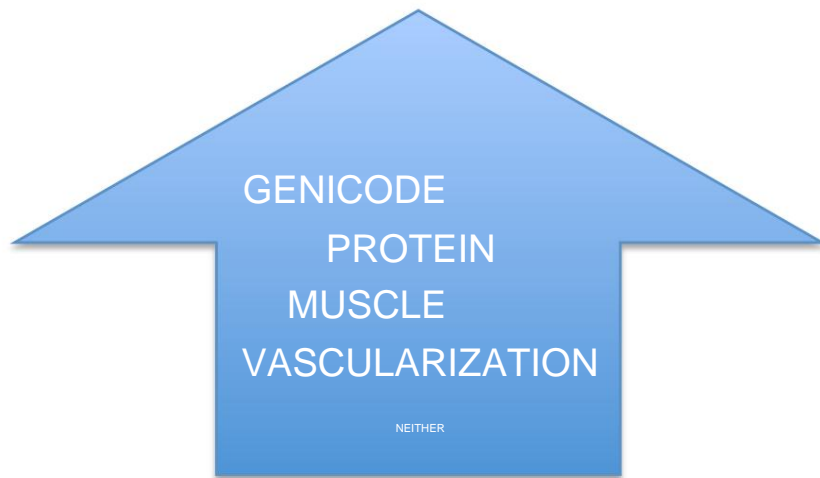
ACTN3 is one of two genes that encode for the highly conserved α -actinin-binding proteins in the skeletal muscles. ACTN3 is expressed in fast twitch muscle fibers while the second gene, ACTN2, is expressed in all skeletal muscle fibers

ACE, angiotensin converting enzyme

Levarian ACTN3 Cc ACEDEL favors with explosive force, but determines the method of metabolic resistance to effort.

Levarian ACTN3 Tt ACEINS (together with more copies of ACTN2) have increased resistance to force, greater protection for intense and prolonged work.

NOS3 / VEGF are involved in vascularization processes



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	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3/1 NonePredispositionalife @ on the functionality of the OSTEOPOROSIS metabolism (1/5). Show Predisposition to Muscle Acament (1/1) Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic) Does not show sensitivity to ACIDS and FATS predisposed to weight gain (genes> BMI: 8/14) Physical health does not affect metabolism. Balanced diet, calorie dosing in case of need</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL	CC		TC	CG	CC	GT	TT	CT	TT	DD
ATHLETE	BRIGNANI		BMIkg / mm	24.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular Predisposition Ratio: EXPLOSIVE / RESISTANT FORCE: 2.5 / 1.5</p> <p>(+1/5) .Does not show predisposition to muscle acuity (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic)</p> <p>Shows sensitivity to FAT ACIDS</p> <p>Not prepared for weight gain (genes> BMI: 4/14)</p> <p>Physical life affects metabolism mainly in the case of overweight.</p> <p>Balanced diet, calorie dosing in case of necessity, control of fatty acids</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											4/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	CC	CT	DD	CC	CC	AA	DD
ATHLETE	CRISLETIG		BMIkg / mm	23.5							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular Predisposition Ratio: EXPLOSIVE / RESISTANT FORCE: 2.5 / 1.5</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Sensitivity to ACIDIGFATS predisposed to weight gain (genes> BMI: 9/14)</p> <p>Physical health influences metabolism.</p> <p>Balanced diet, calorie dosing in case of necessity, control of lipids and fats</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											9/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	CG	CC	DD	TT	CC	AA	DD
ATHLETE	RIGHT		BMIkg / mm	23.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3/1 NonePredispositionalife @ on the functionality of the OSTEO metabolism (1/5). Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic) Shows sensitivity to ACIDS and FATS predisposed to weight gain (genes> BMI: 8/14) Physical health influences metabolism. Balanced diet, calorie dosing in case of necessity, control of lipids and fats </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL	CC		TC	CC	CC	GT	TT	CC	AT	AA
ATHLETE	^{FRCA} FRANCIS		BMlkg / mm	24.1							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3.5 / 0.5</p> <p>OSTEO (+1/5).</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Sensitivity to FATACIDS</p> <p>Not predisposed to weight gain (genes> BMI: 3/14)</p> <p>Physical health does not affect metabolism.</p> <p>Balanced diet, calorie dosing in case of necessity, control of fatty acids</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											3/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	DD	CC	DD	CC	CC	AA	DD
ATHLETE	DONSAH		BMIkg / mm	26.6							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionalife @ on the functionality of the OSTEOPOROSIS metabolism (0/5). Show Predisposition to Muscle Acament (1/1) Metabolic balanceCARBOHYDRATES-LIPIDS: BALANCEDSensitivity to ACID-FATS predisposed to weight gain (genes> BMI: 8/14) Physical health influences metabolism. Balanced diet, calorie dosing in case of need, control of fatty acids and lipids </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL		TT	TT	CC	CT	DD	CC	CC	TT	DD
ATHLETE	FALLETS		BMIkg / mm	22.7							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionalife @ on the functionality of the OSTEOPOROSIS metabolism (0/5). Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Not sensitive to FAT ACIDS Not predisposed to weight gain (genes> BMI: 4/14) Physical health influences metabolism. Balanced diet, calorie dosing in case of need. </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											4/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL		TT	TT	CG	CC	TT	TT	CC	AA	AA
ATHLETE	FRABOTTA		BMIkg / mm	22.5							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3.5 / 0.5</p> <p>Does not show Predisposition to Muscle Acament (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Sensitivity to FATTY ACIDS</p> <p>Reduced values of predisposition to weight gain (genes> BMI: 7/14)</p> <p>Physical health does not affect metabolism.</p> <p>Balanced diet, calorie dosing in case of necessity, control of fatty acids.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											7/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	DD	CT	GT	TT	CT	AT	DD
ATHLETE	HELANDER		BMIkg / mm	23							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT STRENGTH: 3.5 / 0.5 Mild Life @ predisposition in the functionality of OSTEO metabolism (2/5). Does not show Predisposition to Muscle Acament (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic) We do not show sensitivity to fatty acids and weight gain predisposition values (genes> BMI: 6/14) Physical health does not affect metabolism. Balanced diet, calorie dosing in case of need.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											6/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	DD	TT	DD	CT	CC	AA	AG
ATHLETE	KEITA		BMIkg / mm	22.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular Predisposition Ratio: EXPLOSIVE / RESISTANT FORCE: 1.5 / 2.5</p> <p>Does not show Predisposition to Muscle Acament (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Sensitivity to FATACIDS Low predisposition to weight gain (genes> BMI: 5/14)</p> <p>Physical health influences metabolism.</p> <p>Balanced diet, calorie dosing in case of need, control of fatty acids and lipids</p> </div>						
FABP2 / GG		<GRA > EXERC	<> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											5/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
INS / INS		CT		TC	CG	CC	DD	CT	CC	AA	DD
ATHLETE	KINGSEY DOGO		BMIkg / mm	21.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositional life @ on the functionality of the OSTEOPOROSIS metabolism (0/5). Does not show Predisposition to Muscle Atrophy (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic) Does not show sensitivity to ACIDS and FATS Show predisposition to weight gain (genes> BMI: 8/14) Physical health does not affect metabolism. Balanced diet, calorie dosing in case of need. </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL		TT	TT	CG	CC	GT	CT	CC	AT	DD
ATHLETE	KRAFTH		BMIkg / mm	24.7							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 Mild Predisposition to life @ on the functionality of OSTEO metabolism (2/5). Show Predisposition to Muscle Acament (1/1) Metabolic balance CARBOHYDRATES-LIPIDS: VERY HIGH (catabolic) We do not show sensitivity to fatty acids (genes> BMI: 7/14) Physical health influences metabolism. Balanced diet, calorie dosing in case of need. </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											7/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CT		CC	DD	CC	GT	CT	CT	TT	AA
ATHLETE	KREJCI		BMIkg / mm	21.5							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3/1 NonePredispositionalife @ on the functionality of the OSTEO metabolism (0/5). Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED DOES NOT SHOW SENSITIVITY TO FAT ACIDS Does not show predisposition to weight gain (genes> BMI: 3/14) Physical health influences metabolism. Balanced diet, calorie dosing in case of need, lipid controls. </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											3/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL	CC		TT	CG	CT	DD	CT	CC	AT	AG
ATHLETE	MASINA		BMIkg / mm	24.4							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular Predisposition Ratio: EXPLOSIVE / RESISTANT FORCE: 2.5 / 1.5</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic)</p> <p>Does not show sensitivity to FAT ACIDS Low</p> <p>predisposition to weight gain (genes> BMI: 5/14)</p> <p>Physical health does not affect metabolism.</p> <p>Balanced diet, calorie dosing in case of need, lipid controls.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											5/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL	CT		TC	CC	CC	DD	CT	CC	AA	AG
ATHLETE	MBAYE		BMIkg / mm	25.1							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular Predisposition Ratio: EXPLOSIVE / RESISTANT STRENGTH: 2.5 / 1.5 Mild Life @ predisposition in the functionality of OSTEO metabolism (2/5). Show Predisposition to Muscle Acament (1/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Does not show sensitivity to ACIDIG FAT Shows predisposition to weight gain (genes> BMI: 8/14) Physical health does not affect metabolism. Balanced diet, calorie dosing in case of need.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL	CT		TC	CG	CC	DD	TT	CT	TT	AG
ATHLETE	MONTEBRU GNOLI		BMIkg / mm	20.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3.5 / 0.5</p> <p>Show Predisposition to Muscle Acament (1/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: VERY HIGH (catabolic)</p> <p>We do not show sensitivity to fatty acids (genes> BMI: 7/14)</p> <p>Physical health influences metabolism.</p> <p>Balanced diet, calorie dosing in case of need.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											2/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	DD	CC	DD	TT	CC	TT	DD
ATHLETE	NAGY		BMlkg / mm	21.9							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3.5 / 0.5</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic)</p> <p>Does not show sensitivity to ACIDS and FATS</p> <p>Show predisposition to weight gain (genes> BMI: 9/14)</p> <p>Physical health does not affect metabolism.</p> <p>Balanced diet, calorie dosing in case of need, lipid controls.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											9/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	DD	CC	DD	CC	CC	AA	AG
ATHLETE	OKWONKW OR		BMIkg / mm	26.7							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionalife @ on the functionality of the OSTEO metabolism (0/5). Does not show predisposition to muscle acam (0/1) Metabolic balanceCARBOHYDRATES-LIPIDS: BALANCEDSensitivity to FATACIDSLow predisposition to weight gain (genes> BMI: 5/14) Physical health influences metabolism. Balanced diet, calorie dosing in case of need, control of fatty acids and lipids. </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											5/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CT		CC	DD	CC	DD	CT	aa	days	DD
ATHLETE	PATTARELLO		BMIkg / mm	23.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 1.5 / 2.5</p> <p>Show Predisposition to Muscle Acament (1/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCEDSensitivity to ACIDIGFATShow predisposition to weight gain (genes> BMI: 9/14) Physical health does not affect metabolism. Balanced diet, calorie dosing in case of necessity, control of fatty acids.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											9/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
INS / INS		CT		TC	CC	CC	DD	TT	CC	TT	AG
ATHLETE	PETROVIC		BMikg / mm	24.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3/1 NonePredispositionaldife @ on the functionality of the OSTEOMetabolism (0/5). Show Predisposition to Muscle Acament (1/1) Metabolic balanceCARBOHYDRATES-LIPIDS: BALANCEDSensitivity to FATAACIDS does not show predisposition to weight gain (genes> BMI: 2/14) Physical health influences metabolism in the case of overweight. </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											2/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CT		TC	DD	CC	DD	TT	CC	TT	DD
ATHLETE	POLY		BMIkg / mm	23.6							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionalife @ on the functionality of the OSTEOMetabolism (1/5). Does not show predisposition to muscle acam (0/1) Metabolic balanceCARBOHYDRATES-LIPIDS: BALANCEDSensitivity to FATAACIDSLow predisposition to weight gain (genes> BMI: 5/14) Physical healthinfluencemetabolismDetabilized, calorie dosing in case of need, control fatty acids and lipids</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											5/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CT		TC	CG	CT	DD	TT	CT	AT	DD
ATHLETE	PORTANOVA		BMIkg / mm	21.2							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular Predisposition Ratio: EXPLOSIVE / RESISTANT FORCE: 1.5 / 2.5</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Does not show sensitivity to FAT ACIDS</p> <p>Does not show predisposition to weight gain (genes> BMI: 4/14)</p> <p>Physical health influences metabolism in cases of overweight, balanced, calorie consumption in cases of need.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											4/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TTCTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG	
	INS / DEL		TT	TC	CG	CT	DD	TT	CC	AA	AG
ATHLETE	PULGAR		BMIkg / mm	21.4							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionaldife @ on the functionality of the OSTEOP metabolism (0/5). Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Not showing sensitivity to ACIDIG FAT Shows predisposition to weight gain (genes> BMI: 8/14) Physical health does not influence the metabolism that is balanced, with calorie dosing in case of necessity.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CT		TT	CG	CC	GC	CT	CC	AT	AG
ATHLETE	ANGER		BMIkg / mm	20.6							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2.5 / 1.5</p> <p>Does not show Predisposition to Muscle Acament (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: VERY HIGH (catabolic)</p> <p>Shows sensitivity to FATAACIDS</p> <p>Does not show predisposition to weight gain (genes> BMI: 2/14)</p> <p>Physical health influences metabolism</p> <p>Deteriorated, calorie dosing in case of need, control of fatty acids.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											2/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TT	CC	CC	GT	CT	CC	AA	AA
ATHLETE	RAVAGLIA		BMIkg / mm	23.4							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2.5 / 1.5</p> <p>Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Sensitivity to FATAACIDS does not show predisposition to weight gain (genes> BMI: 2/14) Physical health influences metabolism in the case of overweight, balanced, calorie dosing in cases of need, control of fatty acids.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											2/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TC	CC	CC	GT	TT	CC	AT	AG
ATHLETE	ROCCHI		BMIkg / mm	26.6							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2.5 / 1.5</p> <p>OSTEO (+2/5).</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic)</p> <p>Shows sensitivity to ACIDS and</p> <p>FATS Show predisposition to weight gain (genes> BMI: 9/14)</p> <p>Physical health does not affect metabolism, balanced metabolism, calorie dosing in case of necessity, control of fatty acids.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											9/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	DEL / DEL	CT		TC	CG	CC	TT	CC	CC	AT	DD
ATHLETE	RED		BMIkg / mm	22.6							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 3.5 / 0.5</p> <p>Does not show predisposition to muscle acam (0/1)</p> <p>Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED Does not show sensitivity to ACIDIG</p> <p>FAT Shows predisposition to weight gain (genes> BMI: 8/14)</p> <p>Physical health does not influence the metabolism that is balanced, with calorie dosing in case of necessity.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
<p>The chart plots weight (Peso [kg]) on the y-axis (40-130) against height (Altezza [cm]) on the x-axis (150-210). It defines six weight categories: grave obesità (red), obesità (orange), leggera obesità (yellow), sovrappeso (light green), peso forma (green), and sottopeso (blue). A green arrow points to the 'peso forma' region.</p>											
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TC	DD	CC	DD	CT	CT	AT	DD
ATHLETE	SANTURRO		BMkg / mm	23.8							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT STRENGTH: 3.5 / 0.5 Mild Life @ predisposition in the functionality of OSTEO metabolism (2/5). Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: LOW (anabolic) Does not show sensitivity to ACIDS and FATS Show predisposition to weight gain (genes> BMI: 8/14) Physical health does not influence the metabolism that is balanced, with calorie dosing in case of necessity.</p>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											8/15
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CC		TC	DD	CT	DD	TT	CT	AT	AA
ATHLETE	TAIDER		BMIkg / mm	24							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionaldife @ on the functionality of the OSTEOPOROSI metabolism (0/5). Does not show predisposition to muscle acam (0/1) Metabolic balance CARBOHYDRATES-LIPIDS: BALANCED DOES NOT SHOW SENSITIVITY TO FAT ACIDS Does not show predisposition to weight gain (genes> BMI: 3/14) Physical health influences metabolism in cases of overweight, balanced, calorie consumption in cases of need.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											3/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
	INS / DEL	CT		TC	CC	CC	DD	CC	CC	AA	AG
ATHLETE	VALENCIA		BMIkg / mm	23.5							

	FABP2 / A	FABP2 / GG	PPARG / CC	PPARG / G	ADRB2 / AA	ADRB2 / G	ADRB3 / C	ADRB3 / TT	APOA2 / C	APOA2 / TT	FTO / 609TT
FABP2 / A	>> GRA <EXERC		>> GRA> CAR << EXERC	= GRA> CAR >> EXERC	<div style="border: 1px solid red; padding: 5px;"> <p>Neuromuscular predisposition ratio: EXPLOSIVE / RESISTANT FORCE: 2/2 NonePredispositionaldife @ on the functionality of the OSTEOMetabolism (1/5). Does not show predisposition to muscle acam (0/1) Metabolic balanceCARBOHYDRATES-LIPIDS: BALANCEDSensitivity to FATAACIDS does not show predisposition to weight gain (genes> BMI: 3/14) Physical health influences metabolism in the case of overweight.</p> </div>						
FABP2 / GG		<GRA > EXERC	> GRA> CAR <> EXERC	<GRA <CAR >>> EXERC							
PPARG / CC			> GRA <EXERC								
PPARG / G				<GRA > EXERC							
ADRB2 / AA					> OBESE > EXERC		>> OBESE <EXERC	> EXERC			
ADRB2 / G						= OBESE <EXERC	<< EXERC	= EXERC			
ADRB3 / C							> OBESE <EXERC				
ADRB3 / TT								= OBESE > EXERC			
APOA2 / C									> ACGRA		
APOA2 / TT										= ACGRA	
FTO / 609T											> OBESE > EXERC
ADIPOA / A	ADRB1 / C	APOA5 / C	GHSR / A	LEPTIN / AA	NPY / C	VEGF / G	FTO / 136A	FTO / 980T	FTO / 085C	FTO / 449G	> BMI related
											3/14
RES.F. ACEINS	EXPL.F. ACEDEL	ACTN3 / CC	ACTN3 / TT	NOS3 / TT, TC	VEGF / GG	OsteDefect COL6A / TT	COL1A1 / TT	CTR / TT	LRP5 / T	MCT1 / TTcrampi	VDR BSML / GG
INS / INS			TT	TC	DD	CC	GT	TT	CC	AT	AG
ATHLETE	GREENS		BMIkg / mm	23.3							