Table of Contents

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

[redacted]

SEX AT BIRTH

Male

REPORT PROVIDED BY

Dr. Nival Kolambage

Elite Vita

Summary

If a fitness expert wanted to make an optimal training regime for you, one of the main things they would consider is your performance. There are three main types of performance: power, strength, and endurance. They are mainly influenced by your muscles, though endurance also depends on how well your heart and lungs work.

But here's something that likely no fitness expert has told you before: your performance greatly depends on your genetics. The best part is that you can now check your genetic predisposition to different types of performance, which can be a huge help in designing your optimal training.

We have taken this a step further and analyzed your genetic predisposition to certain personality traits. This info gives a more complete picture about the optimal sports for your genes.

Fitness is not all about knowing your optimal training and sport type! This reports breaks down your genetic predisposition to other aspects of fitness, namely:

- Muscle mass
- Exercise recovery
- Sports injuries

This summary report contains:

38 Genetic Results

Overview of Your Results

Breakdown

Endurance

Predisposed to lower endurance

Lower | Typical | Higher

ACTN3 (Power)

Likely lower ACTN3 activity

Lower Activity | Typical Activity | Higher Activity

Strength

Predisposed to typical strength

Lower | Typical | Higher

Muscle & Recovery

Aerobic Capacity (VO2 Max)

Predisposed to typical VO2 max

Lower | Typical | Higher

Muscle Mass

Predisposed to higher muscle mass

Higher | Typical | Lower

Exercise Recovery

Predisposed to slower recovery after exercise

Slower | Typical | Faster

Muscle Pain

Less likely to have muscle pain

Less likely | Typical Likelihood | More Likely

Muscle Cramps

Typical likelihood of having muscle cramps

Less likely | Typical Likelihood | More Likely

Muscle Soreness

Typical likelihood of muscle soreness

Less likely | Typical likelihood | More likely

Muscle Jerks

Less likely to have myoclonus

Less likely | Typical likelihood | More likely

Muscle Recovery

Predisposed to slower muscle recovery

Slower | Typical | Faster

Tolerance to Exercise Intensity

Predisposed to typical tolerance to high-intensity exercise

Lower | Typical | Higher

Injury Risk

Knee Injury

Less likely to have a knee injury

Achilles Tendon Injury

Typical likelihood of Achilles tendon injury

Ankle Injury

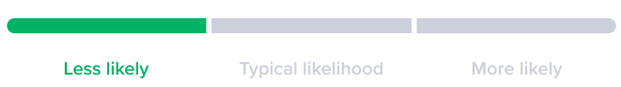
Less likely to have an ankle injury

Rotator Cuff Injury

More likely to have a rotator cuff injury

Herniated Disk

Less likely to have a herniated disk



Low Back Injury

Less likely to have a low back injury

Shoulder Impingement

Less likely to have shoulder impingement

Frozen Shoulder

Typical likelihood of frozen shoulder

Femoral Hernia

Less likely to have a femoral hernia

Abdominal Hernia

Typical likelihood of abdominal hernia

ACL Injury

Less likely to tear an ACL

Tendon Injury

Typical likelihood of having tendinopathy

Groin Hernia

Less likely to get a groin hernia

Tendon Inflammation

Less likely to have tendon inflammation

Tendon Lining Inflammation

Typical likelihood of having tenosynovitis

Heel Pain (Plantar Fasciitis)

Less likely to have plantar fasciitis

Fitness Lab Markers

Creatine Kinase

Predisposed to typical creatine kinase levels

Heart Rate Variability

Predisposed to typical HRV

Heart Rate Recovery

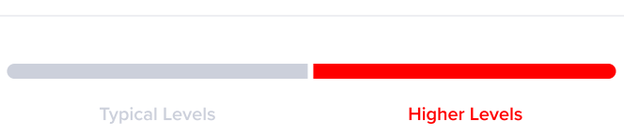
Predisposed to typical HRR

Lactate

Predisposed to typical lactate levels

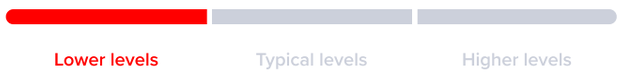
Lactate Dehydrogenase (LDH)

Predisposed to higher LDH levels



Creatine

Likely lower creatine levels



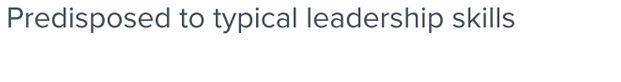
Growth Hormone

Predisposed to lower growth hormone levels

Personality

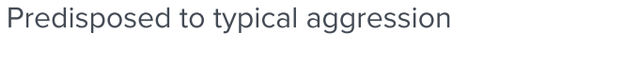
Leadership

Predisposed to typical leadership skills



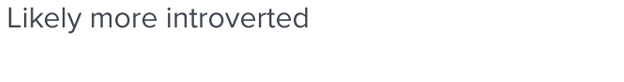
Aggression

Predisposed to typical aggression



Extravert or Introvert?

Likely more introverted

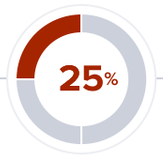


Your Results in Details

Breakdown

There are three types of muscle performance: power, endurance, and strength.

Your genes affect your muscle performance by changing the types and amount of your muscle fibers. Muscle fibers impact what activities we're good at! **Fast-twitch fibers** support rapid movements, and they are common in power athletes. **Slow-twitch fibers** support milder long-term movements, and they are more common in endurance athletes [R, R].



Endurance

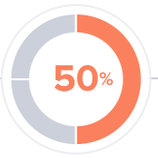
Predisposed to lower endurance

Lower | Typical | Higher

ACTN3 (Power)

Likely lower ACTN3 activity

Lower Activity | Typical Activity | Higher Activity



Strength

Predisposed to typical strength

Lower | Typical | Higher

Endurance

Endurance is the ability to produce low-intensity movements for a long period of time. Activities that require a lot of endurance include cycling, running, and swimming [R].

Your Result

Lower | Typical | Higher

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have lower endurance.

Consider focusing on power or strength training, which may be more suitable for your genes. However, you should also try building your endurance by doing regular aerobic exercise, such as brisk walking, jogging, swimming, or biking.

Your Gene Table

GENE	VARIANT	GENOTYPE
HFE	rs1799945	CC
GABPB1	rs7181866	AA
GABPB1	rs8031031	CC
ACE	rs4343	GG
NR1H3	rs7120118	CT
MYBPC3	rs1052373	TC
GABPB1	rs12594956	AC
TTN	rs10497520	CC
DES	rs7564856	AA
PPARGC1A	rs8192678	TT
KDR	rs1870377	TT
PRDM1	rs10499043	CC
ADRB3	rs4994	AA
CHRNB3	rs4950	AA
GSTP1	rs1695	AA
HIF1A	rs11549465	CC
TSHR	rs7144481	TT
BDKRB2	rs1799722	CC
RBFOX1	rs7191721	AA
CNDP2	rs6566810	TT
DEF6	rs2016520	TT

NFE2L2	rs35652124	TT
SLC16A1	rs1049434	AT
SATB1	rs4973706	CT
GALNTL6	rs558129	AG
ADRB2	rs1042713	GA
GNB3	rs5443	TC
TTC23	rs1464430	CA
PKDREJ	rs4253778	CG
AGTR2	rs11091046	C
CKM	rs8111989	TC
PPARGC1A	rs7665116	CT
ACTN3	rs1815739	TT
CYFIP1	rs8029108	GA
NFIA	rs1572312	GG
KCNA4	rs1323860	GG
COL5A1	rs12722	TT
ADRB2	rs1042714	CC
PPARA	rs1800206	CC
PPARGC1A	rs3774923	CC
PPARGC1A	rs2970869	CC
HIF1A	rs2301113	AA

ACTN3 (Power)

Power is the ability to produce short, intense movements. Movements that require a lot of power include sprinting, jumping, and throwing [R].

Your Result

Lower Activity | Typical Activity | Higher Activity

PERSONALIZED TO YOUR GENES

You don't carry the *ACTN3* variant linked to increased muscle power. People without this variant are less likely to be elite power athletes.

If you're interested in power training, stick with it! Training can overcome a low genetic predisposition for power. However, if you want to follow your genes, consider focusing on endurance and strength training.

Your Gene Table

GENE	VARIANT	GENOTYPE
ACTN3	rs1815739	TT

Strength

Strength is the maximum force applied in one movement. A good example of a movement requiring high strength is lifting weight in a single movement, like the bench press or squat [R].

Your Result

Lower | Typical | Higher

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have typical strength.

To build your strength, consider taking part in strength (resistance) training and getting more protein in your diet. Try to combine it with endurance and power training for an optimal balance.

Your Gene Table

GENE	VARIANT	GENOTYPE
LEMD2	rs12055409	GG
IL11RA	rs41274853	GG
IGF2	rs680	TT
BDNF	rs10501089	CC
HIF1A	rs11549465	CC
FTO	rs9939609	TT
VEGFA	rs2010963	GG
ADRB2	rs1042714	CC
GABPB1	rs7181866	AA
BDKRB2	rs1799722	CC
MTHFR	rs1801131	GT
SLC16A1	rs1049434	AT
PPARG	rs1801282	GC
TBC1D7	rs6905419	TC
PITX3	rs2273555	GA
ACVR1B	rs2854464	GA
ADRB2	rs1042713	GA
/	rs9320823	TT
AGT	rs699	GG
ZNF608	rs4626333	CC
ACTN3	rs1815739	TT

AMPD1	rs17602729	GG
TRHR	rs16892496	AA
LRPPRC	rs10186876	AA

Muscle & Recovery

Are some people genetically wired to be better athletes? You probably know someone that's always involved in some type of intense athletic activity. While training and exercise habits are crucial, your genes also play a part! Your genetics influences your muscle mass, ability to do intense cardio, and the amount of time it takes for you to recover from exercise.

Aerobic Capacity (VO2 Max)

Predisposed to typical VO2 max

Lower | **Typical** | Higher

Muscle Mass

Predisposed to higher muscle mass

Higher | Typical | Lower

Exercise Recovery

Predisposed to slower recovery after exercise

Slower | Typical | Faster

Muscle Pain

Less likely to have muscle pain

Less likely | Typical Likelihood | More Likely

Muscle Cramps

Typical likelihood of having muscle cramps

Less likely | **Typical Likelihood** | More Likely

Muscle Soreness

Typical likelihood of muscle soreness

Less likely | **Typical likelihood** | More likely

Muscle Jerks

Less likely to have myoclonus

Less likely | Typical likelihood | More likely

Muscle Recovery

Predisposed to slower muscle recovery

Slower | Typical | Faster

Tolerance to Exercise Intensity

Predisposed to typical tolerance to high-intensity exercise

Lower | **Typical** | Higher

Aerobic Capacity (VO2 Max)

Maximal oxygen uptake (VO2 max) is the maximum amount of oxygen (O2) that your body can absorb and use during exercise. In a nutshell, VO2 max indicates your aerobic fitness. A higher VO2 max means a higher ability for intense cardio exercise (e.g., running, swimming) [R, R, R].

About 45-70% of differences in people's VO2 max may be due to genetics [R, R].

Your Result

Lower | Typical | Higher

PERSONALIZED TO YOUR GENES

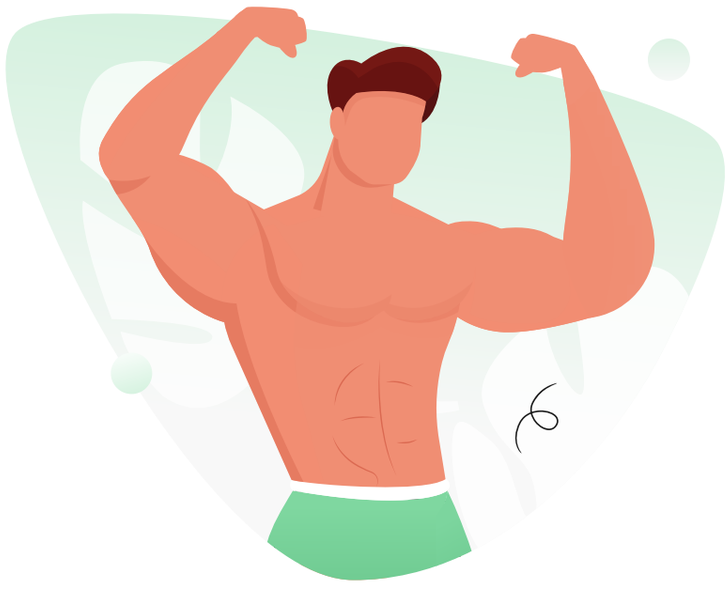
Based on the genetic variants that we looked at, you are predisposed to a typical VO2 max. In other words, you may have typical ability for intense cardio exercise like running or swimming [R].

However, keep in mind that your fitness level has a major impact on VO2 max. Regular cardio workout will help you increase VO2 max.

Your Gene Table

GENE	VARIANT	GENOTYPE
NUP93	rs78291913	CC
/	rs139077859	GG
TGM2	rs4811602	GG
KCND3	rs269071	GA
SCN10A	rs6801957	CT
ERBIN	rs251295	AG
RSU1	rs11254160	GG
POLM	rs10232743	CC
MOXD1	rs589756	CA
KLRK1	rs10743889	TG
CCDC141	rs10497529	GG
CCDC141	rs142556838	CC
SEC31B	rs11190709	AA

Muscle Mass



Muscle mass is the amount of all the muscles in your body. It mostly refers to muscles that you can control (skeletal muscles). A person having more body fat also has lower muscle mass because both are usually given as a percentage of total body weight [R, R, R].

Your Result

Higher | Typical | Lower

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you likely have higher muscle mass. In other words, you may have more muscle mass and less fat tissue.

If you want to maintain higher muscle mass, practice strength (resistance) training and increase the amount of protein in your diet.

Your Gene Table

GENE	VARIANT	GENOTYPE
STEAP1B	rs10242595	GG
MTCH2	rs4752856	AA
RPN1	rs111804884	TT
GJB2	rs73442383	TT
IL1B	rs1143634	GA
RASSF10	rs543716802	GG
LDB2	rs573762110	GG
NDUFA12	rs529529785	GG
PPARGC1A	rs752744147	TT
AOAH	rs78185366	TT
LEO1	rs190878891	AA
USP34	rs183237934	TT
MARCHF1	rs150541056	TT
CCDC171	rs117635839	AA
ZMAT4	rs184622626	AA
AQP6	rs706798	AA
ZDHHC14	rs749547	AG
FTO	rs9939609	TT
ZNF648	rs190210789	AA
/	rs557373392	CC
/	rs774160312	GG

/	rs758954781	CC
PRELID2	rs574519712	CC
/	rs758566456	TT
DOCK3	rs551736560	GG
ATG7	rs193172711	GG
TSC22D1	rs554766983	GG
MYL12B	rs141372016	GG
DRD5	rs182591441	TT
ACTR3B	rs138921315	GG
LMX1B	rs144076261	CC
DLG2	rs558729974	TT
KCNH7	rs74698413	GG
FTO	rs9972653	GG
EPHA3	rs72913870	GG
METTL21A	rs111556242	CC
SVBP	rs111455041	CC
PRUNE2	rs11145045	CC

Exercise Recovery

Exercise puts stress on the body. Our bodies need time to recover after each bout. After exercise, it's common to feel tired and sore. Some people may recover from exercise more quickly and easily than others. Part of the reason for this may be genetic.

Your Result

Slower | Typical | Faster

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may need more time to recover after exercise. You may want to space out your workouts and allow your body 1-2 days to recover. Avoid working out on consecutive days unless you really feel like it and it fits your schedule.

Methods like **massage and cold application** may help speed up exercise recovery.

Your Gene Table

GENE	VARIANT	GENOTYPE
FTO	rs9939609	TT
IGF2	rs680	TT
IGF2	rs4244808	TT
CCL8	rs2857656	GG
IL6	rs1800795	CC
CCR2	rs1799865	TT
IL1B	rs16944	GG
COL5A1	rs12722	TT
SLC16A1	rs1049434	AT
CAT	rs1001179	CC
SLC16A1	rs7169	GA
HGF	rs5745697	TG
HGF	rs5745678	AG
SOD2	rs4880	GA
IL1A	rs4848306	AG
CYBA	rs4673	AG
IL6R	rs4129267	TC
CCL2	rs3917878	CT
C11ORF21	rs3842748	GC
MYLK	rs2700352	AG
IL6R	rs2228145	CA

SLC30A8	rs13266634	TC
CRP	rs1205	TC
IL1B	rs1143634	GA
GPX1	rs1050450	AG
ACTN3	rs1815739	TT
IGF2	rs7924316	TT
CCR2	rs3918358	AA
IGF2	rs3213221	CC
CD28	rs3116496	TT
MYLK	rs28497577	GG
SPP1	rs28357094	TT
COL2A1	rs2070739	CC
TNF	rs1800629	GG
EEF1AKMT3	rs11613457	GG

Muscle Pain

Muscle pain, or myalgia, is discomfort affecting the soft tissues of the body. It can range from mild to severe and may be localized or widespread. Common causes include overuse, injury, tension, and certain medical conditions. Muscle pain can be acute (short-term) or chronic (long-lasting).

Your Result

Muscle Cramps

Muscle cramps are sudden, involuntary contractions of one or more muscles. They often occur during exercise or at night and can cause severe pain. Common causes include dehydration, electrolyte imbalances, and muscle fatigue. Cramps typically resolve on their own but can be relieved by stretching or massage.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
IKZF2	rs112988286	AA
MSI2	rs116924898	GG
/	rs35525189	GG
LMO7	rs73229904	TT
TBC1D4	rs76851570	TT
STK32A	rs35852718	AA
EPS8L2	rs201086107	GG
ST6GAL2	rs62155507	AA
RAB21	rs61754230	CC
MRPS34	rs11552434	CC
AGXT2	rs114286107	CC
CLEC18C	rs150702800	CC
PTK7	rs34021075	AA
TARS1	rs138936240	GG
DUOX2	rs151261408	GG
PCDHA3	rs141677026	CC
CHRNA5	rs2229961	GG
CC2D2A	rs144439937	AA
SLC36A2	rs77010315	CC
TMC3	rs150843673	GG
NEB	rs62167164	GG

KCTD18	rs565245989	AA
SPATA22	rs150770000	GG
MCM10	rs35114749	CC
PSCA	rs138377917	GG
TENM2	rs114898031	AA
GANC	rs35285091	CC
AMPD1	rs17602729	GG
CGRRF1	rs34839928	CC
SPG11	rs78183930	CC
EFHC1	rs1570624	GG
ALDH5A1	rs62621664	GG
/	rs1369355526	AA
CACNA2D3	rs112362995	CC
OBSCN	rs62621832	TT
XIRP2	rs16853333	GG
CFHR2	rs41257904	GG
/	rs66906990	TT
DCHS2	rs546143621	AA
GLCE	rs12440300	AA
FAM193B	rs116293002	GG
FPGS	rs35789560	CC
RFX7	rs33984059	AA
KRT6A	rs62617089	GG
/	rs78767524	AA
CYP4B1	rs45467195	AA
BLVRA	rs1050916	AA
IQCH	rs62014646	GG
PDLIM5	rs75841704	AA
THBS3	rs72704117	CC

Muscle Soreness

Muscle soreness occurs when muscles are stressed beyond their normal workload. It is often felt as a dull, aching pain in the affected muscles. This can happen after exercise, especially when trying new activities or increasing intensity. Delayed onset muscle soreness (DOMS) typically develops 24-48 hours after exercise.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
ACTN3	rs1815739	TT
IGF2	rs680	TT
MYLK	rs28497577	GG
CCR2	rs3918358	AA
IGF2	rs3213220	AA
CCR2	rs1799865	TT

Muscle Jerks

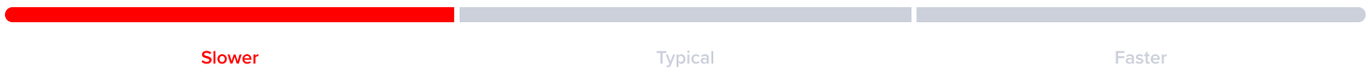
Muscle jerks are brief, involuntary twitches that occur when muscles contract and relax suddenly. They can affect any muscle group and often happen during rest or sleep. Most muscle jerks are normal and harmless, though some may be related to stress, caffeine consumption, or certain medications.

Your Result

Muscle Recovery

Muscle recovery is the process by which muscles repair and strengthen after exercise. During this time, the body replenishes energy stores and repairs damaged tissues. Proper recovery includes adequate rest, nutrition, and hydration. Recovery time varies depending on exercise intensity and individual factors.

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
ACTN3	rs1815739	TT
IGF2	rs680	TT
SOD2	rs4880	GA
CCR2	rs1799865	TT
COL5A1	rs12722	TT
IGF2	rs7924316	TT
IGF2	rs4244808	TT
IGF2	rs2230949	GG
CCL2	rs3917878	CT
SLC30A8	rs13266634	TC
CCR2	rs3918358	AA
IGF2	rs3213221	CC
TRIM63	rs2275950	TT
COL2A1	rs2070739	CC
TNF	rs1800629	GG

Tolerance To Exercise Intensity

Exercise intensity tolerance is the ability to sustain physical activity at varying levels of exertion. This capacity differs among individuals and is influenced by cardiovascular fitness, muscle endurance, and mental factors. Higher tolerance allows for more challenging workouts and potentially greater fitness gains.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
ACTN3	rs1815739	TT
ACE	rs4343	GG
GABRA5	rs17116985	CC
IL6	rs1800795	CC
ADRB2	rs1042714	CC
PPARGC1A	rs8192678	TT
HFE	rs1799945	CC
GABPB1	rs7181866	AA
GABPB1	rs8031031	CC
ADRB2	rs1042713	GA
ANKK1	rs1800497	AG
GABRG3	rs8036270	AG
LEPR	rs12405556	TG
SLC16A1	rs1049434	AT
CYBA	rs4673	AG
SOD2	rs4880	GA
MYBPC3	rs1052373	TC
GABPB1	rs12594956	AC
AMPD1	rs17602729	GG
AGT	rs699	GG
CNR1	rs6454672	TT

GALNT13	rs10196189	AA

Injury Risk

Joints, tendons, and ligaments are commonly injured body parts. Based on studies in families and twins, our genes can play a role in injuries. We looked at your genes to help understand your susceptibility to different injuries [R].

Knee Injury

Less likely to have a knee injury

Less Likely | Typical Likelihood | More Likely

Achilles Tendon Injury

Typical likelihood of Achilles tendon injury

Less Likely | **Typical Likelihood** | More Likely

Ankle Injury

Less likely to have an ankle injury

Less likely | Typical likelihood | More likely

Rotator Cuff Injury

More likely to have a rotator cuff injury

Less Likely | Typical Likelihood | **More Likely**

Herniated Disk

Less likely to have a herniated disk

Less likely | Typical likelihood | More likely

Low Back Injury

Less likely to have a low back injury

Less likely | Typical likelihood | More likely

Shoulder Impingement

Less likely to have shoulder impingement

Less likely | Typical Likelihood | More Likely

Frozen Shoulder

Typical likelihood of frozen shoulder

Less likely | **Typical likelihood** | More likely

Femoral Hernia

Less likely to have a femoral hernia

Less likely | Typical likelihood | More likely

Abdominal Hernia

Typical likelihood of abdominal hernia

Less likely | **Typical likelihood** | More likely

ACL Injury

Less likely to tear an ACL

Less Likely | Typical Likelihood | More Likely

Tendon Injury

Typical likelihood of having tendinopathy

Less Likely | **Typical Likelihood** | More Likely

Groin Hernia

Less likely to get a groin hernia

Less likely | Typical likelihood | More likely

Tendon Inflammation

Less likely to have tendon inflammation

Less likely | Typical likelihood | More likely

Tendon Lining Inflammation

Typical likelihood of having tenosynovitis

Less likely | **Typical likelihood** | More likely

Heel Pain (Plantar Fasciitis)

Less likely to have plantar fasciitis

Knee Injury

The knee is a joint that connects the bones of the thigh and the lower leg. The knee is very complex and bears a great deal of stress from everyday activities and exercise. This makes it one of the most easily injured joints. The most common knee injuries include injuries to the anterior cruciate ligament (ACL), knee bursitis, and injuries to the meniscus [R, R].

Your Result

Less Likely | Typical Likelihood | More Likely

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be less likely to develop a knee injury.

Try to take preventative measures, such as stretching and strengthening your thigh muscles, to potentially decrease your risk even more.

Your Gene Table

GENE	VARIANT	GENOTYPE
ZC3H11B	rs112081086	AA
PRRX1	rs151077542	GG
BRINP3	rs72727240	TT
XCL1	rs148262095	GG
SPAG17	rs139101248	GG
MAB21L3	rs79678808	AA
AURKAIP1	rs138046143	TT
CDC42BPA	rs56339347	AA
NEK7	rs138440178	CC
/	rs567271467	GG
/	rs567271467	GG
FCMR	rs1800895	CC
NR5A2	rs34004246	GG
SYT2	rs145533858	CC
/	rs192853607	GG
CDC42BPA	rs573881227	CC
USH2A	rs140693748	CC
ZC3H11B	rs147060837	AA
/	rs146266096	CC
/	rs146266096	CC

GPR37L1	rs74136729	AA
FBLIM1	rs147500944	CC
NFIA	rs141100852	GG
ADAM30	rs114403104	TT
/	rs182678389	AA
C8B	rs183131024	CC
PTPRC	rs147390952	GG
GPR37L1	rs144718330	CC
UBE2J2	rs149229450	AA
PTPRC	rs79211001	AA
SLC2A1	rs184662808	CC
LRIG2	rs140098571	CC
ATP1B1	rs140796280	AA
UBE2J2	rs12080505	AA
LCE1F	rs115521852	GG
CRYZ	rs150404166	CC
CACHD1	rs138903474	AA
SGIP1	rs74810564	GG
FGR	rs147486286	CC

Achilles Tendon Injury

The Achilles tendon is a cord made of strong tissue. It is found in the lower back leg and connects the calf muscles to the heel bone. Common Achilles tendon injuries include inflammation (tendonitis) and rupture [R].

Your Result

Less Likely | Typical Likelihood | More Likely

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have a typical likelihood of developing an Achilles tendon injury.

Try to take preventative measures to potentially decrease your risk. These include stretching and strengthening your calf muscles, warming up, and wearing proper sports shoes.

Your Gene Table

GENE	VARIANT	GENOTYPE
COL1A1	rs1800012	CC
CPNE1	rs143383	AA
VEGFA	rs699947	CA
CEP295NL	rs4789932	GA
COL5A1	rs12722	TT
FCN2	rs1134170	TT
MPP7	rs6481512	TT
SOX21	rs4454832	GA
MRPL43	rs4919510	CG
MMP1	rs650108	GG
TNF	rs1800629	GG
MMP1	rs591058	TT
TMEM158	rs183364169	CC
DPP6	rs4067493	CC
SOAT1	rs113435565	AA
/	rs11960097	TT
TRIML1	rs60713544	GG
ZNF648	rs57104447	TT
MPP7	rs1937810	TT
MPP7	rs1249269	CC

Ankle Injury

The ankle is a joint that connects the bones of the foot to the bones of the leg. It has a wide range of motion: it can bend sideways, upward, and downard. An ankle sprain is the most common type of ankle injury [R].

Your Result

Less likely | Typical likelihood | More likely

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be less likely to develop an ankle injury.

Try to take preventative measures to potentially decrease your risk even more. These include stretching and strengthening your ankle, wearing proper sports shoes, and maintaining a healthy weight.

Your Gene Table

GENE	VARIANT	GENOTYPE
C8ORF48	rs73210044	AG
DLC1	rs73208003	TG
SOX2	rs34308817	TG
EFNB2	rs74576663	TG
CCSER1	rs62309831	GA
TENM3	rs35619804	GA
UGDH	rs56118664	CC
/	rs139095264	GG
PRR16	rs4340940	CC
CHD9	rs72797642	AA
GATA3	rs142347570	AA
NPY2R	rs115005126	TT
RALGPS2	rs187271145	GG
NFIB	rs13286037	TT
SGO1	rs12489876	GG
RABEPK	rs117724125	CC
ASB18	rs78681719	TT
GRIA1	rs140053818	GG
NTS	rs10506913	AA
/	rs75670712	TT
COL5A2	rs62182422	CC

SLC40A1	rs62187073	CC
DEPTOR	rs149163456	CC
GTF3A	rs67227314	CC
SLC20A2	rs7459609	CC
HAS2	rs13259692	AA
TCF12	rs3803452	TT
HIVEP1	rs1569733	CC
ISOC1	rs35100037	CC
BCHE	rs34324672	CC
/	rs270481	GG
PRPSAP2	rs1634423	CC
SRPRB	rs2718798	CC

Rotator Cuff Injury

The rotator cuff is a group of muscles and tendons that surround the shoulder joint. They keep the upper bone of the arm within the shoulder socket and help you lift and rotate your arms. Symptoms of a rotator cuff injury include a dull pain in the shoulder, shoulder weakness, and movement difficulties [R, R].

Your Result

Less Likely | Typical Likelihood | More Likely

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may be more likely to develop a rotator cuff injury.

To prevent a rotator cuff injury, try to [R, R]:

- Strengthen your shoulder muscles (both large and small)
- Warm up properly with dynamic shoulder stretches
- Limit repetitive overhead arm movements
- Maintain a proper sitting posture
- Avoid lying on your shoulder while sleeping
- Avoid cigarette smoke

Your Gene Table

GENE	VARIANT	GENOTYPE
/	rs140539211	CC
TRIL	rs2237352	CC
STK24	rs912336	CC
DLC1	rs34045652	CC
MGAT2	rs1010586	CC
GLCCI1	rs4725069	CC
CPE	rs138457734	CC
STOML3	rs147482720	TT
ANXA1	rs74821598	TT
RORB	rs72727137	GG
USP6NL	rs3847425	CC
CCDC110	rs11727025	GG
KBTBD3	rs505416	GG
QKI	rs55958453	AA
SIPA1L2	rs789644	AA
CPNE1	rs2104009	GG
EGFLAM	rs60486174	TT
PLCB1	rs6140637	AA
RBMS2	rs117991841	CC
LONRF1	rs17769850	TT
AOAH	rs3807160	CG

S100A12	rs143640806	AA
ZNF519	rs117141423	GG
LRR1	rs186974390	CC
ERBB3	rs182687492	AA
NUTM2E	rs560458864	GG
PAWR	rs186324387	AA
RFC3	rs7139664	GA
/	rs750968	CG
ALG13	rs185496698	C
LPIN1	rs192110159	CC
ASTN2	rs562775223	CC
/	rs761804508	G
C5ORF63	rs145648292	GG
FRMPD4	rs144371252	G
/	rs71404070	TT
SLC39A8	rs13107325	CC
ABCA9	rs9302983	GG

Herniated Disk

The spinal disk is a cushion-like structure between vertebrae. It has a tough outer layer and a soft inner core. When the inner core pushes through a tear in the outer layer, it's called a herniated disk. This can irritate nearby nerves, causing pain, numbness, or weakness in the arms or legs.

Your Result

Low Back Injury

The lower back supports the weight of the upper body and provides mobility. It consists of vertebrae, disks, muscles, and ligaments. Low back injuries often occur from improper lifting, sudden movements, or poor posture. Common symptoms include pain, stiffness, and limited range of motion.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
DIS3L2	rs1453867	TC
DCC	rs4384683	GA
GSDMC	rs6651255	CC
/	rs543634974	CC
MME	rs540690425	CC
ITGA1	rs13174042	TT
SOX5	rs12310519	CC
MYC	rs7833174	CC
TEX35	rs180946349	AA
COG2	rs192174382	TT
CD1C	rs183230426	GG
FCRL5	rs72710051	GG
CD1A	rs186414191	AA
PGBD5	rs191270555	TT
PGBD5	rs187895488	GG
SFPQ	rs138217819	GG
FHAD1	rs115359709	GG
FOXD2	rs72690353	CC
CD1B	rs187608964	AA
SHCBP1L	rs191229707	CC
RGS21	rs78438749	AA

FAM163A	rs143737646	CC
CD1D	rs182220840	GG
RASAL2	rs149706870	GG
THEM4	rs72696935	AA
MR1	rs573963465	CC
TMCO1	rs114646421	TT
PAPPA2	rs75213339	CC
CHRM3	rs17597501	CC
WNT2B	rs114327304	AA
OR10T2	rs189797298	AA
RIMS3	rs112068714	GG
GJB5	rs140255954	GG
EPB41	rs558368713	AA
PYHIN1	rs141136742	CC
KIFAP3	rs116328003	CC
GRIK3	rs79680253	CC
FCRL5	rs41273447	GG
OBSCN	rs112081431	TT
MROH9	rs141482151	AA

Shoulder Impingement

Shoulder impingement occurs when the rotator cuff tendons become pinched between the shoulder bones. This happens during overhead movements when the tendons rub against the shoulder blade. Symptoms include pain when lifting the arm, weakness, and difficulty reaching behind the back.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
ASTN2	rs562775223	CC
/	rs555376144	CC
RFC3	rs7139664	GA
C5ORF63	rs145648292	GG
S100A12	rs143640806	AA
AOAH	rs3807160	CG
LONRF1	rs17769850	TT
SIPA1L2	rs789644	AA
KBTBD3	rs505416	GG
PLCB1	rs6140637	AA
EGFLAM	rs60486174	TT
QKI	rs55958453	AA
ANXA1	rs74821598	TT
/	rs750968	CG
STK24	rs912336	CC
LPIN1	rs192110159	CC
/	rs533950411	CC
USP6NL	rs3847425	CC
/	rs761804508	G
CPNE1	rs2104009	GG
RORB	rs72727137	GG

CCDC110	rs11727025	GG
RBMS2	rs117991841	CC
ABCA9	rs9302983	GG
CPE	rs138457734	CC
SLC39A8	rs13107325	CC
ALG13	rs185496698	C
ZNF519	rs117141423	GG
STOML3	rs147482720	TT
FRMPD4	rs144371252	G
/	rs144414988	AA

Frozen Shoulder

Frozen shoulder, or adhesive capsulitis, is a condition characterized by stiffness and pain in the shoulder joint. It develops gradually, with pain increasing over time and range of motion becoming limited. The shoulder capsule thickens and tightens, restricting movement. It typically progresses through three stages: freezing (painful), frozen (stiff), and thawing (improving).

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
WNT7B	rs28971325	AG
AKAP13	rs17570529	AA
EPDR1	rs2472660	TT
MMP14	rs1042704	GG
TSPAN2	rs5777216	GINS(T)

Femoral Hernia

A femoral hernia forms when tissue pushes through a weak spot in the muscle wall near the femoral canal, in the upper thigh. It appears as a bulge near the groin or thigh. Femoral hernias are more common in women and may cause pain when lifting or straining.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
EFEMP1	rs59985551	CC
EFEMP1	rs3791679	AA
EFEMP1	rs3791675	CC
EFEMP1	rs1346786	CC
EFEMP1	rs1430203	AA
EFEMP1	rs9753383	GA
ZC3H11B	rs7538503	GA
EFEMP1	rs12478566	TC
ZC3H11B	rs12131794	AC
/	rs55893113	CG
ZC3H11B	rs4846569	TC
ZC3H11B	rs3902972	AG
TGFB2	rs1337101	TG
ZC3H11B	rs1415293	TA
TGFB2	rs4846302	CG
TGFB2	rs2820441	CA
TGFB2	rs2785998	AC
TGFB2	rs2820446	GC
ZC3H11B	rs4846567	TG
ZC3H11B	rs4846303	TG
ZC3H11B	rs3001032	CT

ZC3H11B	rs2820443	CT
DYNC1LI1	rs73069443	TT

Abdominal Hernia

An abdominal hernia occurs when tissue protrudes through a weak spot in the abdominal wall muscles. It typically appears as a visible bulge that may disappear when lying down. Common causes include heavy lifting, obesity, and prior abdominal surgery. Some hernias may require surgical repair.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
TNS1	rs10204348	AA
NUAK1	rs7297246	GA
NUAK1	rs11112709	TC
NUAK1	rs11112688	GA
ZC3H11B	rs4846567	TG
ZC3H11B	rs2820443	CT
LYPLAL1	rs2820444	AG
ZC3H11B	rs1415287	TC
ZC3H11B	rs1415288	CA
TGFB2	rs2820446	GC
ZC3H11B	rs2494196	AC
TGFB2	rs2785988	AC
ZC3H11B	rs4846569	TC
/	rs55893113	CG
ZC3H11B	rs12131794	AC
ZC3H11B	rs3902972	AG
ZC3H11B	rs7538503	GA
NUAK1	rs11112695	AT
NUAK1	rs66913103	AC
NUAK1	rs61941504	CG
NUAK1	rs67051635	TC

NUAK1	rs10861487	GA
NUAK1	rs11112691	GT
NUAK1	rs11611703	GA
NUAK1	rs17267305	GA
NUAK1	rs11611140	GA
TGFB2	rs1337102	AT
TGFB2	rs12040264	GT
ZC3H11B	rs10779360	CT
ZC3H11B	rs9662802	GA
ZC3H11B	rs77962041	GA
ZC3H11B	rs11118335	CT
ZC3H11B	rs11118336	CT

ACL Injury

The Anterior Cruciate Ligament (ACL) is one of four main ligaments in the knee. It prevents the shin bone from sliding forward relative to the thigh bone. ACL injuries often occur during sudden stops, changes in direction, or direct impact. Symptoms include a popping sound, swelling, and knee instability.

Your Result

Less Likely | Typical Likelihood | More Likely

PERSONALIZED TO YOUR GENES

Based on the gene variants we looked at, you may be less likely to tear an ACL. However, keep in mind that your lifestyle and the environment may also influence your likelihood.

Your Gene Table

GENE	VARIANT	GENOTYPE
MALRD1	rs118010763	TT
MGMT	rs112031232	AA
HSPG2	rs190446136	CC
MYOM3	rs140568949	AA
DOCK7	rs138219207	CC
AHCTF1	rs184856290	GG
PLXNA2	rs61813824	AA
ARHGAP20	rs9704284	GG
NBPF3	rs7524699	CC
SGMS1	rs151045759	TC
PFKP	rs12413610	CT
VAV3	rs138238287	CT
ARHGAP12	rs79526796	GC
DPP6	rs4067493	CC
SOAT1	rs113435565	AA
/	rs11960097	TT
ST6GALNAC3	rs289694	CC
IGSF21	rs9660827	CC
TCERG1L	rs2663012	CC
OR2T2	rs28693711	TT
UBE2J2	rs61766282	GG

OR2M4	rs191269595	GG
TNFSF18	rs2143185	TT
LBR	rs146324110	TT
DNAH14	rs12116987	TT
SHTN1	rs142967392	TT
CADM1	rs61899165	CC
SLC22A15	rs7540316	CC
DNAH14	rs12127872	CC
USP6NL	rs76172007	GG
HSPA14	rs17155523	AA
TACC2	rs61873773	CC
CRYZ	rs147331170	TT
ADGRL2	rs114426845	AA
NCAM1	rs59568652	GG
DAB1	rs852794	GG
/	rs116845747	TT
NTPCR	rs8179359	GG
/	rs114694655	TT

Tendon Injury

Tendons are fibrous tissues that connect muscles to bones. Tendon injuries occur when tendons are stretched beyond their capacity or torn. These injuries can happen suddenly or develop over time from repetitive movements. Symptoms include pain, swelling, and limited range of motion in the affected area.

Your Result

Less Likely | Typical Likelihood | More Likely

PERSONALIZED TO YOUR GENES

Based on the gene variants we looked at, you may have a typical likelihood of developing a tendon injury. However, your lifestyle and environment may also influence your likelihood.

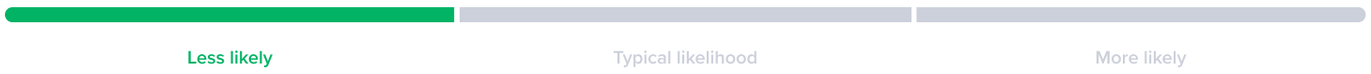
Your Gene Table

GENE	VARIANT	GENOTYPE
GJA1	rs11154027	CT
POLE2	rs3218791	GT
/	rs11232681	AG
KLHL1	rs59988404	GG
TRIML1	rs60713544	GG
CERS5	rs57224706	AA

Groin Hernia

A groin hernia develops when tissue pushes through a weak area in the lower abdominal muscles. It creates a bulge in the groin area that may enlarge during coughing or straining. Groin hernias are more common in men and can cause discomfort during physical activity.

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
EFEMP1	rs3791679	AA
EFEMP1	rs1346789	TT
EFEMP1	rs10496052	TT
EFEMP1	rs80172616	AG
ADAMTS6	rs370763	AT
TGFB2	rs2820441	CA
ZC3H11B	rs2820443	CT
MAP2K4	rs12453693	TC
CRISPLD2	rs4238714	TC
RBBP8	rs11659211	AG
RRP15	rs2799098	AG
HAND2	rs11722597	CT
LOX	rs10519694	TC
RBPMS	rs13258503	GC
LTBP4	rs11083561	CT
/	rs78413067	CC
EBF2	rs4410916	AA
UHRF1BP1	rs115661362	TT
RAB11FIP2	rs56390591	TT
TWIST2	rs80225179	TT
ICE1	rs7715383	GG

DLEU7	rs573666	CC
HMGA2	rs12810758	CC
COL8A1	rs6805055	TT
VGLL2	rs200889152	AA
PLCE1	rs3945750	CC
AGTR2	rs4969771	C
/	rs56976399	C
PATJ	rs2365498	GG
FAM9A	rs56355307	T

Tendon Inflammation

Tendon inflammation, or tendinitis, occurs when a tendon becomes irritated or inflamed. It's often caused by repetitive movements, overuse, or sudden injury. Common sites include shoulders, elbows, wrists, and heels. Symptoms include pain, tenderness, and mild swelling near a joint.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
CENPK	rs2087927	GG
TNP1	rs10203066	GA
FTO	rs10521304	CT
POLE2	rs3218791	GT
/	rs11232681	AG
NQO1	rs3790086	GC
LTBP3	rs4244811	AA
KLHL1	rs59988404	GG

Tendon Lining Inflammation

Tenosynovitis is inflammation of the fluid-filled sheath (synovium) that surrounds a tendon. This sheath contains synovial fluid, which allows the tendon to move smoothly within its covering. When the sheath becomes inflamed, movement becomes painful and may produce a crackling sound. Common sites include the wrist, hand, ankle, and foot, often resulting from repetitive movements.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
CENPK	rs2087927	GG
TNP1	rs10203066	GA
FTO	rs10521304	CT
POLE2	rs3218791	GT
/	rs11232681	AG
NQO1	rs3790086	GC
LTBP3	rs4244811	AA
KLHL1	rs59988404	GG

Heel Pain (Plantar Fasciitis)

Plantar fasciitis involves inflammation of the plantar fascia, a thick band of tissue that runs across the bottom of the foot. It connects the heel bone to the toes and supports the foot arch. This condition typically causes stabbing pain near the heel, especially with the first steps in the morning or after long periods of rest.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
NQO1	rs62051384	CC

Fitness Lab Markers

Understanding how your body responds to exercise through key biomarkers provides valuable insights into training effectiveness and recovery. This section examines important fitness indicators including creatinine kinase, heart rate metrics, lactate processing, and hormonal responses that influence athletic performance and adaptation to training. These markers help track exercise response and recovery capacity on an individual level.

Creatine Kinase

Predisposed to typical creatine kinase levels

Typical Levels | Higher Levels

Heart Rate Variability

Predisposed to typical HRV

Lower | Typical | Higher

Heart Rate Recovery

Predisposed to typical HRR

Slower | Typical | Faster

Lactate

Predisposed to typical lactate levels

Typical Levels | Higher Levels

Lactate Dehydrogenase (LDH)

Predisposed to higher LDH levels

Typical Levels | Higher Levels

Creatine

Likely lower creatine levels

Lower levels | Typical levels | Higher levels

Growth Hormone

Predisposed to lower growth hormone levels

Lower levels | Typical levels

Creatine Kinase

Creatinine kinase is an enzyme found in various tissues, primarily in muscles and the brain. It plays a crucial role in energy production within cells. Elevated levels in the blood may indicate muscle damage or injury. Athletes often have higher baseline levels due to regular intense physical activity.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
CKM	rs149354459	CC
CKM	rs11559024	TT
CKM	rs17357122	GG
CPN1	rs61751507	CC
LILRB5	rs12975366	TT
/	rs393600	GG
CD163L1	rs117692263	CT
KLF5	rs7318906	GG
DBT	rs148081884	AA
GPAM	rs7896477	TT
SLC2A5	rs61785813	GG
/	rs181256170	TT
SORT1	rs139907312	GG
LRRC7	rs74848658	GG
SLC2A1	rs180989327	TT
PDCD11	rs17735658	AA
TEX36	rs78521018	GG
AIDA	rs113161870	AA
ADGRL2	rs868723	GG
FYB2	rs12081418	CC
UBXN11	rs189797544	CC

LMO4	rs191835412	GG
BRINP3	rs56326418	AA
NOC2L	rs144137219	GG
WDR64	rs79430550	GG
SLC2A5	rs6677822	CC
/	rs141148666	AA
CD163L1	rs7136716	AA
CD163L1	rs7305678	GG
PDE4B	rs144068685	TT
KIF14	rs71635505	CC
NFIA	rs75447844	CC
ZRANB1	rs6597861	AA
EPHB2	rs72879164	AA
ECHDC3	rs74906943	GG
INPP5A	rs117245100	CC
HLX	rs76814849	TT
AFAP1L2	rs138068712	TT
IGSF3	rs142056447	CC
CACNA1E	rs79193643	GG

Heart Rate Variability

Heart rate variability (HRV) is the variation in time between consecutive heartbeats. It is an indicator of autonomic nervous system function and overall cardiac health. Higher HRV is generally associated with better cardiovascular fitness and stress resilience. Factors like age, fitness level, and stress can influence HRV.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
SOX5	rs10842383	CC
PPIL1	rs236349	GG
NEO1	rs2680344	GA
GNG11	rs4262	CT
TGM2	rs6123471	TT
SYT10	rs1351682	AG
RGS6	rs2529471	AC
SYT10	rs7980799	CA
RGS6	rs2052015	TC
TFPI2	rs180238	CT
RBFOX1	rs4786125	AA
RGS6	rs4899412	TC
SYT10	rs1384598	AT
CAPS	rs12974440	GG
CAPS	rs12974991	GG
RGS6	rs36423	GG
TMPRSS4	rs677652	CC
NDUFA11	rs12980262	GG
NEO1	rs1812835	CC
CCDC141	rs13004438	CC

Heart Rate Recovery

Heart rate recovery is how quickly your heart rate returns to normal after exercise. It is measured by the decrease in heart rate in the first minute after stopping activity. A faster recovery generally indicates better cardiovascular fitness. Poor recovery may be linked to increased risk of cardiovascular issues.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
SOX5	rs4963772	GG
CAV1	rs1997571	GG
RGS6	rs17180489	GG
SYT10	rs6488162	CT
GIGYF1	rs221789	CC
C19ORF12	rs55954001	GG
INPPL1	rs7130652	GG
SERINC2	rs11589125	CC
PAX2	rs10748799	CC
GNG11	rs180253	GA
GRIK2	rs2224202	GG
TFPI2	rs180238	CT
SATB1	rs73043051	TT
ACHE	rs3757868	AG
/	rs13022107	CC
NEGR1	rs61765646	TA
NEGR1	rs12740789	GA
TGM2	rs6127466	AA
TBX3	rs61928421	CC
CHRM2	rs17168815	GG
CAPS	rs8108862	CC

RNF220	rs272564	AA
PRDM6	rs151283	CC
SNX2	rs4836027	TT
/	rs12906962	TT

Lactate

Lactate is a compound produced during intense exercise when oxygen demand exceeds supply. It was once thought to cause muscle fatigue, but is now recognized as an important energy source. Lactate threshold—the point at which lactate begins to accumulate rapidly—is a key marker of endurance capacity.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
SH2B3	rs7137828	CC
ALDH2	rs7138688	GT
GCKR	rs1260326	CT
ZFPM2	rs6993770	TA
PFKP	rs10794972	CA
TMX4	rs1473698	TC
SPATS2L	rs59273177	AA
HBS1L	rs9376091	CC

Lactate Dehydrogenase (LDH)

Lactate dehydrogenase (LDH) is an enzyme that helps convert lactate to pyruvate and back. It plays a key role in energy production during aerobic and anaerobic metabolism. LDH levels increase in the blood after muscle damage. Five different forms of LDH are found in various tissues throughout the body.

Your Result

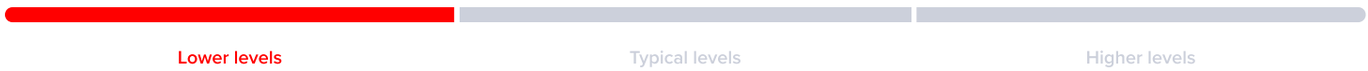
Your Gene Table

GENE	VARIANT	GENOTYPE
STAB1	rs150956780	GG
CD163L1	rs4072797	CC
LDHA	rs116841148	GG
LILRB5	rs12975366	TT
/	rs393600	GG
CD163L1	rs117692263	CT
CSF1	rs333947	GG
HLA-DQB1	rs17412833	TA
NINJ1	rs12342201	AG
KLF5	rs7318906	GG
ANO5	rs7481951	AT
CD163L1	rs145411783	CC
CD163	rs4883263	CC
CD163L1	rs7305678	GG
PTPRJ	rs2930191	AA
CFH	rs2274700	AA

Creatine

Creatine is a naturally occurring compound that helps supply energy to cells, particularly muscle cells. It is stored primarily in muscles and used during high-intensity, short-duration exercises. Supplementation can increase muscle creatine stores, potentially enhancing strength and power performance in some individuals.

Your Result



Your Gene Table

GENE	VARIANT	GENOTYPE
GATM	rs2486274	TT
CCDC77	rs7307754	CT
CPS1	rs1047891	CC

Growth Hormone

Growth hormone is a peptide hormone that stimulates growth, cell reproduction, and regeneration. It is released during sleep, exercise, and fasting. In adults, it helps maintain body structure and metabolism. Exercise-induced growth hormone response can vary significantly between individuals.

Your Result

Your Gene Table

GENE	VARIANT	GENOTYPE
/	rs6474678	GG
/	rs563084885	TT
/	rs72710214	AA
FOXL3	rs139113181	CC
LRRC56	rs551640190	GG
FKBP3	rs111710182	CC
TMEM106B	rs1003433	TT
METTL4	rs116932378	AA
/	rs181584048	TT
HMSD	rs1123485	AA
PUM3	rs117939495	CC
RANBP6	rs12380605	AA
FAM78B	rs10918439	AA
PAM	rs35359959	CC
S100A10	rs10788813	TT
AGMO	rs74758223	AG
ERMP1	rs182703647	GT
/	rs187738451	GG
PTPRD	rs143045635	CC
PTPRD	rs191387131	GG
GRIN3B	rs150528593	CC

DLGAP1	rs115812539	CC
HMGA2	rs77164510	AA
/	rs564368949	CC
DMRT1	rs74738740	CC
PTPRD	rs12351294	CC
HCN2	rs55839339	GG
WASF3	rs142978531	AA
/	rs73644906	TT
/	rs141856882	TT
DOCK8	rs72705610	TT
/	rs138216058	CC
ARL4C	rs62186801	GG
KANK1	rs7031403	GG
CEP78	rs528594216	CC
CGB1	rs187724752	GG
/	rs576094927	TT
C2ORF73	rs13383338	AA
RUVBL2	rs141621458	TT
WWOX	rs151019410	CC

Personality

Physical features are crucial for fitness, but they are not everything! The sports you prefer can greatly depend on your personality as well. That's why we analyzed your genetic predisposition to relevant personality traits. The results in this section will help make a complete picture of your optimal fitness regimen [R, R, R].

Leadership

Predisposed to typical leadership skills

Typical | Higher

Aggression

Predisposed to typical aggression

Typical | Higher

Extravert or Introvert?

Likely more introverted

Introvert | Extravert

Leadership

People tend to have different ideas about what makes a good leader. However, most agree that good leaders can help a group reach a common goal. Experts are still debating what sort of personality lends itself best to leadership. It turns out that good leaders are hard to define [R, R, R].

Leaders or captains are crucial in team sports. This type of personality helps them lead their teams toward better results [R].

Your Result

Typical

Higher

PERSONALIZED TO YOUR GENES

Based on the genetic variants we looked at, you may have typical leadership skills.

You are not very likely to assume leadership roles, such as a manager at work or a captain in team sports.

Aggression

Aggression is the instinct that drives humans and animals to anger and violence. Excessive and uncontrolled aggression can cause major problems [R].

People with higher aggression may prefer contact and combat sports. However, anger can be draining and harmful. Even athletes benefit from learning to relax and soothe their temper [R, R].

Your Result

Typical Higher

PERSONALIZED TO YOUR GENES

Based on the variants we looked at, your aggression is likely typical. This trait may influence your life choices, including your favorite sports.

Less aggressive people may prefer sports that don't involve physical contact.

Your Gene Table

GENE	VARIANT	GENOTYPE
QSER1	rs16924133	AA
FYN	rs2148710	TT
TRIM31	rs2844775	GG
IYD	rs670292	GC
CSE1L	rs6012564	GA
UQCRFS1	rs8102754	AT
ABAT	rs1299926	AA
GREM2	rs16840114	AA
PLEK	rs7578047	AA
PNLIP	rs12249434	CC
DPY19L1	rs6954895	TT
/	rs6834498	CC
E2F3	rs555017	GG
PHEX	rs3752433	C

Extravert Or Introvert?

Some people thrive on being in big groups. Others need a lot more quiet time alone to feel their best. We call these people extraverts and introverts. For example, an extravert is likely to be talkative, outgoing, and energetic. By contrast, an introvert is likely to be quiet, shy, and reserved.

In line with this, extraverts may be more likely to prefer team sports, while introverts may enjoy individual sports [R, R].

Your Result

Introvert

Extravert

PERSONALIZED TO YOUR GENES

Based on the gene variants we looked at, you are likely more introverted. That means you may need more time alone to recharge and feel your best [R].

This trait may influence your choice of profession, hobbies, and sports. For example, you may enjoy individual sports more [R].

Your Gene Table

GENE	VARIANT	GENOTYPE
RASSF2	rs6084912	CC
DAB2IP	rs1010235	AT
CCDC83	rs56160063	AA
TPH2	rs4570625	GT
COMT	rs4680	GA
ANKK1	rs1800497	AG
MTMR9	rs2164273	GA
WSCD2	rs1426371	AG
BLMH	rs2129785	TT
BLMH	rs11867581	AA
PCDH15	rs6481128	AG
AADAT	rs114377628	CT
LRGUK	rs137925278	AA
RBFOX1	rs7498702	CC
GBE1	rs57590327	GG
EXOC4	rs117910294	AA
SLC29A3	rs556580453	GG
PPFIA2	rs142468221	TT
COL22A1	rs543281873	TT

RNF8	rs148082170	AA
PIAS1	rs111650392	CC
FOXP1	rs189489530	GG
SNX16	rs117898492	CC
CAAP1	rs149314543	GG
DLC1	rs139495228	CC
AFF3	rs113941013	CC
CXCL13	rs144606050	TT
TMEM176B	rs183075181	CC
CMTM8	rs73067573	GG
/	rs145601014	CC
/	rs188721825	GG
/	rs77068773	AA
NPAP1	rs34587891	CC
/	rs117161043	TT
/	rs80290838	CC
YIPF5	rs62403580	AA
CSMD1	rs62491285	GG
/	rs139661342	TT
RELCH	rs184144101	TT
NPAP1	rs34517969	GG
/	rs62259881	CC
BRINP2	rs144530198	CC
NPAP1	rs12905099	GG
SLC6A15	rs141381830	TT