

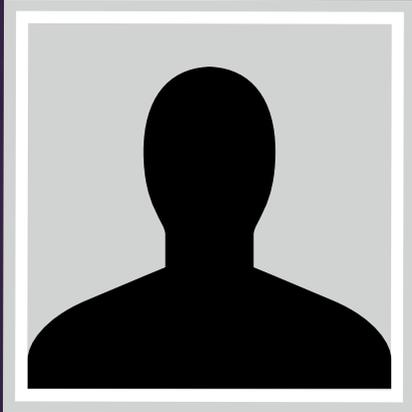


PHASE 1

To be completed by workshop date (tbc)

NATURE PROFILE 1

NATURE PROFILE:



AGE: 26

GENDER: Male

HEIGHT: 5'8 (1.73 m)

WEIGHT: 75 kg (165 lb)

BODY FAT %: <10

ETHNICITY: AFRICAN AMERICAN

LIMB PROPORTIONS: NOTHING OF NOTE

AEROBIC / ANAEROBIC: ANAEROBIC

DOMINANT WITH AEROBIC ELEMENTS

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL

SOCCER

RUGBY

CHESS

ARCHERY

HANDBALL

BALLET

TENNIS

GYMNASTICS

100 METRE SPRINT

MARATHON

SHOTPUT

WEIGHT LIFTING

NETBALL

BASEBALL

AMERICAN FOOTBALL

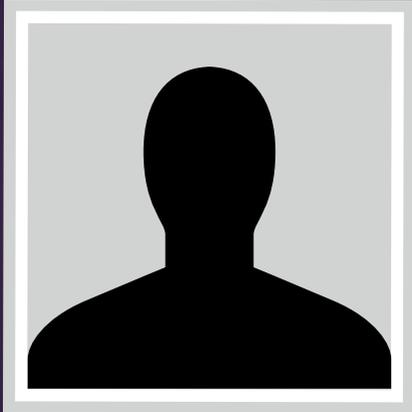
SUMO WRESTLING

DARTS

SNOOKER

NATURE PROFILE 2

NATURE PROFILE



AGE: 29 yrs

GENDER: MALE

HEIGHT: 6'6 (1.95M)

WEIGHT: 94KG

BODY FAT%: <10

ETHNICITY: AFRO-JAMAICAN

LIMB PROPORTIONS: LONG LEGS, LONG ARMS

AEROBIC / ANAEROBIC: ANAEROBIC

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL

SOCCER

RUGBY

CHESS

ARCHERY

HANDBALL

BALLET

TENNIS

GYMNASTICS

100 METRE SPRINT

MARATHON

SHOTPUT

WEIGHT LIFTING

NETBALL

BASEBALL

AMERICAN FOOTBALL

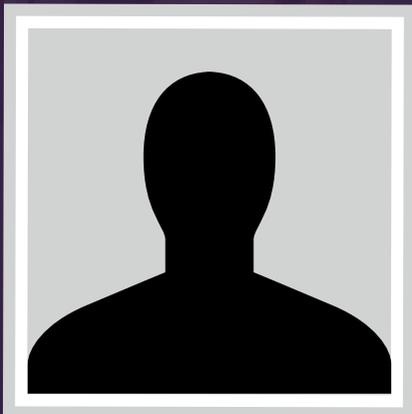
SUMO WRESTLING

DARTS

SNOOKER

NATURE PROFILE 3

NATURE PROFILE



AGE: 27

GENDER: MALE

HEIGHT: 6'3 (1.90M)

WEIGHT: 84 KG (185 LB)

BODY FAT: <12

ETHNICITY: AFRICAN AMERICAN

LIMB PROPORTIONS: LONG LEGS

COMPARED TO REST OF TORSO

AEROBIC / ANAEROBIC: EVEN SPLIT

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL

SOCCER

RUGBY

CHESS

ARCHERY

HANDBALL

BALLET

TENNIS

GYMNASTICS

100 METRE SPRINT

MARATHON

SHOTPUT

WEIGHT LIFTING

NETBALL

BASEBALL

AMERICAN FOOTBALL

SUMO WRESTLING

DARTS

SNOOKER

NATURE PROFILE 4

NATURE PROFILE



AGE: 32 yrs

GENDER: MALE

HEIGHT: 5'7 (1.71 M)

WEIGHT: 60KG

BODY FAT%: <10

ETHNICITY: AFRICAN

LIMB PROPORTIONS: LONG ARMS, LONG LEGS

AEROBIC / ANAEROBIC: AEROBIC

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL

SOCCER

RUGBY

CHESS

ARCHERY

HANDBALL

BALLET

TENNIS

GYMNASTICS

100 METRE SPRINT

MARATHON

SHOTPUT

WEIGHT LIFTING

NETBALL

BASEBALL

AMERICAN FOOTBALL

SUMO WRESTLING

DARTS

SNOOKER

NATURE PROFILE 5

NATURE PROFILE:



AGE: 13 YEARS 10 MONTHS
GENDER: MALE
HEIGHT: 5'8 (1.73 M)
WEIGHT: 66KG (145 LBS)
BODY FAT: 24%
ETHNICITY: WHITE AMERICAN
LIMB PROPORTIONS: UNKNOWN
AEROBIC / ANAEROBIC: NEITHER

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL
SOCCER
RUGBY
CHESS
ARCHERY
HANDBALL
BALLET
TENNIS
GYMNASTICS
100 METRE SPRINT
MARATHON
SHOTPUT
WEIGHT LIFTING
NETBALL
AMERICAN FOOTBALL
MIXED MARTIAL ARTS
DARTS
SNOOKER
CHESS

NATURE PROFILE 6

NATURE PROFILE



AGE: 31 YRS

GENDER: MALE

HEIGHT: 5'6 (1.72 M)

WEIGHT: 77KG

BODY FAT%: <10

ETHNICITY: ASIAN

LIMB PROPORTIONS: LONG BACK, SHORT FEMURS

AEROBIC / ANAEROBIC: ANAEROBIC

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL

SOCCER

RUGBY

CHESS

ARCHERY

HANDBALL

BALLET

TENNIS

GYMNASTICS

100 METRE SPRINT

MARATHON

SHOTPUT

WEIGHT LIFTING

NETBALL

BASEBALL

AMERICAN FOOTBALL

SUMO WRESTLING

DARTS

SNOOKER

NATURE PROFILE 7

NATURE PROFILE:



AGE: 34 YRS

GENDER: FEMALE

HEIGHT: 5'8 (1.73 M)

WEIGHT: 61KG (134 LBS)

BODY FAT: <14

ETHNICITY: EUROPEAN AMERICAN

LIMB PROPORTIONS: NOTHING TO NOTE

AEROBIC / ANAEROBIC: KNOWN FOR BOTH

3: SUITABLE SPORTS

SPORT DISCIPLINE

BASKETBALL

SOCCER

RUGBY

CHESS

ARCHERY

HANDBALL

BALLET

TENNIS

GYMNASTICS

100 METRE SPRINT

MARATHON

SHOTPUT

WEIGHT LIFTING

NETBALL

BASEBALL

AMERICAN FOOTBALL

SUMO WRESTLING

DARTS

SNOOKER