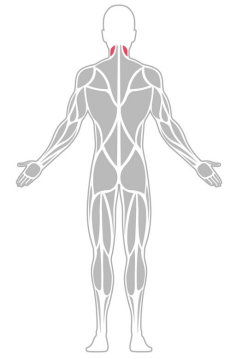
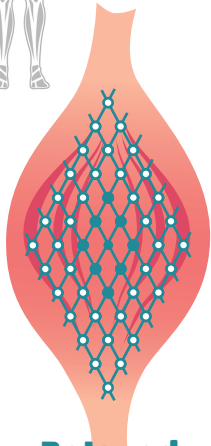


# FUNCTIONAL LONGEVITY BONUS



## THE FUNCTIONAL LONGEVITY SELF-TEST

Your Personal Check-Up for Cell Vitality & Muscle Freedom

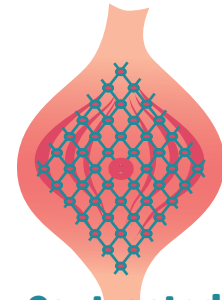
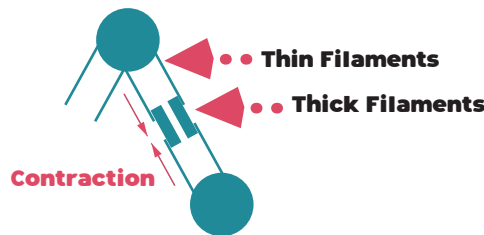


**Relaxed**

**Healthy muscle at rest** = soft, elastic, undefined.

If your muscle cannot return immediately to a relaxed state, you are operating with the handbrake engaged.

## THE MUSCLE RESET CHECK



permanently **Contracted**

**Warning sign** = visible, hardened, always „active“.

## CELL VITALITY AND MUSCLE FREEDOM

Think of your muscles as high-quality elastic bands: resilient, supple, and powerful. A common misconception suggests that a “fit” muscle must always feel hard. In reality, the opposite is true. A healthy muscle generates firmness only under load – at rest, it is soft and compliant.

The ability to return fully to a relaxed state after contraction is a core marker of functional health. If tissue remains firm or visibly defined while lying down or sitting comfortably, this often indicates structural dysfunction and an activated protective program. In this mode, the body invests energy in stabilization rather than regeneration.

What is frequently overlooked is that muscles are not only force generators, but protective shock absorbers. During sudden stress – such as stumbling or slipping – they are designed to yield elastically and absorb impact before it reaches the skeletal system. Chronically elevated resting tone reduces this buffering capacity. Instead of adapting flexibly, forces are transmitted more directly, increasing stress on joints, discs, and bones. Tissue that cannot release does not protect – it compensates.

Persistent tension also interferes with the production of key signaling molecules known as myokines. These communicate with the brain and organs and support cellular vitality. Only muscle tissue capable of alternating between contraction and complete relaxation can fulfill this role effectively.

**To assess your current position realistically, we examine five key areas:**

**Training Load** – How strong is your physical stimulus? Find your individual sweet spot.

**Tactile sensation/Pain** – How do your muscles feel: hard or soft, painful or just pressure? Use the method from the book or choose your weakest/most vulnerable muscle group. The thigh and neck muscles are often good candidates for a meaningful test.

**Optic**– Stand in front of a mirror and look at yourself: Do you see muscle groups that are clearly defined (tense, with high tone) despite your relaxed posture? At this point, absolute honesty and no trickery are appropriate.

**Mobility** – Is movement fluid or compensated? Can you do proper squats, move your head or torso, bend over?

**Sleep** – How restorative is your sleep? Beside the sleep tracker, how rested do you feel? How resilient are you?

No single value determines your state; it is the interaction that matters. Moderate training combined with supple tissue, minimal discomfort, free mobility, and restorative sleep indicates adaptive balance.

When multiple values rise simultaneously – for example, Training Load 6–8 with Haptics, Pain, and Mobility in the 3–5 range and declining sleep quality – the system begins to accumulate strain. This is where you gradually move beyond the regenerative zone.

**On the following pages, you will find two simple tracking approaches – use the method explained in the book:**

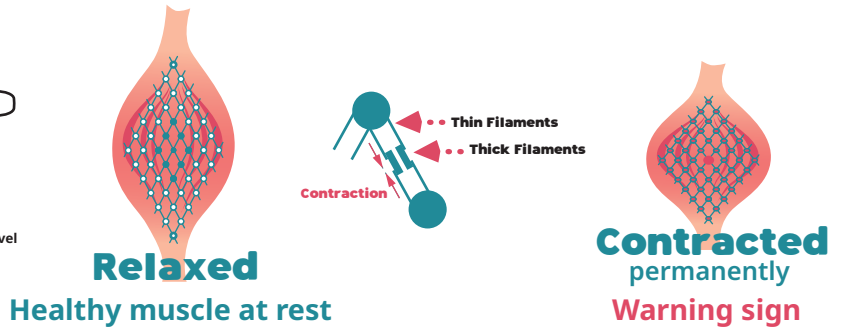
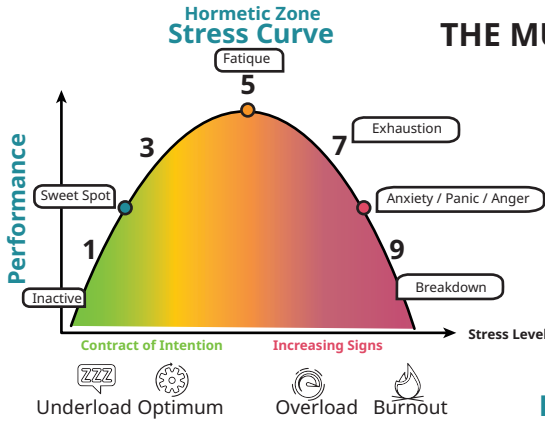
– A *monthly* scale for a quick system check

– A *yearly* overview to monitor trends

Track patterns, not isolated numbers. You are only as resilient as your weakest link – and longevity begins where tension is allowed to release.

# FUNCTIONAL LONGEVITY

## THE MUSCLE CONTROL CHECK



If your muscle cannot return immediately to a relaxed state, you are operating with the handbrake engaged.

SWEET SPOT ●		ACCUMULATION ZONE ●		OVERLOAD / AKA-V ACTIVATION ●	
Training load	3	Training Load	6-8	Training Load	7-10
Haptics / Pain	0-2	Haptics / Pain	3-5	Haptics / Pain	6-10
Optics	1-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
Stimulus present, but no residual stress. Tension completely dissipates after exertion.		Regeneration is no longer completely sufficient; but still reversible.		Burnout mechanism, Chronic residual tension. Pain as a late marker. Exiting hormesis.	
<b>Myokines Quality &amp; Quantity</b>		<b>Management zone</b>		<b>Disease curve entry</b>	

*You are only as strong as your weakest link.* Do not evaluate your best area. Identify the unit that feels tight, restricted, or compensating. Rate this weakest unit in the following five categories and connect it with each other. Scale: 0 = perfect 5 = action required / close observation 10 = unacceptable

### Example (0 -- 10)

- Restricted Mobility
- Comfortable Mobility

### Optic (0 -- 10)

- Shaped /Defined
- Smooth /Undefined

### Mobility (0 -- 10)

- Restricted Mobility
- Comfortable Mobility

### Haptic (0 -- 10)

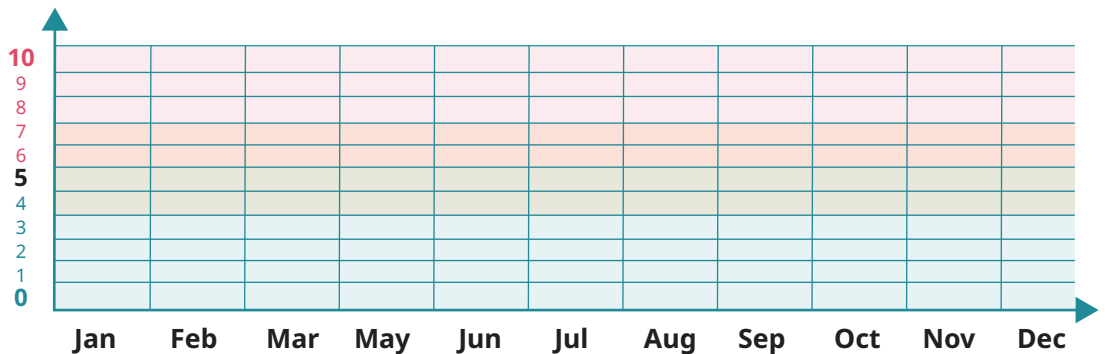
- Hard /Painful
- Soft /No Pain

	6	6	4	3	2	1	1	1	...		
Restricted Mobility	X	X									
Comfortable Mobility			X	X	X	X	X	X	...		
Shaped /Defined											
Smooth /Undefined											
Restricted Mobility											
Comfortable Mobility											
Hard /Painful											
Soft /No Pain											
	Jan	Feb	Mar	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

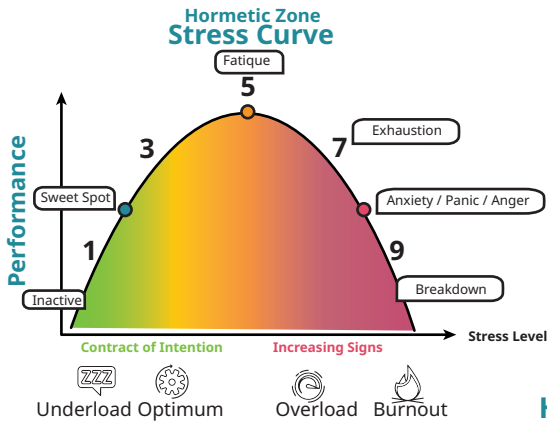
Record your monthly ratings using three different colors. Consistency matters — assess at the same time each month.

#### Remember:

*You are only as strong as your weakest link.* Do not average. Track the highest value. Longevity declines quietly — follow the peak, not the mean.



# FUNCTIONAL LONGEVITY

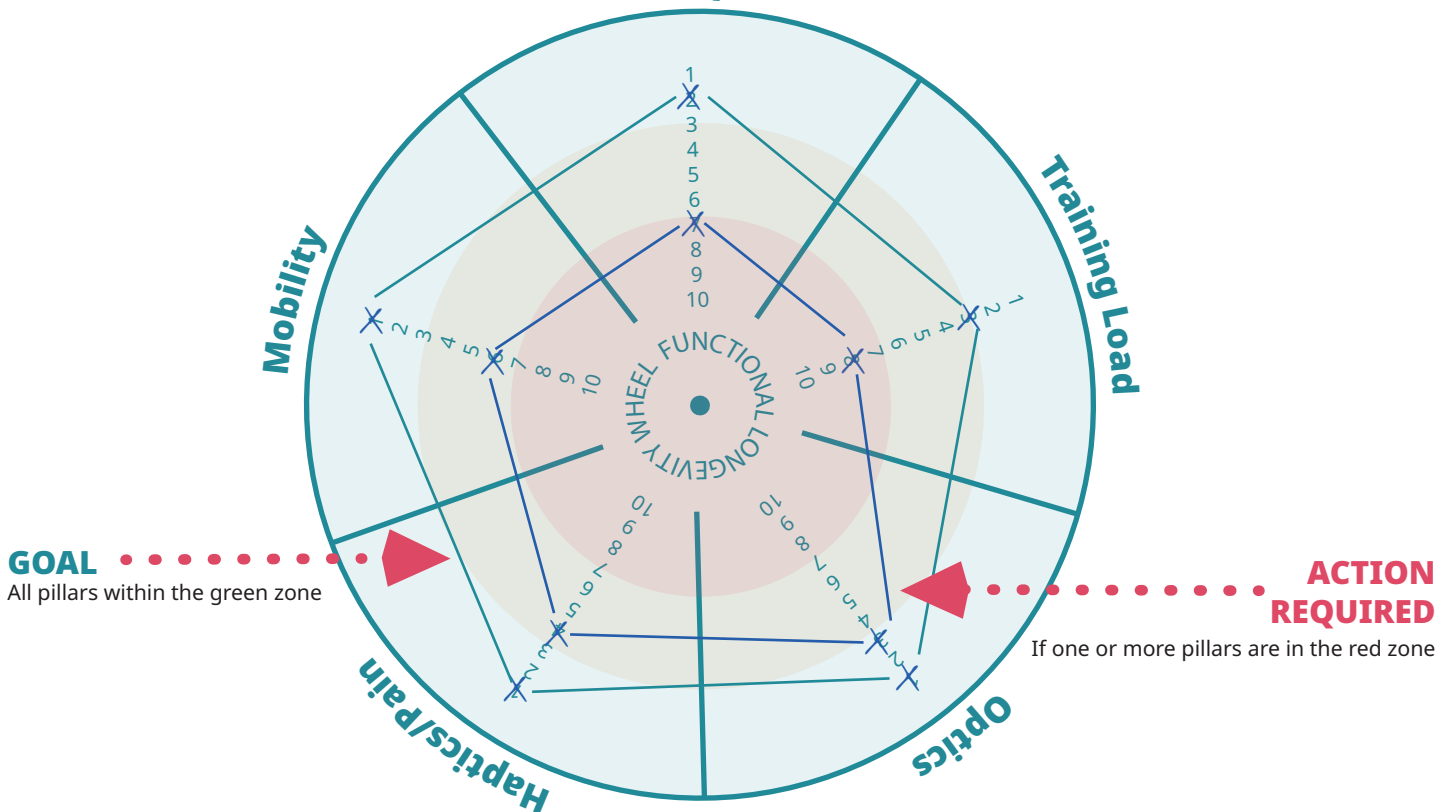


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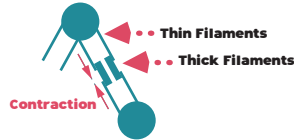
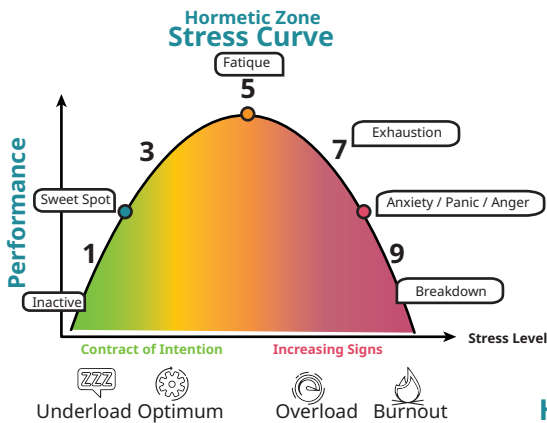
SWEET SPOT ●	ACCUMULATION ZONE ●	OVERLOAD / AKA-V ACTIVATION ●
Training load: 3	Training Load: 6-8	Training Load: 7-10
Haptics / Pain: 0-2	Haptics / Pain: 3-5	Haptics / Pain: 6-10
Optics: 1-2	Optics: 3-5	Optics: 6-10
Mobility: 0-1	Mobility: 3-5	Mobility: 6-10
Sleep: 0-3	Sleep: 3-6	Sleep: 6-10
Stimulus present, but no residual stress. Tension completely dissipates after exertion. <b>Myokines Quality &amp; Quantity</b>	Regeneration is no longer completely sufficient; but still reversible. <b>Management zone</b>	Burnout mechanism, Chronic residual tension. Pain as a late marker. Exiting hormesis. <b>Disease curve entry</b>

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## Example Month Sleep



# FUNCTIONAL LONGEVITY

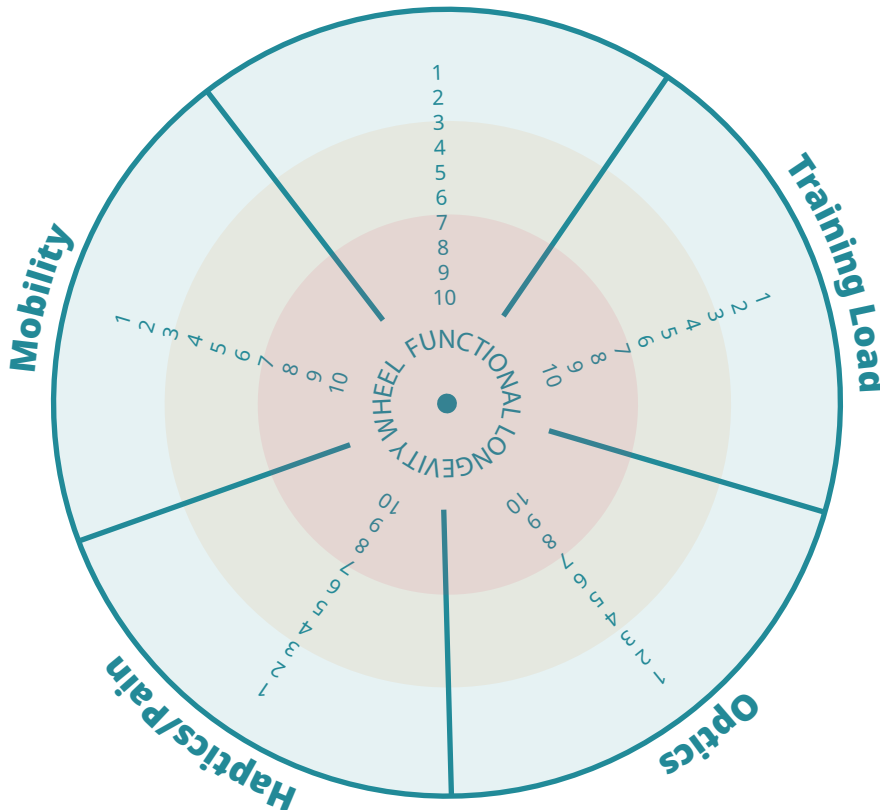


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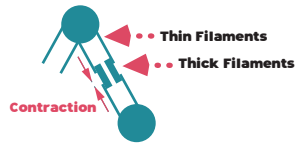
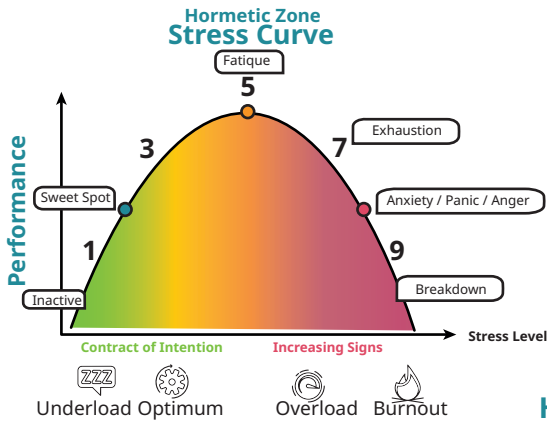
SWEET SPOT	●	ACCUMULATION ZONE	●	OVERLOAD / AKA-V ACTIVATION	●
Training load	3	Training Load	6-8	Training Load	7-10
Haptics / Pain	0-2	Haptics / Pain	3-5	Haptics / Pain	6-10
Optics	1-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
Stimulus present, but no residual stress. Tension completely dissipates after exertion.		Regeneration is no longer completely sufficient; but still reversible.		Burnout mechanism, Chronic residual tension. Pain as a late marker. Exiting hormesis.	
<b>Myokines Quality &amp; Quantity</b>		<b>Management zone</b>		<b>Disease curve entry</b>	

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## January Sleep



# FUNCTIONAL LONGEVITY

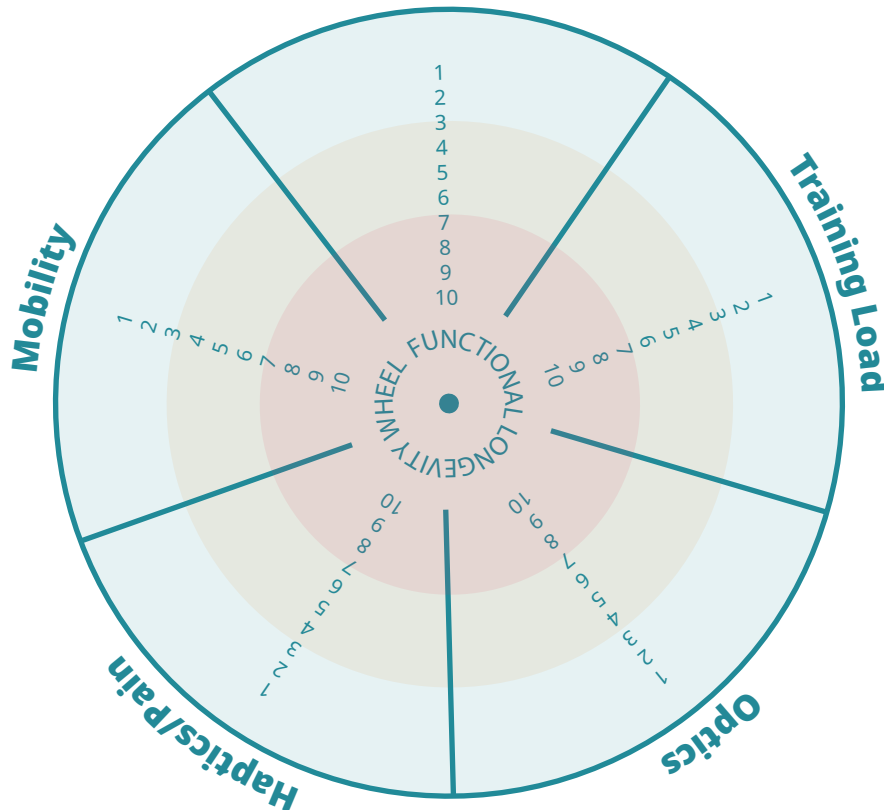


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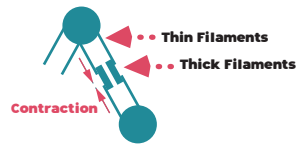
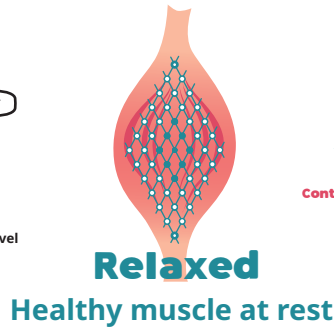
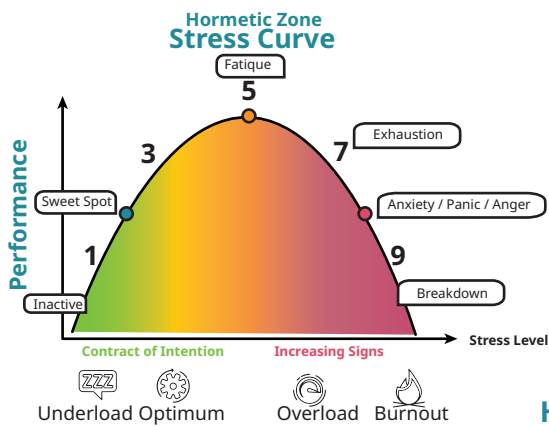
SWEET SPOT	●	ACCUMULATION ZONE	●	OVERLOAD / AKA-V ACTIVATION	●
Training load	3	Training Load	6-8	Training Load	7-10
Haptics / Pain	0-2	Haptics / Pain	3-5	Haptics / Pain	6-10
Optics	1-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
Stimulus present, but no residual stress.		Regeneration is no longer completely sufficient; but still reversible.		Burnout mechanism, Chronic residual tension.	
Tension completely dissipates after exertion.		Management zone		Pain as a late marker. Exiting hormesis.	
<b>Myokines Quality &amp; Quantity</b>				<b>Disease curve entry</b>	

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## February Sleep



# FUNCTIONAL LONGEVITY

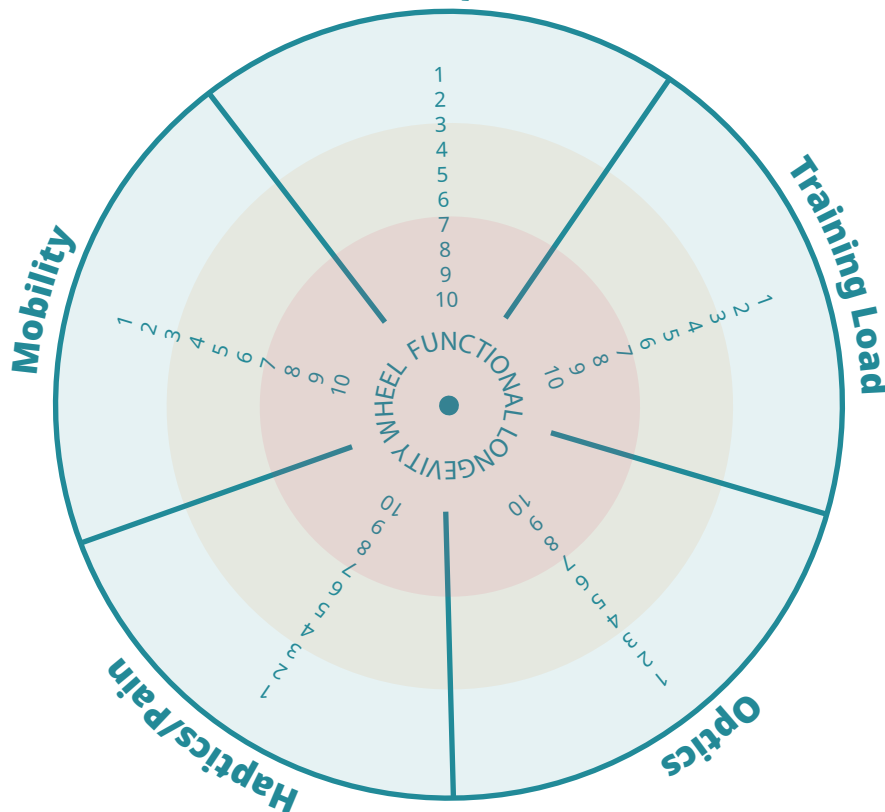


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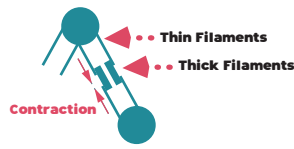
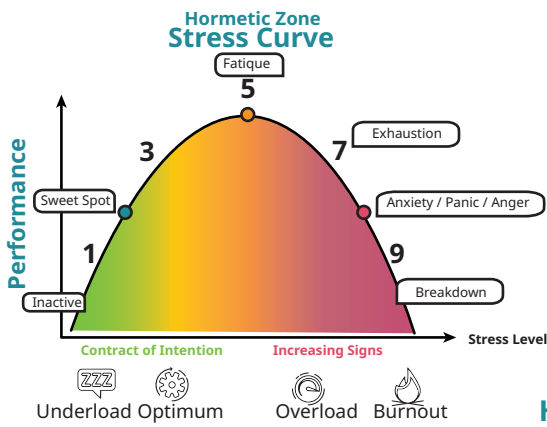
SWEET SPOT ●	ACCUMULATION ZONE ●	OVERLOAD / AKA-V ACTIVATION ●
Training load 3	Training Load 6-8	Training Load 7-10
Haptics / Pain 0-2	Haptics / Pain 3-5	Haptics / Pain 6-10
Optics 1-2	Optics 3-5	Optics 6-10
Mobility 0-1	Mobility 3-5	Mobility 6-10
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## March Sleep



# FUNCTIONAL LONGEVITY

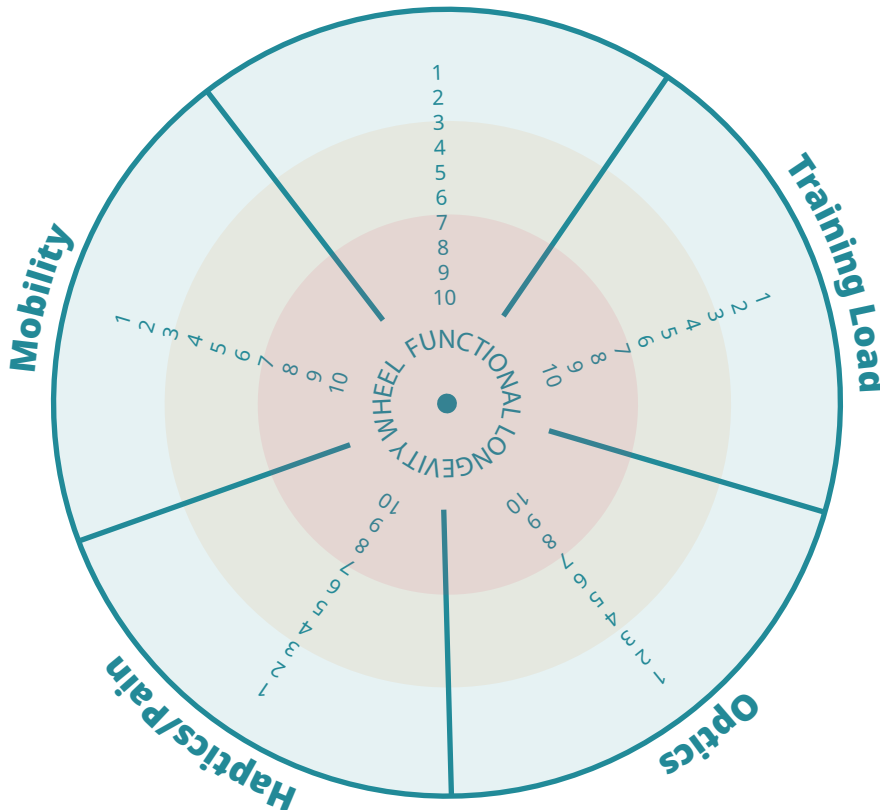


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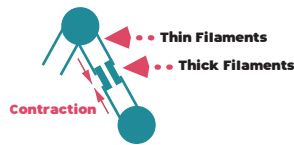
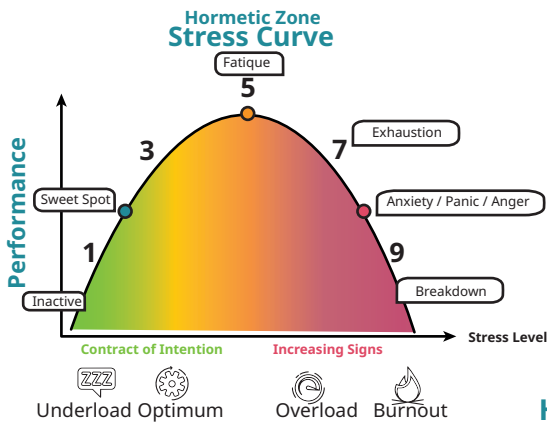
SWEET SPOT ●	ACCUMULATION ZONE ●	OVERLOAD / AKA-V ACTIVATION ●
Training load 3	Training Load 6-8	Training Load 7-10
Haptics / Pain 0-2	Haptics / Pain 3-5	Haptics / Pain 6-10
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## April Sleep



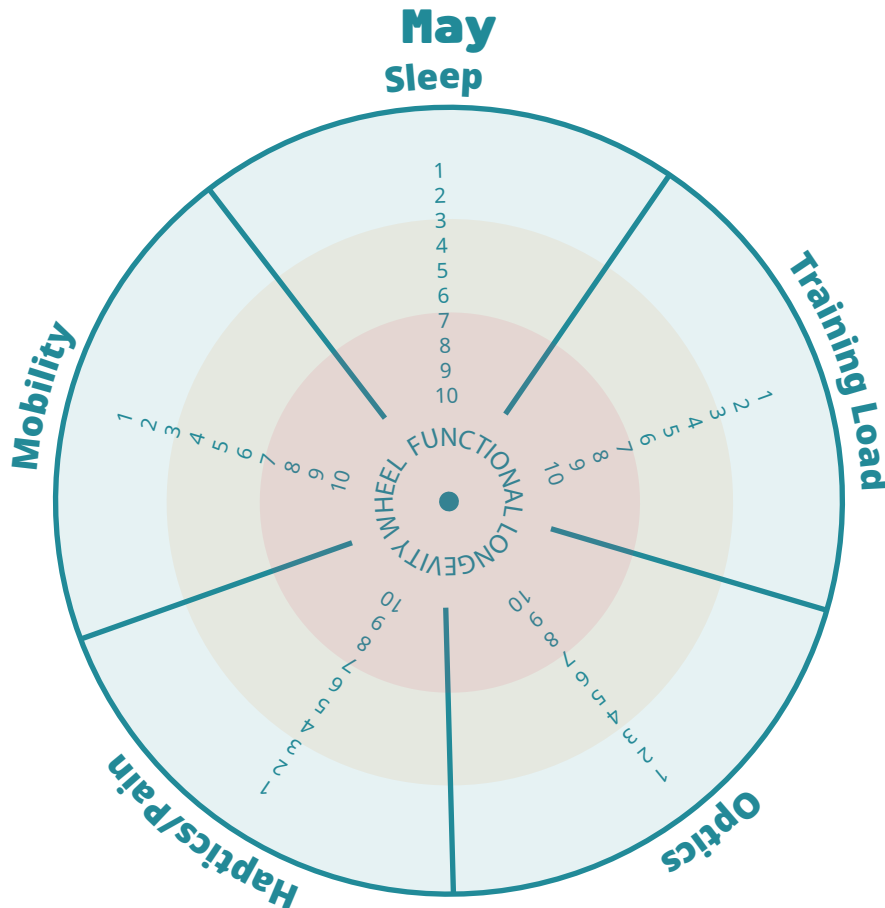
# FUNCTIONAL LONGEVITY



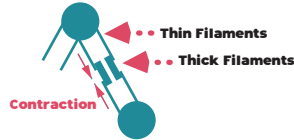
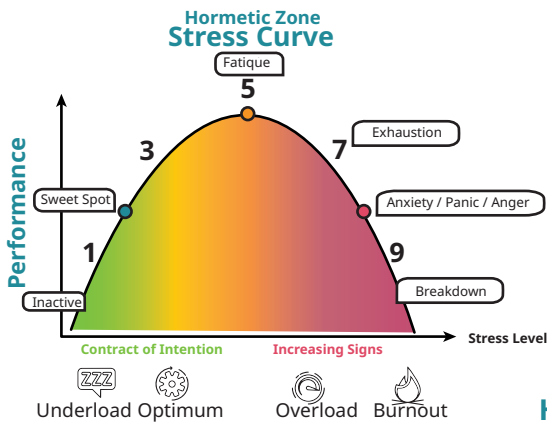
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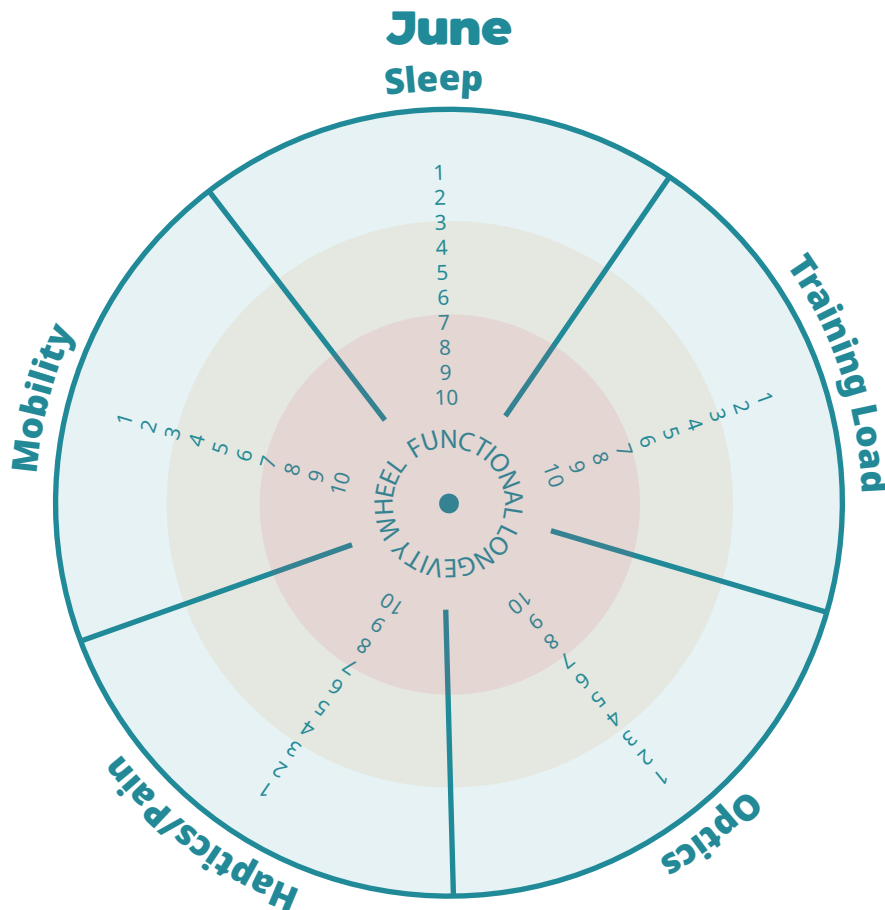
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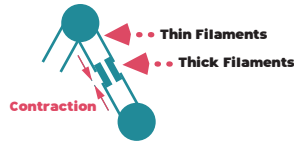
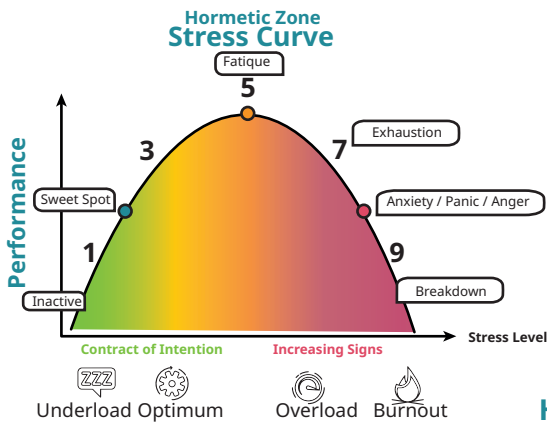
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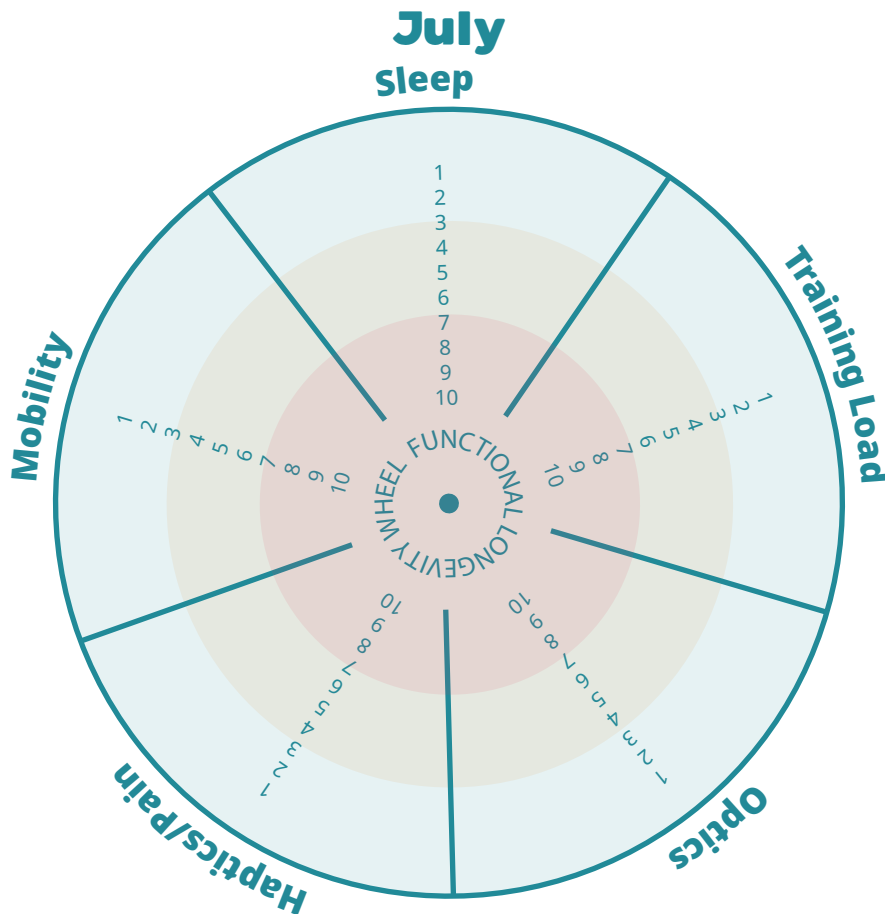
# FUNCTIONAL LONGEVITY



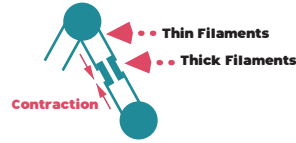
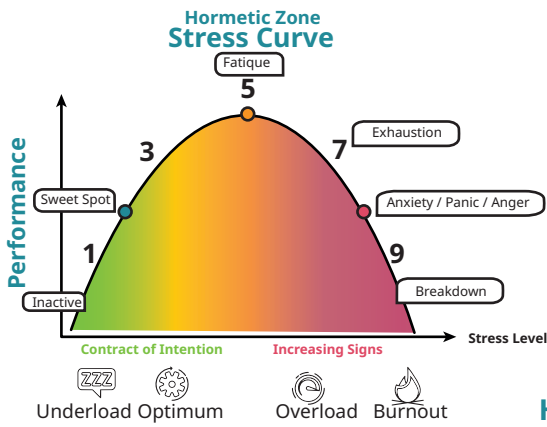
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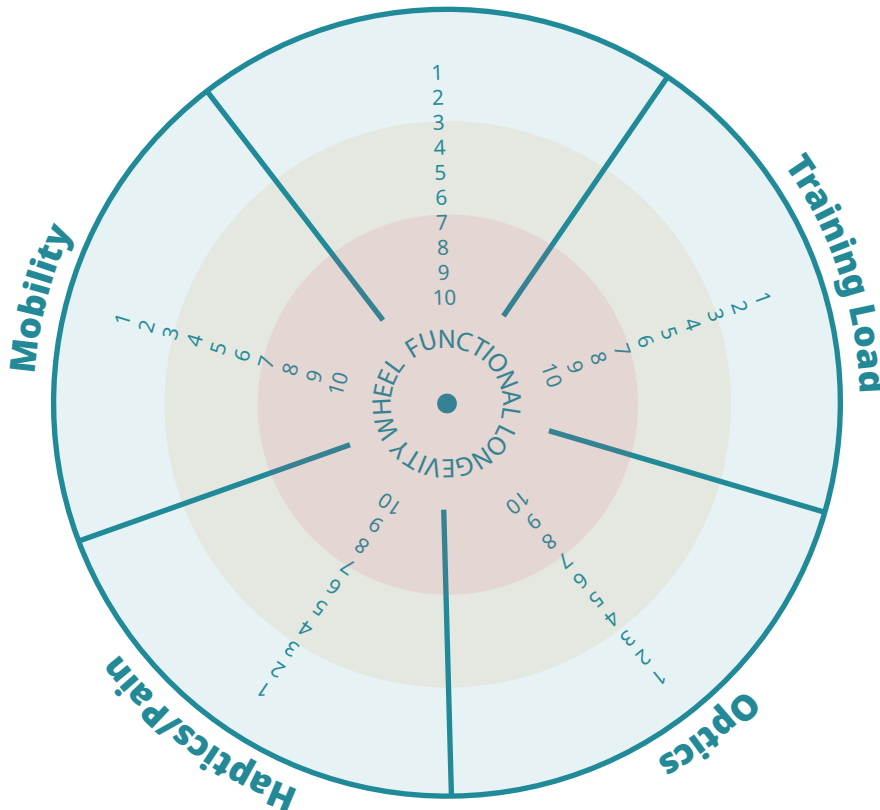


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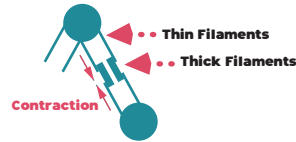
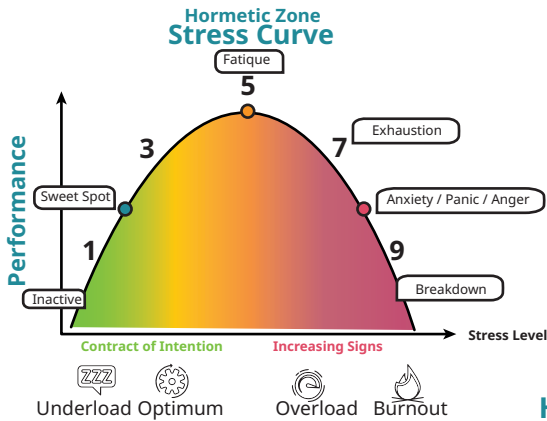
SWEET SPOT	●	ACCUMULATION ZONE	●	OVERLOAD / AKA-V ACTIVATION	●
Training load	3	Training Load	6-8	Training Load	7-10
Haptics / Pain	0-2	Haptics / Pain	3-5	Haptics / Pain	6-10
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## August Sleep



# FUNCTIONAL LONGEVITY

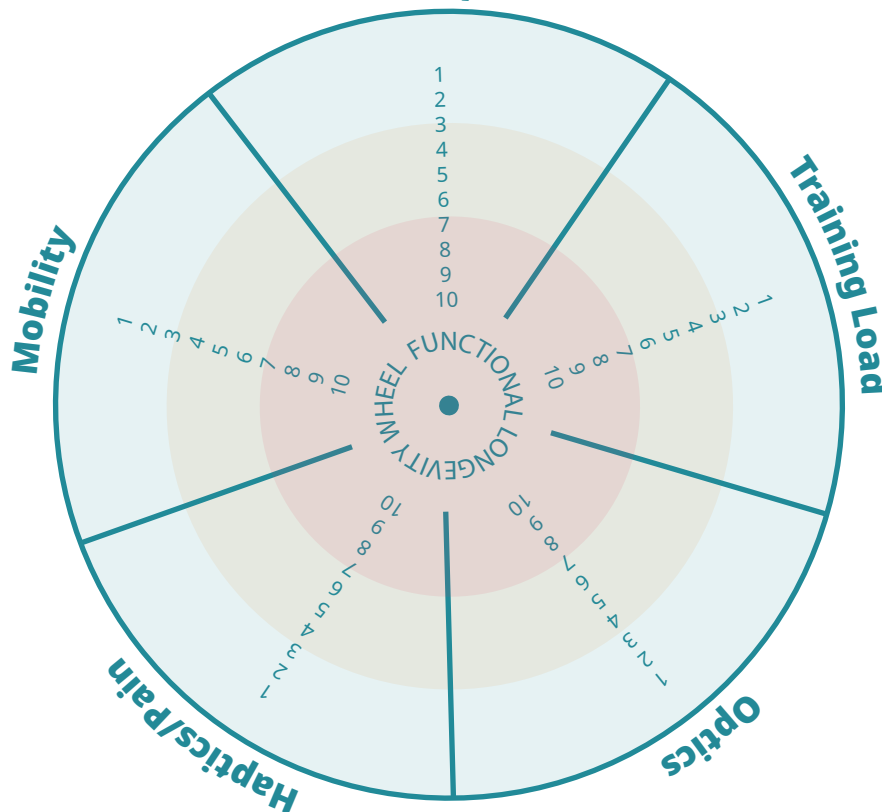


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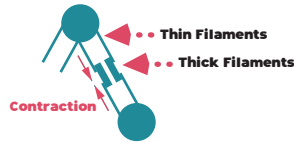
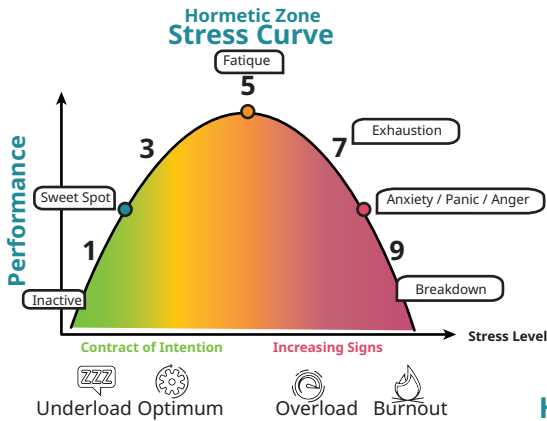
SWEET SPOT	●	ACCUMULATION ZONE	●	OVERLOAD / AKA-V ACTIVATION	●
Training load	3	Training Load	6-8	Training Load	7-10
Haptics / Pain	0-2	Haptics / Pain	3-5	Haptics / Pain	6-10
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Stimulus present, but no residual stress. Tension completely dissipates after exertion.		Regeneration is no longer completely sufficient; but still reversible.		Burnout mechanism, Chronic residual tension. Pain as a late marker. Exiting hormesis.	
<b>Myokines Quality &amp; Quantity</b>		<b>Management zone</b>		<b>Disease curve entry</b>	

*You are only as strong as your weakest link.* Do not evaluate your best area. Identify the unit that feels tight, restricted, or compensating. Rate this weakest unit in the following five categories and connect it with each other. Scale: 0 = perfect 5 = action required / close observation 10 = unacceptable

## September Sleep



# FUNCTIONAL LONGEVITY



If your muscle cannot return immediately to a relaxed state, you are operating with the handbrake engaged.

### SWEET SPOT ●

Training load	3
Haptics / Pain	0-2
Optics	1-2
Mobility	0-1
Sleep	0-3

Stimulus present, but no residual stress.  
Tension completely dissipates after exertion.

### Myokines Quality & Quantity

### ACCUMULATION ZONE ●

Training Load	6-8
Haptics / Pain	3-5
Optics	3-5
Mobility	3-5
Sleep	3-6

Regeneration is no longer completely sufficient; but still reversible.

### Management zone

### OVERLOAD / AKA-V ACTIVATION ●

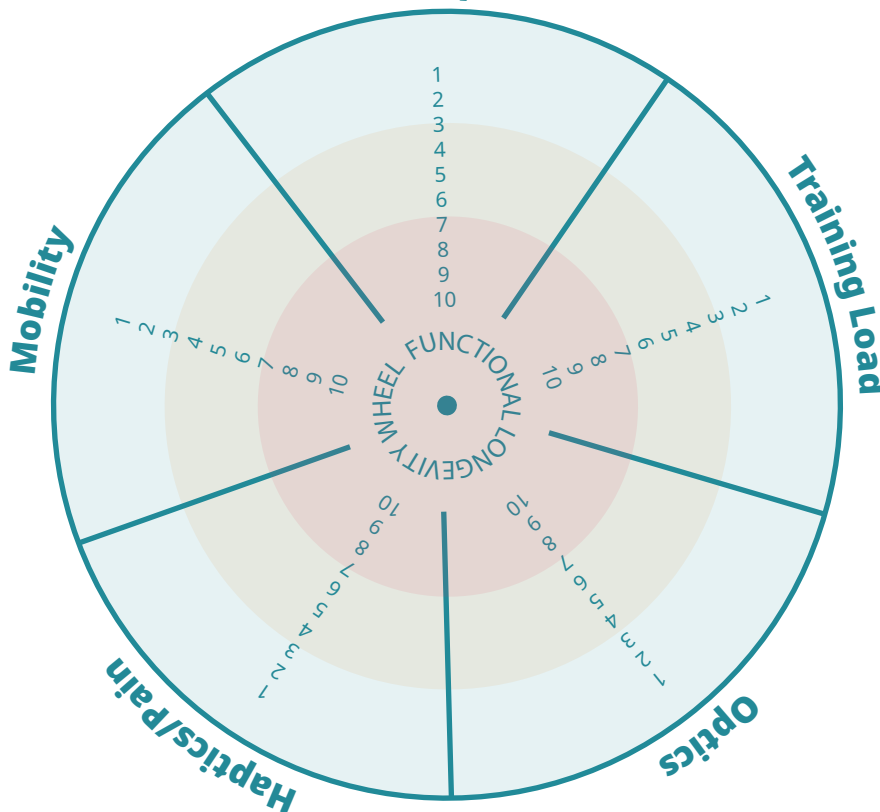
Training Load	7-10
Haptics / Pain	6-10
Optics	6-10
Mobility	6-10
Sleep	6-10

Burnout mechanism, Chronic residual tension.  
Pain as a late marker. Exiting hormesis.

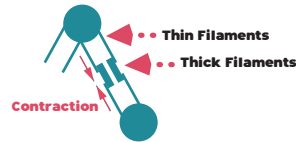
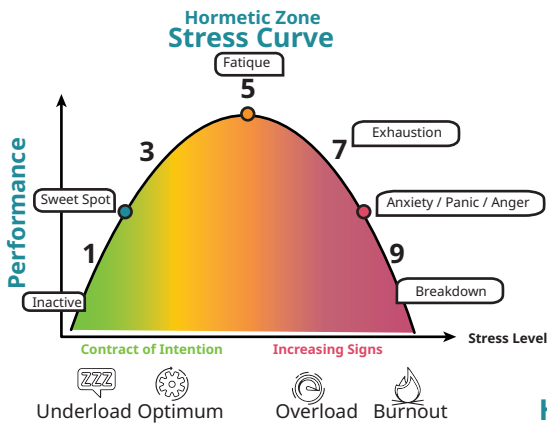
### Disease curve entry

*You are only as strong as your weakest link.* Do not evaluate your best area. Identify the unit that feels tight, restricted, or compensating. Rate this weakest unit in the following five categories and connect it with each other. Scale: 0 = perfect 5 = action required / close observation 10 = unacceptable

## October Sleep



# FUNCTIONAL LONGEVITY



If your muscle cannot return immediately to a relaxed state, you are operating with the handbrake engaged.

### SWEET SPOT

Training load	3
Haptics / Pain	0-2
Optics	1-2
Mobility	0-1
Sleep	0-3

Stimulus present, but no residual stress.  
Tension completely dissipates after exertion.

### Myokines Quality & Quantity

### ACCUMULATION ZONE

Training Load	6-8
Haptics / Pain	3-5
Optics	3-5
Mobility	3-5
Sleep	3-6

Regeneration is no longer completely sufficient; but still reversible.

### Management zone

### OVERLOAD / AKA-V ACTIVATION

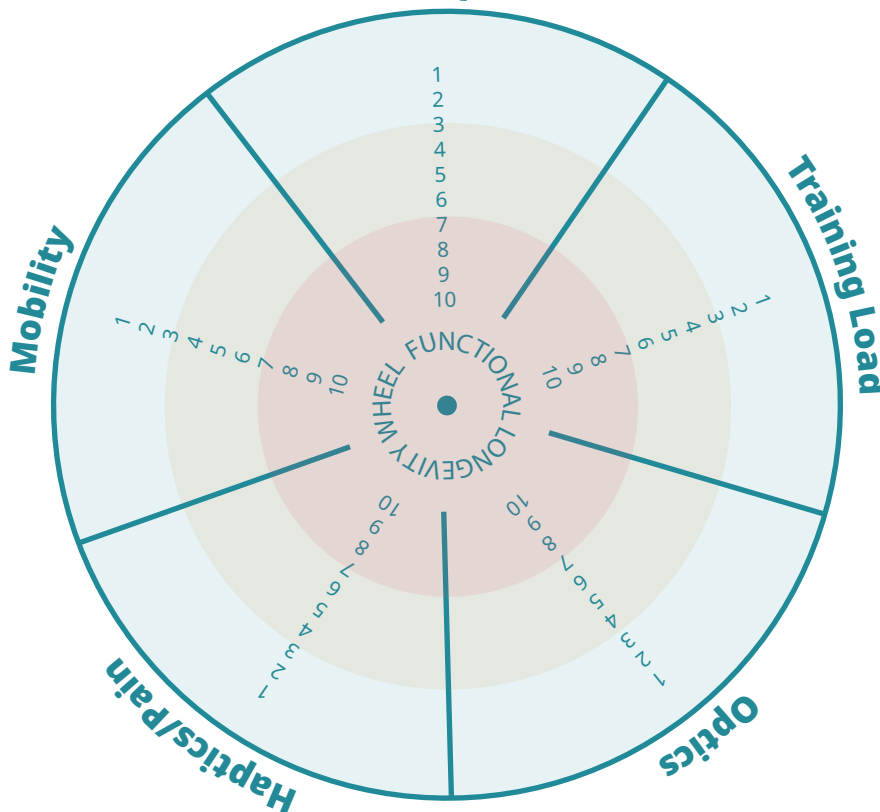
Training Load	7-10
Haptics / Pain	6-10
Optics	6-10
Mobility	6-10
Sleep	6-10

Burnout mechanism, Chronic residual tension.  
Pain as a late marker. Exiting hormesis.

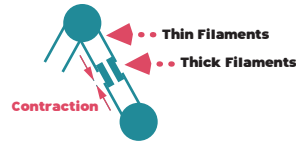
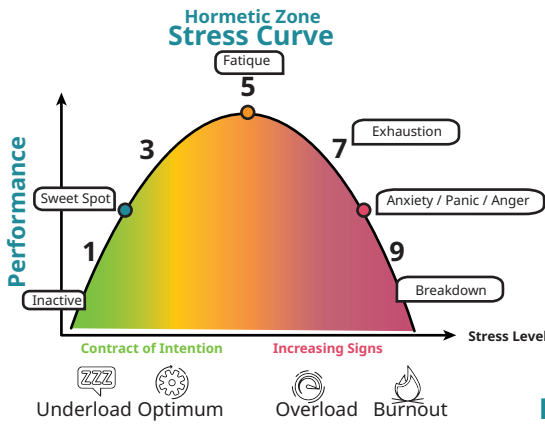
### Disease curve entry

You are only as strong as your weakest link. Do not evaluate your best area. Identify the unit that feels tight, restricted, or compensating. Rate this weakest unit in the following five categories and connect it with each other. Scale: 0 = perfect 5 = action required / close observation 10 = unacceptable

## November Sleep



# FUNCTIONAL LONGEVITY



If your muscle cannot return immediately to a relaxed state, you are operating with the handbrake engaged.

SWEET SPOT	●	ACCUMULATION ZONE	●	OVERLOAD / AKA-V ACTIVATION	●
Training load	3	Training Load	6-8	Training Load	7-10
Haptics / Pain	0-2	Haptics / Pain	3-5	Haptics / Pain	6-10
Optics	1-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
Stimulus present, but no residual stress. Tension completely dissipates after exertion.		Regeneration is no longer completely sufficient; but still reversible.		Burnout mechanism, Chronic residual tension. Pain as a late marker. Exiting hormesis.	
<b>Myokines Quality &amp; Quantity</b>		<b>Management zone</b>		<b>Disease curve entry</b>	

You are only as strong as your weakest link. Do not evaluate your best area. Identify the unit that feels tight, restricted, or compensating. Rate this weakest unit in the following five categories and connect it with each other. Scale: 0 = perfect 5 = action required / close observation 10 = unacceptable

## December Sleep

