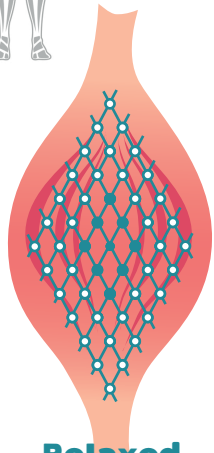
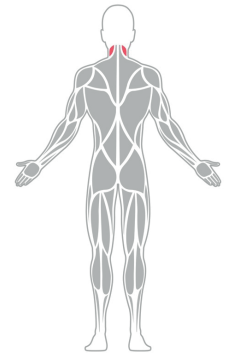


# FUNCTIONAL LONGEVITY

## BONUS

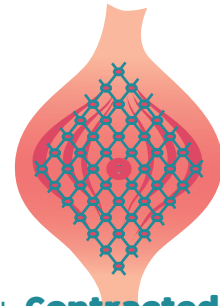
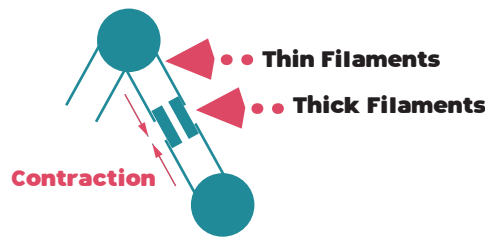
### YOUR MUSCLE SELF-TEST

Your personal check-up for cell vitality & muscle freedom



#### Relaxed

Healthy muscle at rest = soft, elastic, undefined.



#### permanently Contracted

Warning sign = visibly defined, hard, always „active“.

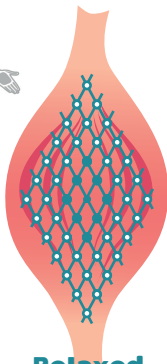
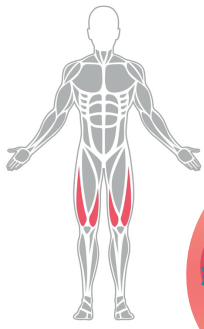
*„If your muscle cannot return immediately to a relaxed state, you are operating with the handbrake engaged.“ — Gianluca Di Benedetto*

## CELL VITALITY AND MUSCLE FREEDOM

Think of your muscles as high-quality elastic bands: strong, resilient – and fully relaxed when at rest. A healthy muscle generates tension under load and returns completely to its soft resting state afterward – this ability is the core indicator of functional health.

Whether you barely move or train every day – both extremes leave their mark. Too little stimulus lets the system atrophy, too much without recovery causes it to harden. The goal is neither maximum muscle definition nor pain on the couch. It is the awareness of where your body actually stands right now – and the ability to read it, without expensive technology or obsessive tracking.

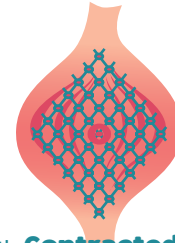
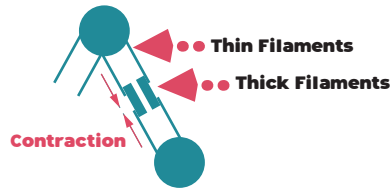
When tissue remains permanently tense, your body invests energy in stabilization instead of regeneration. Muscles that cannot release compensate instead of protect – and suppress the production of myokines, the signaling molecules that regulate your brain, your organs, and your cells.



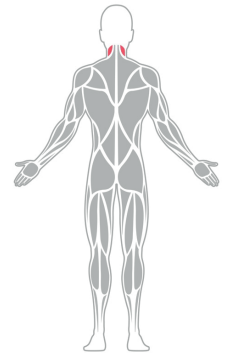
**Relaxed**  
Healthy muscle at rest =  
soft, elastic, undefined.

# The 5 Indicators

Your personal check-up for  
cell vitality & muscle freedom



permanently **Contracted**  
**Warning sign =**  
visibly defined, hard, always „active“.



## YOUR FIVE INDICATORS

### 01 — Training Load

How little or how much are you challenging your body with movement? Find your sweet spot – between atrophy and overload.

### 02 — Haptics / Pain

Does your muscle tissue feel hard or painful?  
Or is it soft and pressure-free?

### 03 — Optics

Do you see muscle groups in the mirror that look visibly defined despite a relaxed posture? Be honest – the mirror doesn't lie.

### 04 — Mobility

Does your squat flow freely? Can you rotate your head and torso freely and without pain? Can you lie flat without a pillow?

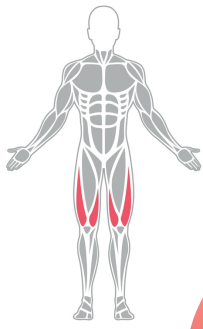
### 05 — Sleep

How restorative is your night – beyond what any tracker tells you?  
How quickly do you recover after exertion?

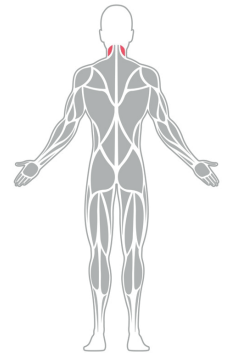
No single value determines your state – what matters is the interaction. When multiple indicators rise simultaneously, you are moving beyond the regenerative zone. Track patterns, not isolated numbers.

On the following pages you will find two tracking tools:  
a monthly quick-check and a yearly overview.

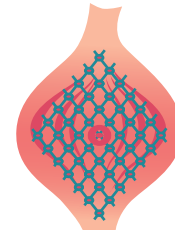
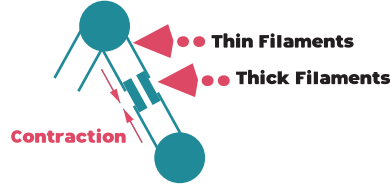
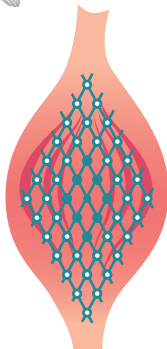




# FUNCTIONAL LONGEVITY BONUS



## YOUR MUSCLE SELF-TEST



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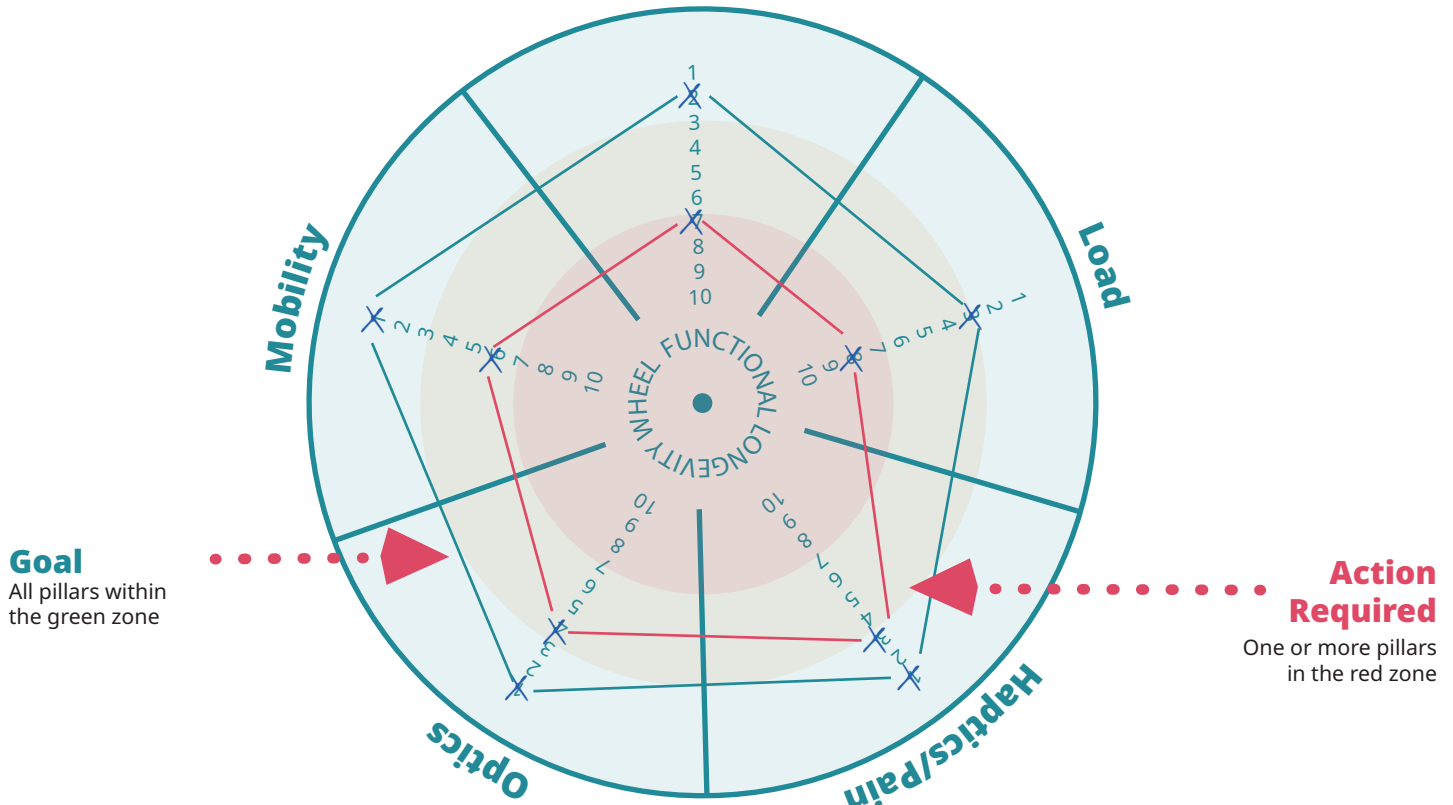
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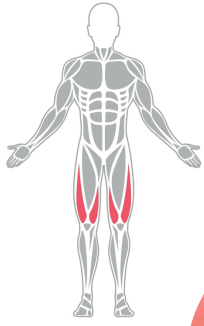
Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
Stimulus present, no residual stress.		Regeneration incomplete – still reversible.		Burnout mechanism.	
Myokines active.		<b>Management Zone</b>		<b>Disease Curve Entry</b>	
<b>Myokines Quality &amp; Quantity</b>					

You are only as strong as your weakest link. Don't rate your best – find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable



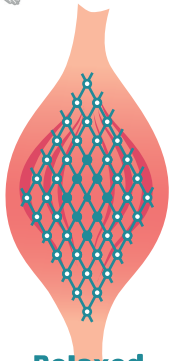
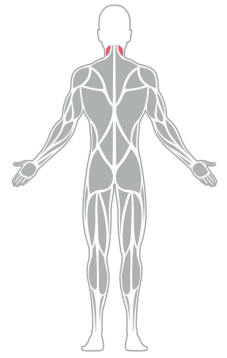
## Example Month Sleep



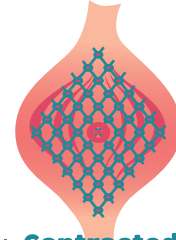
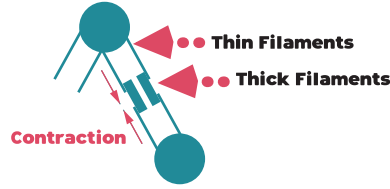


# FUNCTIONAL LONGEVITY BONUS

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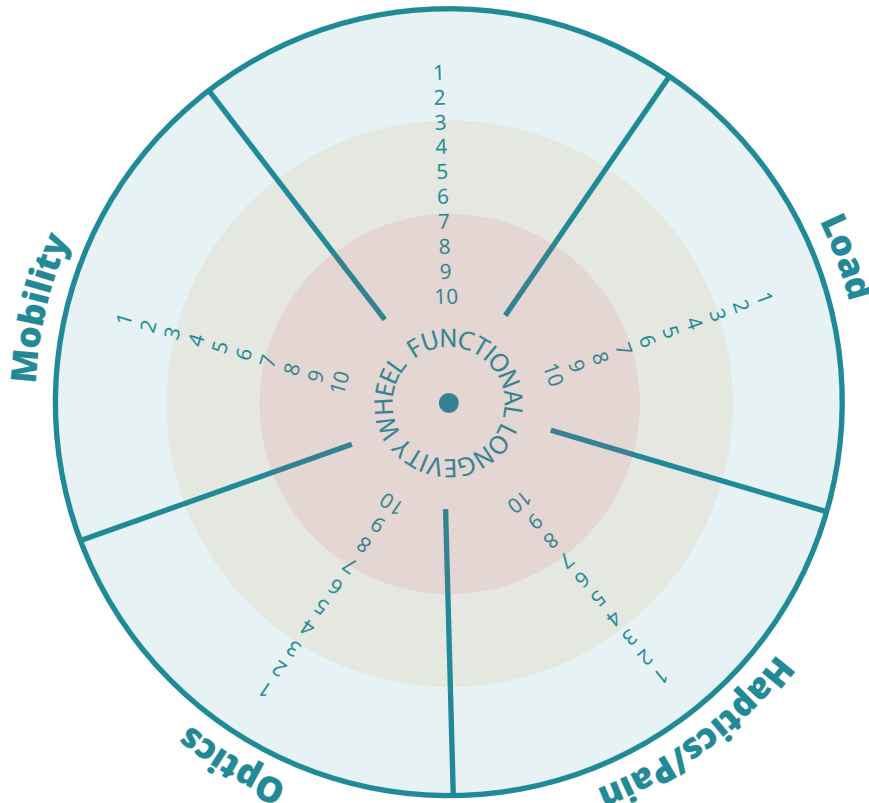
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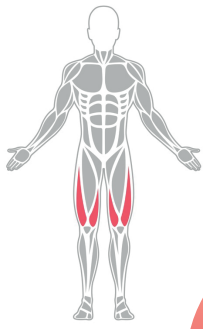
Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
Stimulus present, no residual stress.		Regeneration incomplete – still reversible.		Burnout mechanism.	
Myokines active.		<b>Management Zone</b>		Chronic tension.	
<b>Myokines Quality &amp; Quantity</b>				<b>Disease Curve Entry</b>	

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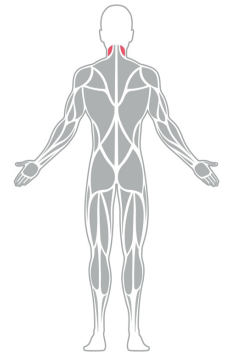


### January sleep

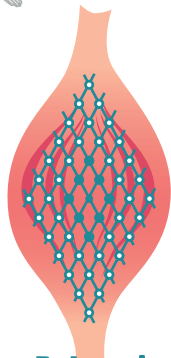




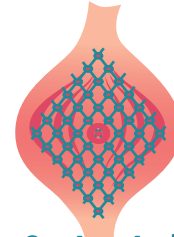
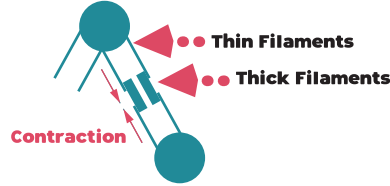
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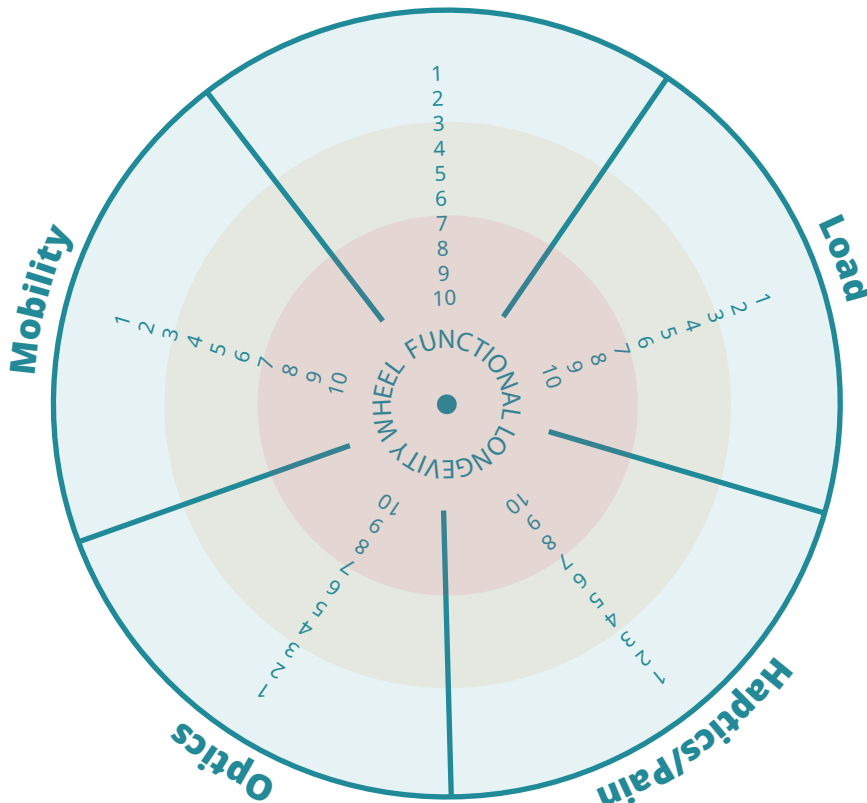
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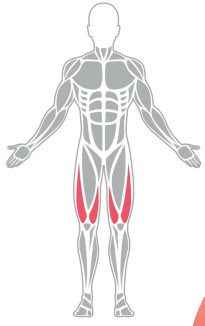
Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
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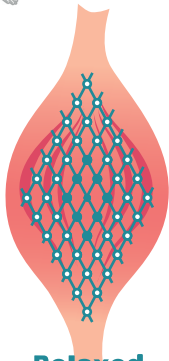
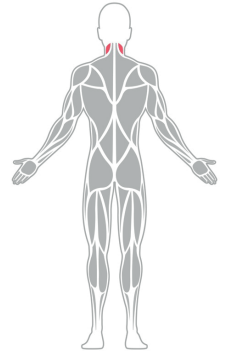
## February Sleep



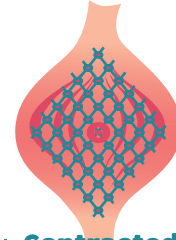
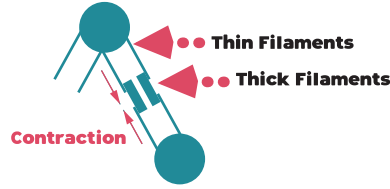


# FUNCTIONAL LONGEVITY BONUS

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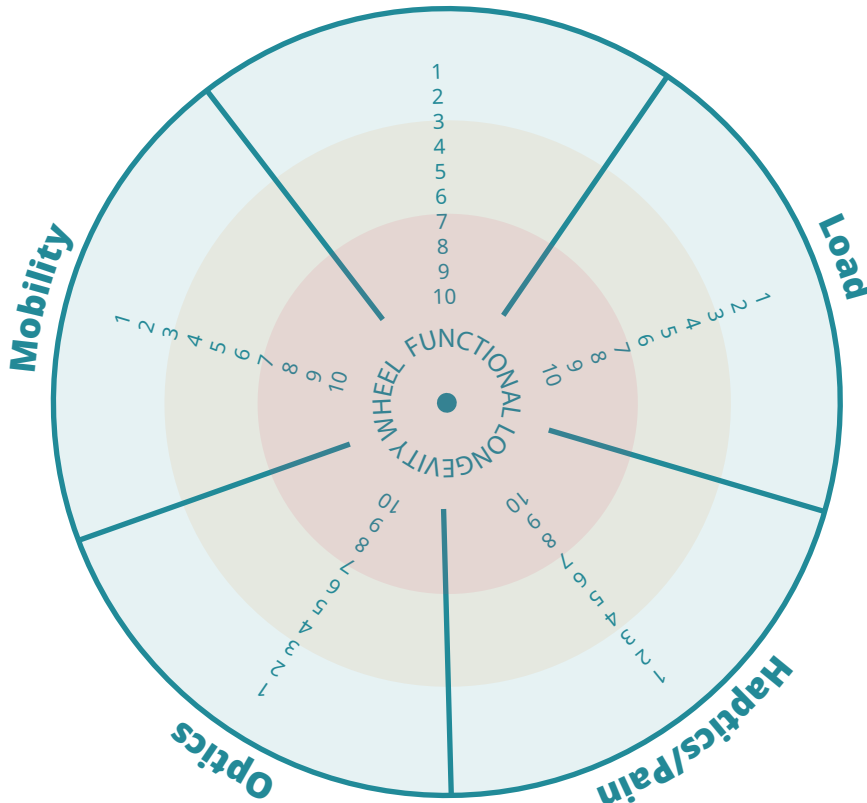
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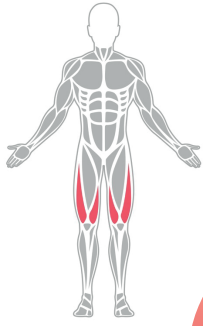
Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
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<b>Myokines Quality &amp; Quantity</b>				<b>Disease Curve Entry</b>	

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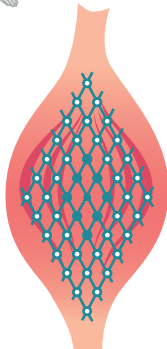
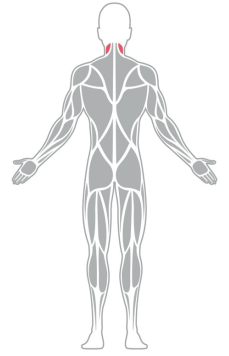
### March Sleep



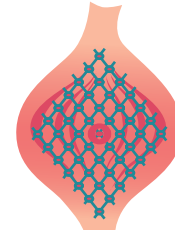
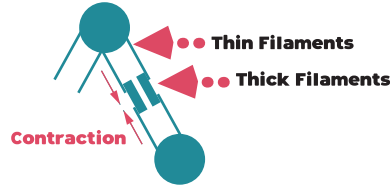


# FUNCTIONAL LONGEVITY BONUS

## YOUR MUSCLE SELF-TEST



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### Sweet Spot

Load	3
Haptics/Pain	1-2
Optics	0-2
Mobility	0-1
Sleep	0-3
Stimulus present, no residual stress. Myokines active.	

**Myokines Quality & Quantity**

### Accumulation Zone

Load	6-8
Haptics/Pain	3-5
Optics	3-5
Mobility	3-5
Sleep	3-6
Regeneration incomplete – still reversible.	

**Management Zone**

### Overload

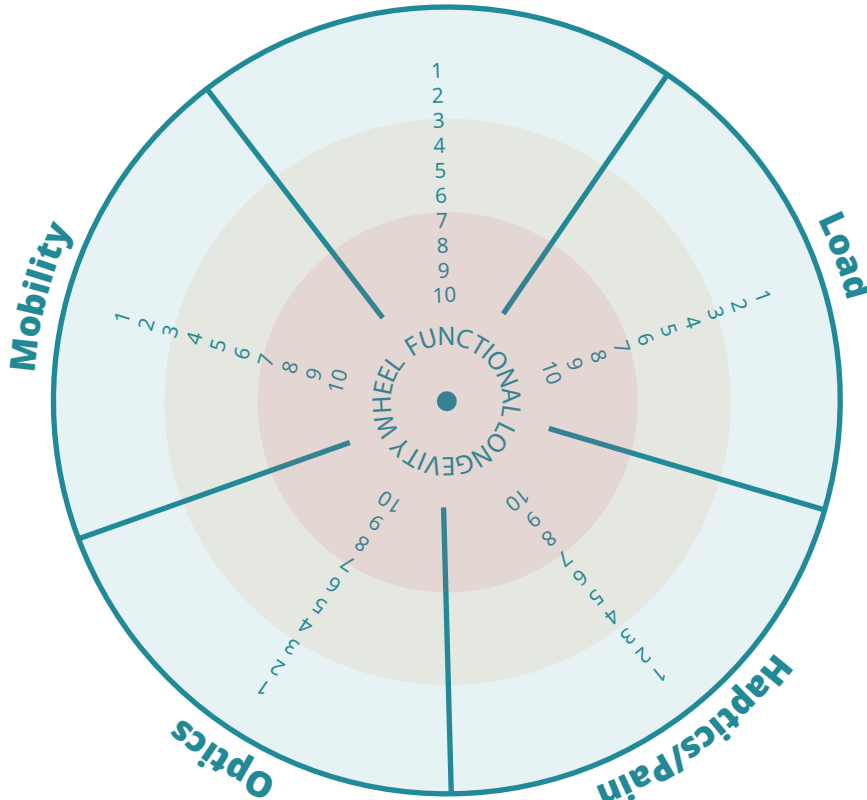
Load	7-10
Haptics/Pain	6-10
Optics	6-10
Mobility	6-10
Sleep	6-10
Burnout mechanism. Chronic tension.	

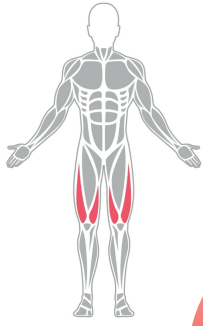
**Disease Curve Entry**

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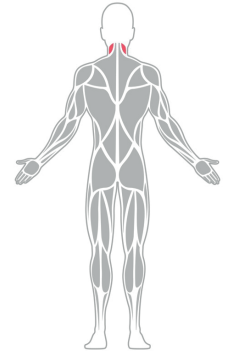


## April sleep

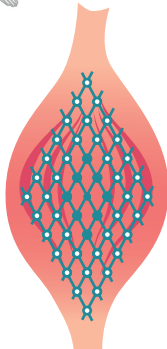




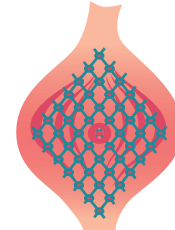
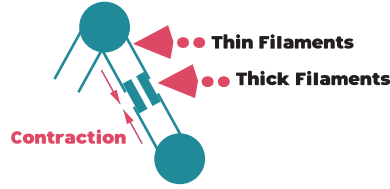
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## YOUR MUSCLE SELF-TEST



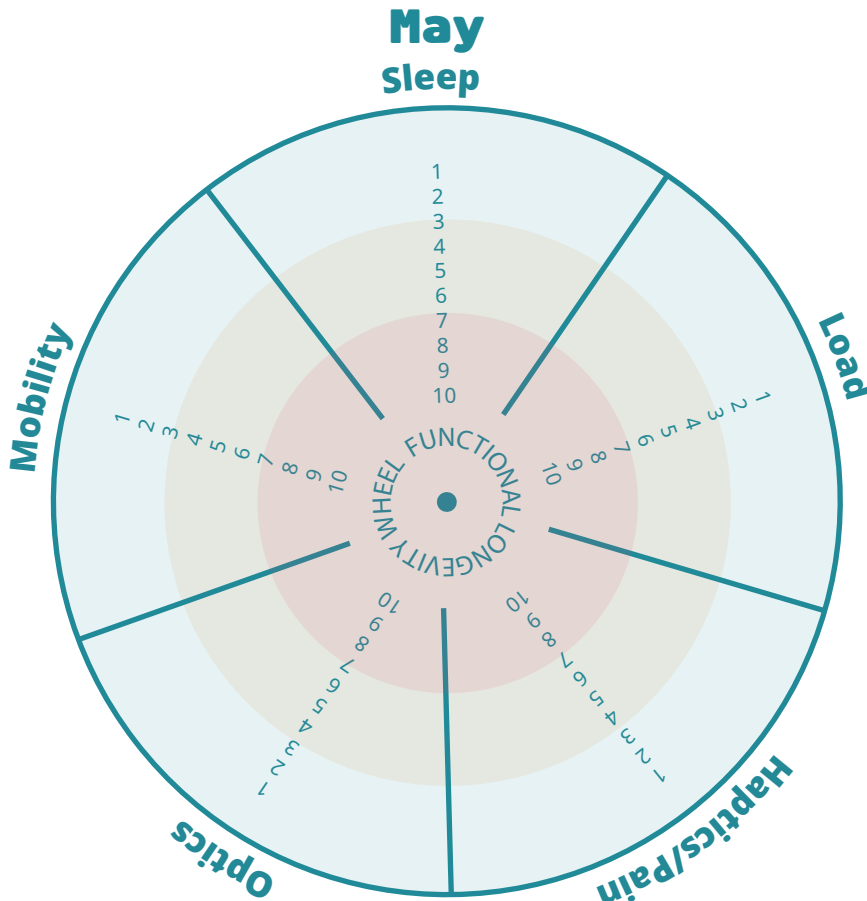
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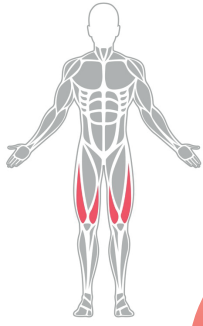


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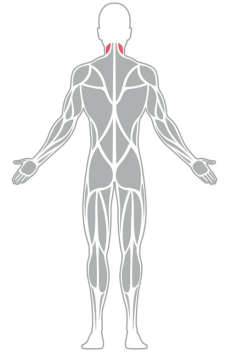
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<b>Myokines Quality &amp; Quantity</b>				<b>Disease Curve Entry</b>	

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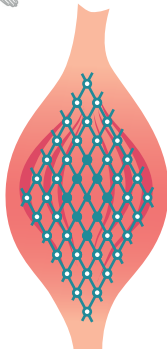




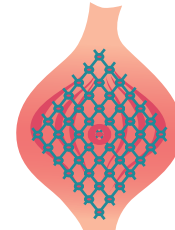
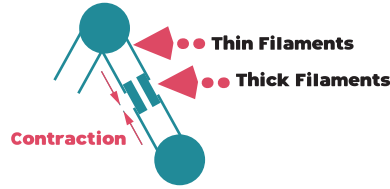
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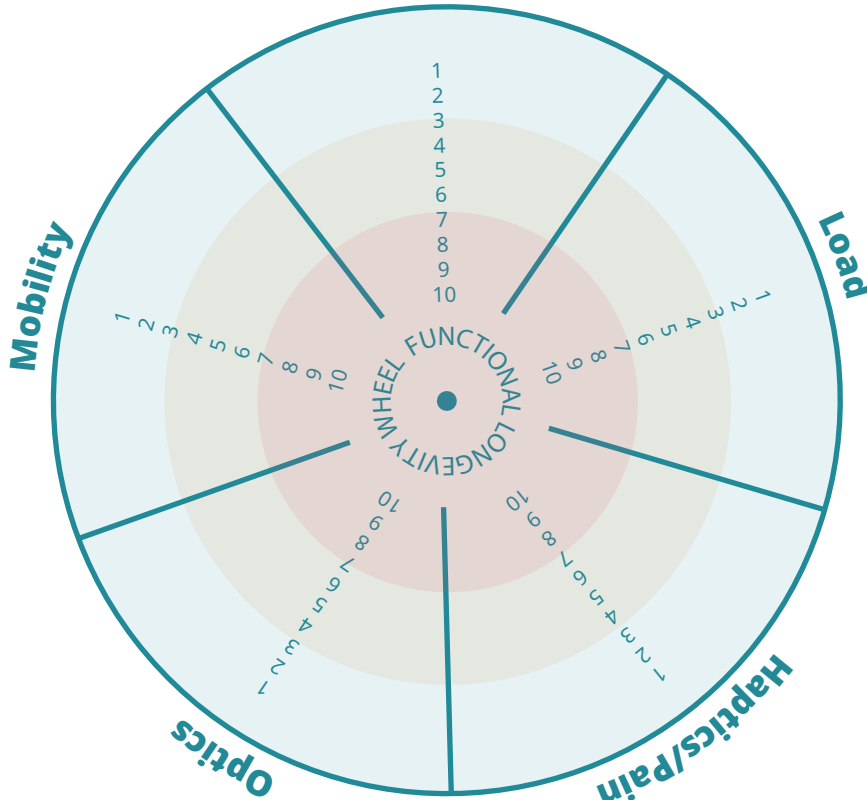
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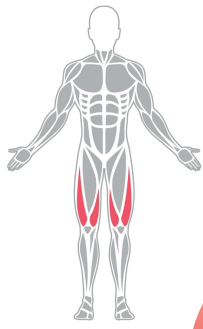
Sweet Spot	●	Accumulation Zone	●	Overload	●
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### June sleep

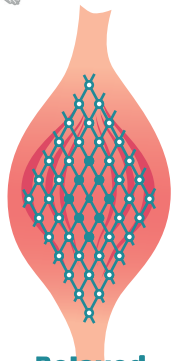
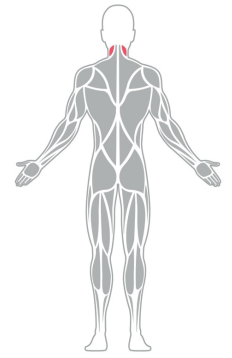




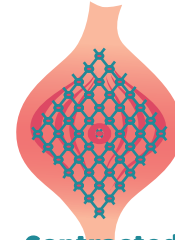
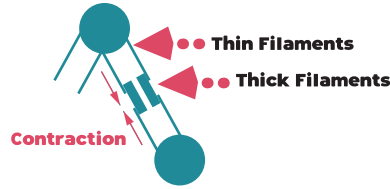
# FUNCTIONAL LONGEVITY

## BONUS

### YOUR MUSCLE SELF-TEST



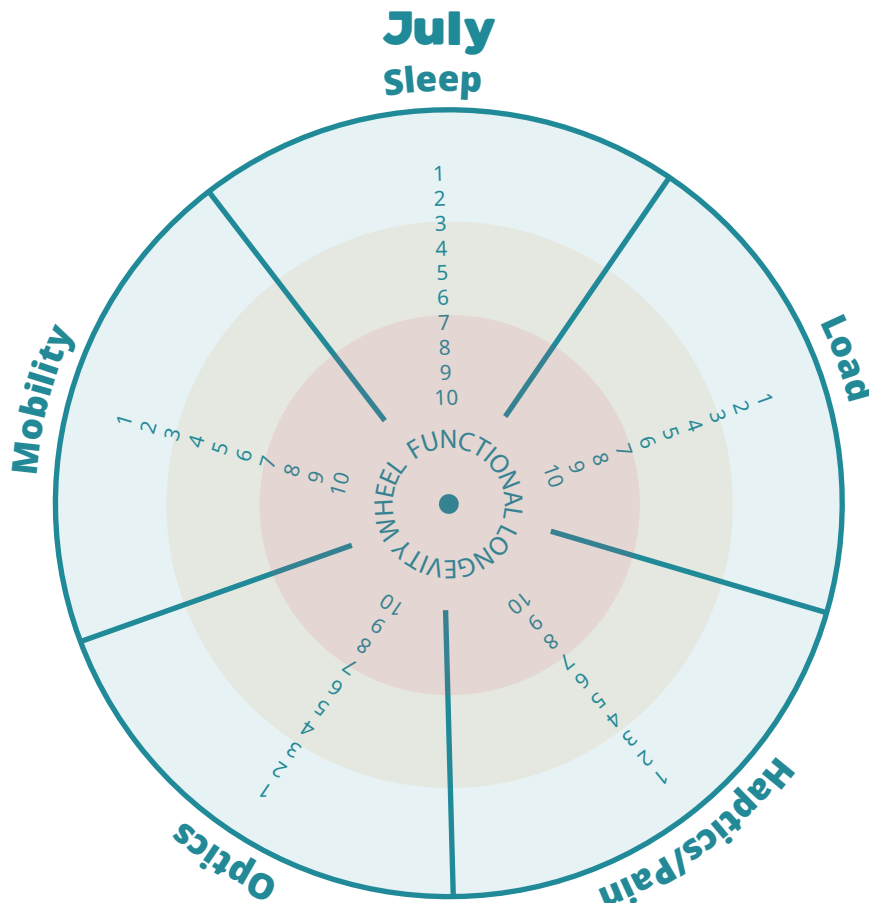
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Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	Optics	3-5	Optics	6-10
Mobility	0-1	Mobility	3-5	Mobility	6-10
Sleep	0-3	Sleep	3-6	Sleep	6-10
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Myokines active.		<b>Management Zone</b>		Chronic tension.	
<b>Myokines Quality &amp; Quantity</b>				<b>Disease Curve Entry</b>	

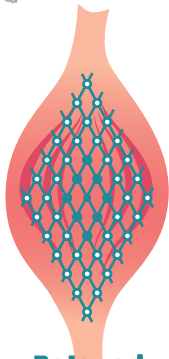
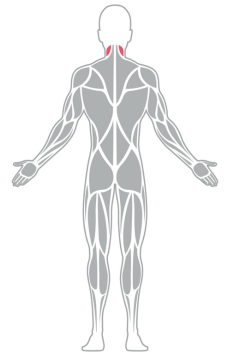
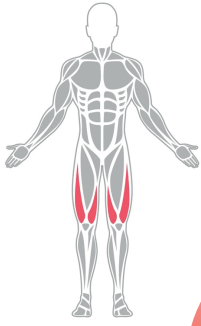
You are only as strong as your weakest link. Don't rate your best – find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable



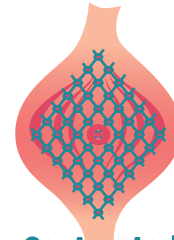
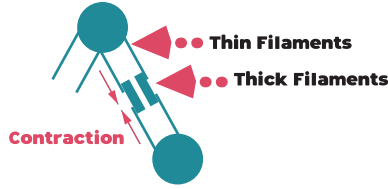
# FUNCTIONAL LONGEVITY

## BONUS

### YOUR MUSCLE SELF-TEST



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



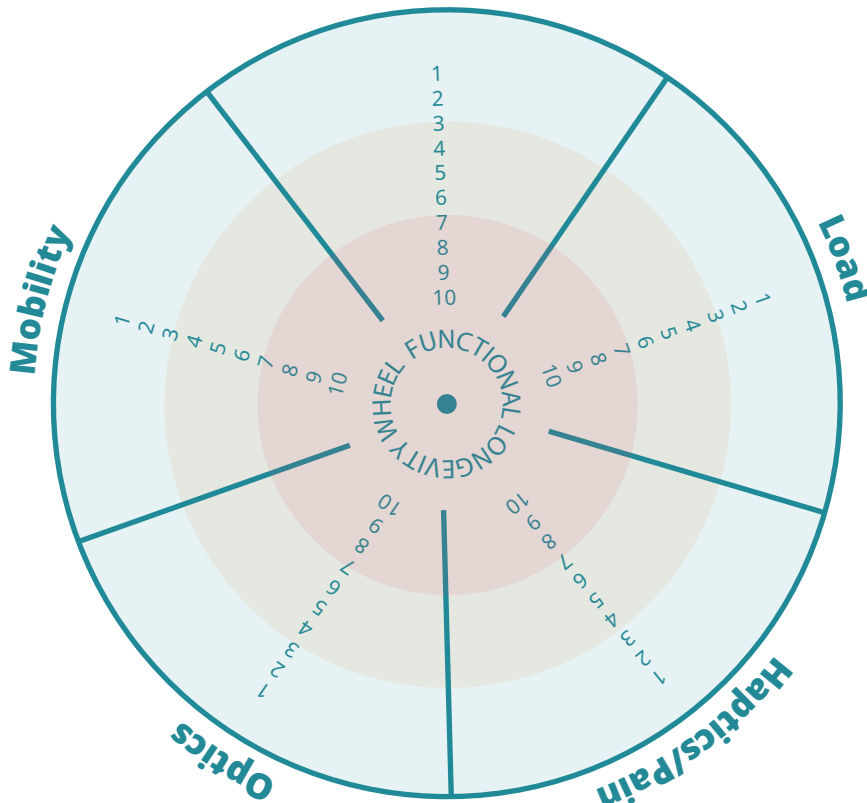
permanently **Contracted**  
**Warning sign =** visibly defined, hard, always „active“.

Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	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, no residual stress.		Regeneration incomplete – still reversible.		Burnout mechanism.	
Myokines active.		<b>Management Zone</b>		Chronic tension.	
<b>Myokines Quality &amp; Quantity</b>				<b>Disease Curve Entry</b>	

You are only as strong as your weakest link. Don't rate your best – find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable

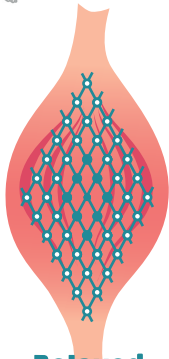
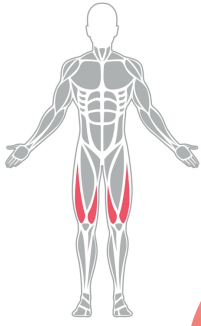


## August Sleep

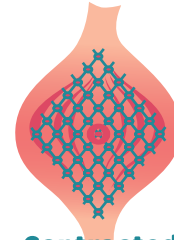
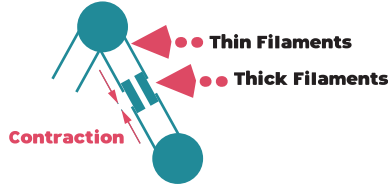


# FUNCTIONAL LONGEVITY BONUS

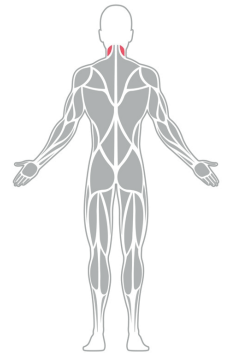
## YOUR MUSCLE SELF-TEST



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



permanently **Contracted**  
**Warning sign =** visibly defined, hard, always „active“.



### Sweet Spot

Load	3
Haptics/Pain	1-2
Optics	0-2
Mobility	0-1
Sleep	0-3
Stimulus present, no residual stress. Myokines active.	

Myokines Quality & Quantity

### Accumulation Zone

Load	6-8
Haptics/Pain	3-5
Optics	3-5
Mobility	3-5
Sleep	3-6
Regeneration incomplete – still reversible.	

Management Zone

### Overload

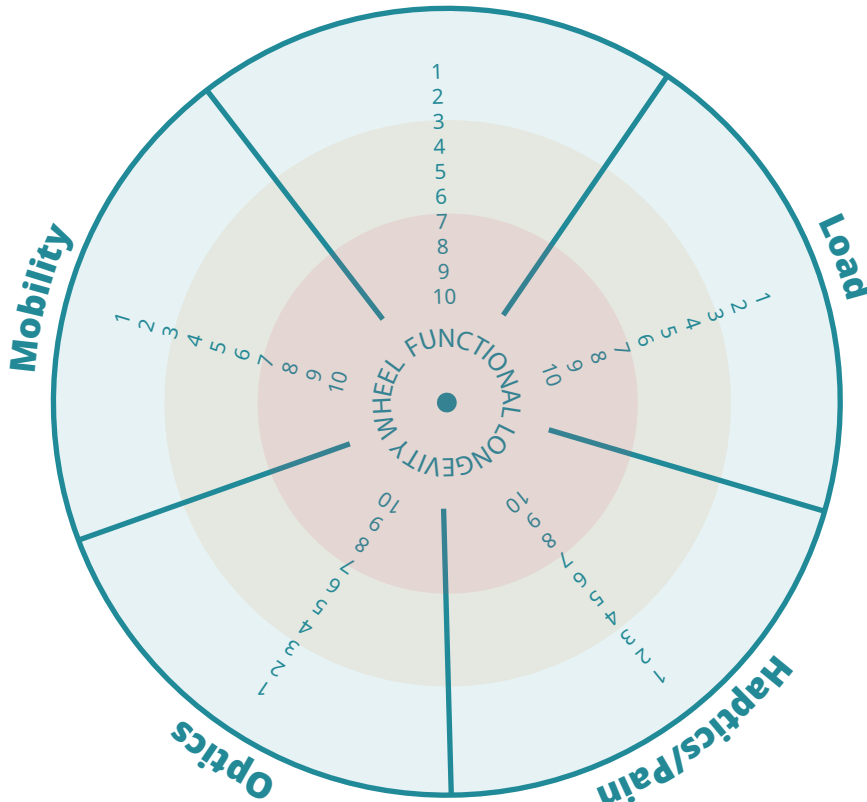
Load	7-10
Haptics/Pain	6-10
Optics	6-10
Mobility	6-10
Sleep	6-10
Burnout mechanism. Chronic tension.	

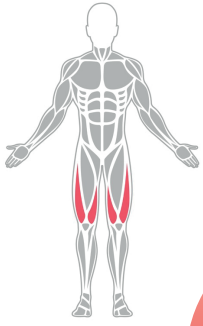
Disease Curve Entry

You are only as strong as your weakest link. Don't rate your best – find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable



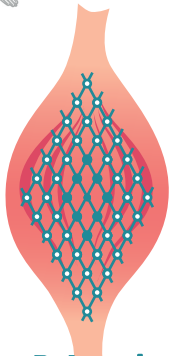
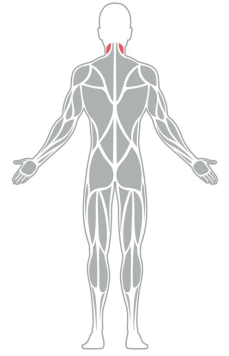
## September Sleep



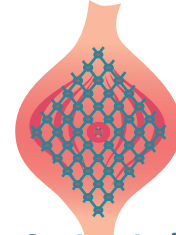
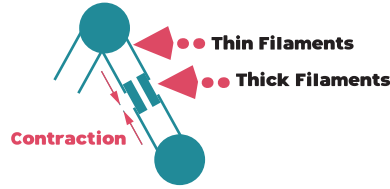


# FUNCTIONAL LONGEVITY BONUS

## YOUR MUSCLE SELF-TEST



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



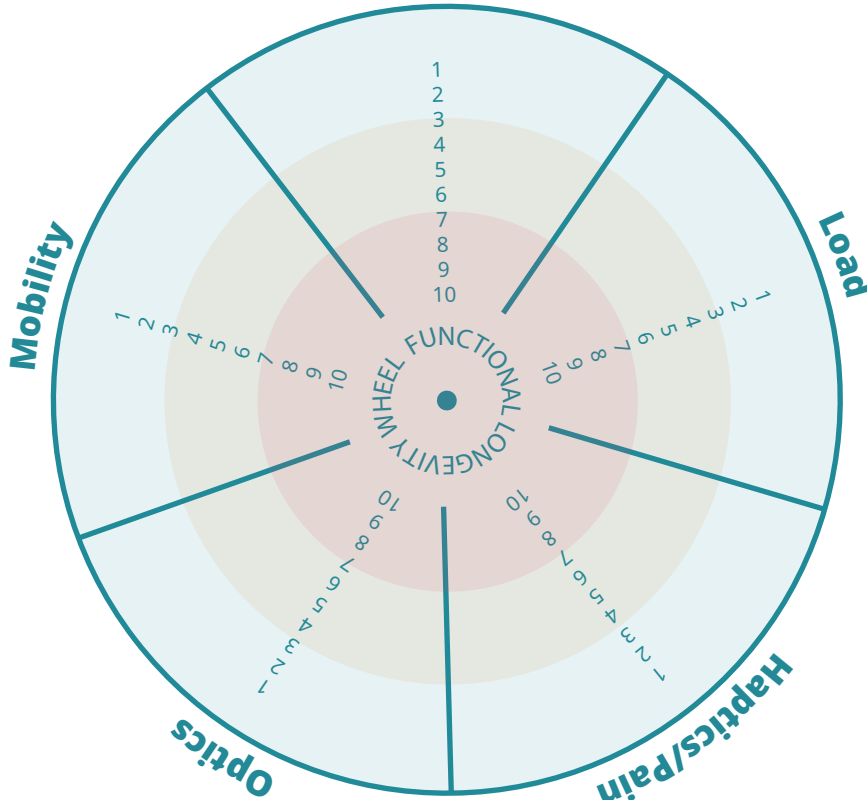
permanently **Contracted**  
**Warning sign =** visibly defined, hard, always „active“.

Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	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, no residual stress. Myokines active.		Regeneration incomplete – still reversible.		Burnout mechanism. Chronic tension.	
<b>Myokines Quality &amp; Quantity</b>		<b>Management Zone</b>		<b>Disease Curve Entry</b>	

You are only as strong as your weakest link. Don't rate your best – find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable

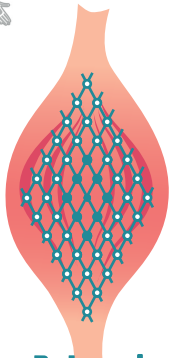
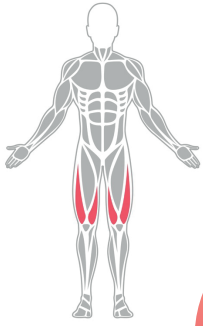


## October Sleep

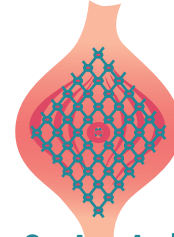
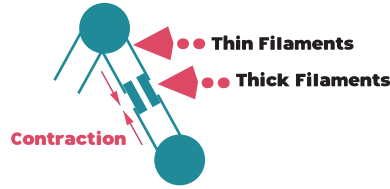


# FUNCTIONAL LONGEVITY BONUS

## YOUR MUSCLE SELF-TEST



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



permanently **Contracted**  
**Warning sign =** visibly defined, hard, always „active“.

### Sweet Spot

Load	3
Haptics/Pain	1-2
Optics	0-2
Mobility	0-1
Sleep	0-3
Stimulus present, no residual stress. Myokines active.	

### Myokines Quality & Quantity

### Accumulation Zone

Load	6-8
Haptics/Pain	3-5
Optics	3-5
Mobility	3-5
Sleep	3-6
Regeneration incomplete - still reversible.	

### Management Zone

### Overload

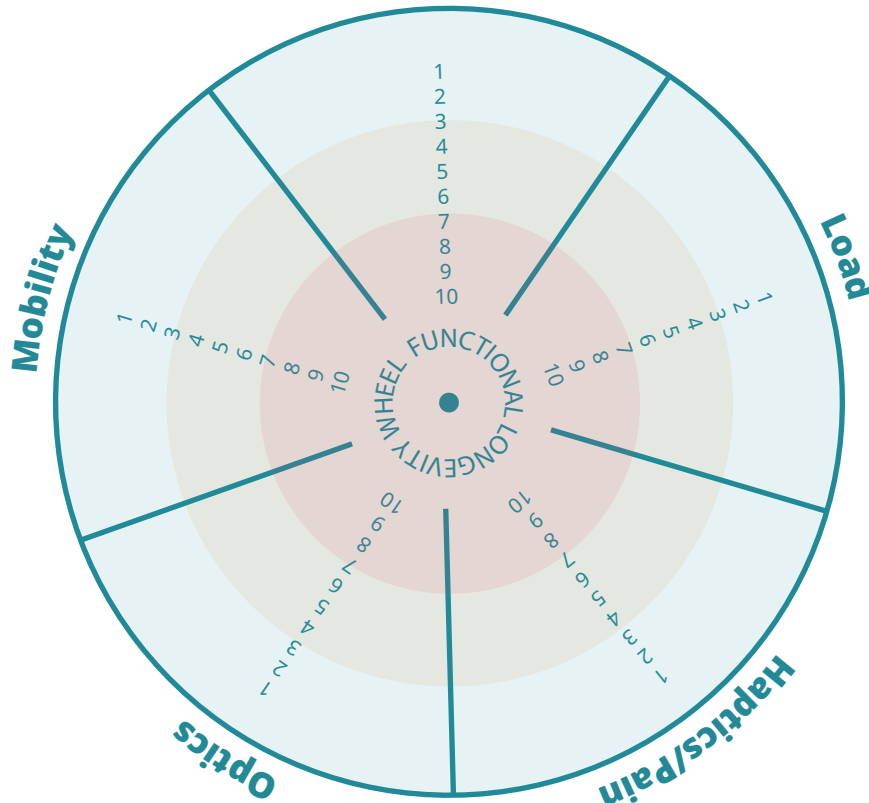
Load	7-10
Haptics/Pain	6-10
Optics	6-10
Mobility	6-10
Sleep	6-10
Burnout mechanism. Chronic tension.	

### Disease Curve Entry

You are only as strong as your weakest link. Don't rate your best - find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable

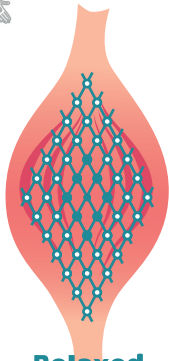
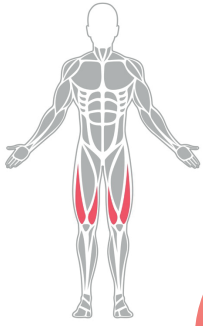


## November Sleep

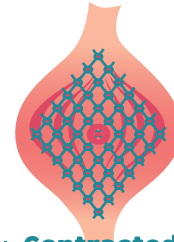
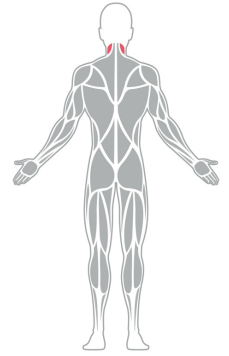
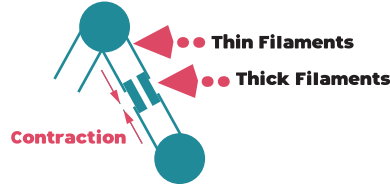


# FUNCTIONAL LONGEVITY BONUS

## YOUR MUSCLE SELF-TEST



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



permanently **Contracted**  
**Warning sign =** visibly defined, hard, always „active“.

Sweet Spot	●	Accumulation Zone	●	Overload	●
Load	3	Load	6-8	Load	7-10
Haptics/Pain	1-2	Haptics/Pain	3-5	Haptics/Pain	6-10
Optics	0-2	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, no residual stress. Myokines active.		Regeneration incomplete - still reversible.		Burnout mechanism. Chronic tension.	
<b>Myokines Quality &amp; Quantity</b>		<b>Management Zone</b>		<b>Disease Curve Entry</b>	

You are only as strong as your weakest link. Don't rate your best - find the tight, restricted, or compensating area. Rate it in three categories. Scale: 0 = perfect 5 = close observation 10 = unacceptable



### December sleep

