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by SPORTOTEAM



MOVE

Core Athletic Genetics

WITH YOUR DNA
A STRONGER,
MORE ACTIVE YOU.

MOVEMENT | RECOVERY | INJURY RESISTANCE | NUTRITION

MOVE BETTER. LIVE STRONGER.

ATHLETE GENETIC REPORT · GENETIC REPORT SERIES

MOVE | TRAIN | PERFORM | PEAK | YOUTH & GROWTH | NUTRITION

MOVE

— Core Athletic Genetics

A core look at how your DNA shapes performance, recovery, injury resistance and nutrition — what every athlete should know.

◎ ABOUT THIS REPORT

Genes influence how your body responds to training, how you recover between sessions, how you handle nutrition and stress, and how resilient you stay through years of hard work. This report translates current science into everyday language, so you (and those who work with you) can build smarter, more personal routines.

Each result below is written in a plain format: what the gene does, what your version means for this profile, and a 1–5 grade showing how strongly the gene affects the trait. More stars mean your genotype has a greater effect on this trait; it is not a measure of how much research exists.

≋ TEST PLATFORM

This report uses the Illumina Global Screening Array v3 / v4 (GSA) platform, a genome-wide SNP genotyping platform with multi-disease and pharmacogenomic content. Every genetic variant reported here is read directly on the GSA platform and yields clear letter-based genotypes (A/T/C/G).

👤 ATHLETE INFORMATION

SAMPLE BARCODE	**GSA-2027-08471-A**	REPORT NO	**RPT-MOVE-2027-1042**
PANEL	**Illumina GSA v3 / v4 — MOVE — Core Athletic Genetics**	SPORT	**Endurance running**
AGE / SEX	**27 / Male**	ANCESTRY GROUP	**Europe**
SAMPLING DATE	**2027-08-14**	ANALYSIS DATE	**2027-08-22**
REPORT DATE	**2027-08-24**		

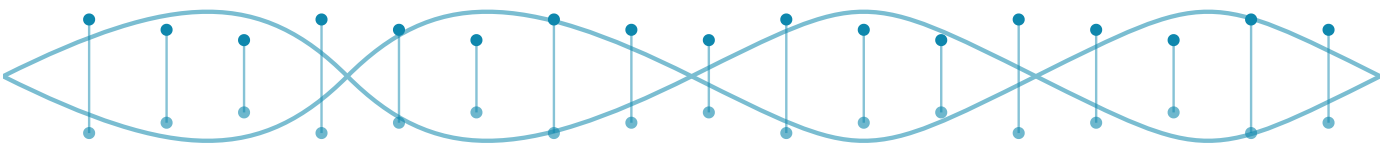
⚗ PANEL SUMMARY

TOTAL GENETIC PROFILE
14

DISTINCT DNA VARIANTS ANALYSED
31

CATEGORIES COVERED
7

ⓘ This report translates genetic markers into personal training, recovery and nutrition context. Use it with your coach, trainer or dietitian to fine-tune your daily choices.



ⓘ READING YOUR REPORT

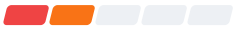
About **the Grades**

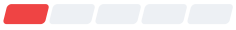
Each variant is scored from 1 to 5 by **how strongly YOUR genotype affects this trait**. A high grade is neither 'good' nor 'bad'; it means the gene matters *for you* in this area.


Very strong effect: this genotype has a large, meaningful effect on this trait


Strong effect: this genotype clearly shifts the trait in one direction


Moderate effect: some effect — typical when carrying one copy of each version


Mild effect: in this profile the gene has a small effect for you


Minimal effect: your genotype does not meaningfully change this trait

🏆 HOW TO USE THIS REPORT

1 **Read it with a professional**

Genetics gives you the foundation; a coach, physician or dietitian helps you build the path.

2 **Don't over-interpret**

A single 'unfavourable' result doesn't mean you can't succeed; many elite athletes carry 'non-ideal' variants.

3 **Combine with lifestyle data**

Sleep, nutrition, training history and mental state matter at least as much as any single gene, if not more.

4 **Use it to personalise, not to predict**

It is best used not to predict outcomes but to shape how you train, eat and recover.

Domain *Overview*

Each profile is scored on a 1–5 scale by how strongly your genotype affects the trait.

ATHLETIC PROFILE

01 **Power – Endurance Profile**

02 **Aerobic Capacity**

03 **Exercise Response**

MUSCLE & STRENGTH

04 **Muscle Performance**

05 **Muscle Fatigue**

RECOVERY

06 **General Recovery Tendency**

INJURY & CONNECTIVE TISSUE

07 **General Injury Predisposition**

BODY COMPOSITION

08 **Weight / BMI Tendency**

SPORTS NUTRITION & METABOLISM

09 **Carbohydrate Response**

10 **Fat Response**

11 **Caffeine Metabolism / Response**

12 **Vitamin D Tendency**

13 **Iron Status Tendency**

CARDIO FITNESS

14 **Exercise Blood Pressure**

01. Power – Endurance Profile

RS	GENE	GENOTYPE	GRADE
rs1815739	**ACTN3**	CC	
rs4341	**ACE (I/D proxy)**	GG	

✧ rs1815739 — ACTN3 Genotype: CC

WHAT DOES YOUR GENE DO?

This gene determines whether your fast-twitch muscle fibres get a reinforcing protein called alpha-actinin-3. Its presence or absence is the clearest genetic marker of which end of the power–endurance spectrum your muscles naturally sit at.

WHAT DOES YOUR GENETICS SAY?

When many elite power athletes are compared with ordinary people, the intact (working) form of this gene appears more often than chance would predict. You carry the full version, so your fast fibres get their reinforcing protein and sit firmly on the power side of the spectrum.

✧ rs4341 — ACE (I/D proxy) Genotype: GG

WHAT DOES YOUR GENE DO?

This variant marks a well-studied region controlling a hormone system that regulates blood pressure and circulation. This system also affects muscle fibre character, so it has been studied for decades in Olympic athletes in both endurance and power sports.

WHAT DOES YOUR GENETICS SAY?

This marker is read in place of the better-known insertion/deletion (I/D) change in the ACE gene, studied in power and endurance athletes in a comprehensive 2024 review. You have the pattern more often linked to power and strength sports, associated with a stronger circulatory response to intense effort.

02. Aerobic Capacity

RS	GENE	GENOTYPE	GRADE
rs6552828	**ACSL1**	AG	
rs11549465	**HIF1A**	AA	

✧ rs6552828 — ACSL1 Genotype: AG

WHAT DOES YOUR GENE DO?

Aerobic capacity measures how much oxygen you can actually put to work. This gene prepares fat molecules to be burned in your cells, a process that directly fuels the measured aerobic engine.

WHAT DOES YOUR GENETICS SAY?

Your fat oxidation is typical, giving an average aerobic capacity response.

✧ rs11549465 — HIF1A Genotype: AA

WHAT DOES YOUR GENE DO?
Your cells have an oxygen sensor that detects when oxygen starts running short and launches a coordinated response: more red blood cells, more capillaries, more efficient energy use. This gene makes that sensor.

WHAT DOES YOUR GENETICS SAY?
In a group of strength athletes tested at this position, the rare form was found more often than in non-athlete controls. Your sensor is at its most sensitive, triggering the strongest low-oxygen adaptive response, and is linked to high aerobic capacity.

03. Exercise Response

RS	GENE	GENOTYPE	GRADE
rs8192678	**PPARGC1A**	TT	
rs4253778	**PPARA**	GC	
rs1042713	**ADRB2**	AA	

✧ rs8192678 — PPARGC1A Genotype: TT

WHAT DOES YOUR GENE DO?
This gene is the master switch telling muscle cells to build more mitochondria —the tiny structures that produce energy aerobically. Since mitochondria production is one of the main changes exercise makes in your body, this gene sits at the very centre of how you respond to training.

WHAT DOES YOUR GENETICS SAY?
Pooled athlete studies link the Ser-containing form of this variant with weaker endurance traits. Your switch is less responsive, so building an aerobic base takes more stimulus than average.

✧ rs4253778 — PPARA Genotype: GC

WHAT DOES YOUR GENE DO?
This gene works like a fuel selector in your muscles, deciding how readily they turn to fat instead of carbohydrate. This choice determines which types of exercise feel sustainable to you and which drain you quickly.

WHAT DOES YOUR GENETICS SAY?
A review of all published endurance athlete studies showed the G form concentrates in people with high aerobic ability. You use both fuels flexibly with no clear preference, so different training types are all supported by the same balanced fuel setting.

✧ rs1042713 — ADRB2 Genotype: AA

WHAT DOES YOUR GENE DO?
Adrenaline is the signal telling your body to mobilise during exercise: it raises heart rate, opens the airways and releases fuel. This gene determines how strongly your tissues 'hear' this signal.

WHAT DOES YOUR GENETICS SAY?
Elite endurance athletes were compared with controls at exactly this position, and genotype distribution differed between the groups. You respond strongly to adrenaline, so your body mobilises decisively when you start working hard.

04. Muscle Performance

RS	GENE	GENOTYPE	GRADE
rs1805086	**MSTN**	TT	
rs1544410	**VDR (BsmI)**	CT	

✧ rs1805086 — MSTN Genotype: TT

WHAT DOES YOUR GENE DO?
Your body has a built-in brake that stops muscles from growing without limit, and this gene makes that brake. How tightly the brake is applied sets part of the upper limit of functional muscle you can carry.

WHAT DOES YOUR GENETICS SAY?
A review pooling athletes' strength and muscle mass data found that carriers of the rare form stand out clearly. Your growth brake works normally, which is the case for almost everyone.

✧ rs1544410 — VDR (BsmI) Genotype: CT

WHAT DOES YOUR GENE DO?
Vitamin D acts on muscle through a receptor, and this gene makes that receptor. Enough vitamin D in your blood only helps if the muscle can actually respond to it; this is exactly what this variant affects.

WHAT DOES YOUR GENETICS SAY?
A recent review pooling vitamin D receptor studies linked this variant with bone density outcomes. Your receptor sensitivity is moderate, giving a typical relationship between vitamin D levels and muscle performance.

05. Muscle Fatigue

RS	GENE	GENOTYPE	GRADE
rs17602729	**AMPD1**	GG	
rs4880	**SOD2**	TT	

✧ rs17602729 — AMPD1 Genotype: GG

WHAT DOES YOUR GENE DO?
Fatigue sets in when usable energy in muscle runs low. The enzyme this gene makes is part of the emergency system that keeps energy available during the hardest efforts, so its function affects when this deficit appears.

WHAT DOES YOUR GENETICS SAY?
Full enzyme function means your emergency energy system works normally and fatigue arrives when expected. Because the athlete evidence comes from a single country's athlete group, the effect size should be interpreted with caution.

✧ rs4880 — SOD2 Genotype: TT

WHAT DOES YOUR GENE DO?

Working muscles produce reactive waste products, and if these build up faster than they are cleared, contraction quality drops. This gene makes the enzyme that clears this waste inside your muscle cells, linking it directly to how quickly you tire.

WHAT DOES YOUR GENETICS SAY?

In elite athletes, genotype at this position tracked with muscle damage markers measured in blood. Lower clearance capacity in your muscle cells means waste builds up faster in hard work, and fatigue may come earlier in long or repeated high-intensity efforts.

06. General Recovery Tendency

RS	GENE	GENOTYPE	GRADE
rs1799722	**BDKRB2 (proxy)**	AA	
rs3918226	**NOS3 (proxy)**	GG	

✧ rs1799722 — BDKRB2 (proxy) Genotype: AA

WHAT DOES YOUR GENE DO?

This gene affects a receptor called bradykinin B2 that helps blood vessels open during and after exercise, which is important for recovery and nutrient delivery.

WHAT DOES YOUR GENETICS SAY?

Your version produces a slightly weaker response in this vasodilator pathway.

✧ rs3918226 — NOS3 (proxy) Genotype: GG

WHAT DOES YOUR GENE DO?

Recovery depends on blood flow bringing nutrients and removing waste after training ends. This gene affects how easily your vessels stay open in the post-exercise period, which determines how quickly you recover.

WHAT DOES YOUR GENETICS SAY?

Good vasodilation supports the post-training blood flow recovery relies on, so you tend to recover fairly quickly.

07. General Injury Predisposition

RS	GENE	GENOTYPE	GRADE
rs1815739	**ACTN3**	CC	
rs12722	**COL5A1**	CT	
rs679620	**MMP3**	TT	

✧ rs1815739 — ACTN3 Genotype: CC

WHAT DOES YOUR GENE DO?

Injury risk partly depends on how well your tissues absorb sudden, irregular loads. This gene affects how stiff or compliant your fast muscle fibres are, and this stiffness changes how force is shared between muscle, tendon and joint during hard efforts.

WHAT DOES YOUR GENETICS SAY?

The reinforcement in your fibres makes your muscle stiffer; this is great for force transfer but means less of the shock is absorbed by the muscle itself. The direction of this result matches findings reported repeatedly in athlete groups.

✧ rs12722 — COL5A1 Genotype: CT

WHAT DOES YOUR GENE DO?

This gene makes one of the fibres that organise collagen throughout your body, so it affects the quality of tendons, ligaments and other connective tissues everywhere at once, not in a single joint.

WHAT DOES YOUR GENETICS SAY?

When tendon and ligament injury studies in people of European ancestry are placed side by side, this COL5A1 change is the one carrying the signal. You carry one copy of the less favourable version, meaning a slightly raised baseline for tendon and ligament injuries overall.

✧ rs679620 — MMP3 Genotype: TT

WHAT DOES YOUR GENE DO?

To repair soft tissue, damaged material must be broken down before new tissue is built. This gene produces one of the enzymes that does this breakdown, so it affects the whole pace of tissue renewal.

WHAT DOES YOUR GENETICS SAY?

This variant first emerged in Achilles tendinopathy cases, and the signal held when later tendon and ligament studies were added. Your tissue renewal runs at a standard pace, meaning usual repair times and an unremarkable injury risk.

08. Weight / BMI Tendency

RS	GENE	GENOTYPE	GRADE
rs9939609	**FTO**	TA	
rs17782313	**MC4R**	AG	

✧ rs9939609 — FTO Genotype: TA

WHAT DOES YOUR GENE DO?
This is the most studied genetic variant in body-weight research, and it works mainly through appetite rather than metabolism. It affects the weight your body tends to settle at over the years.

WHAT DOES YOUR GENETICS SAY?
The most useful fact about this variant is that physical activity blunts its effect; this was shown in 218,166 adults and 19,268 children. One copy gives a moderate upward push on weight; this is the most common result.

✧ rs17782313 — MC4R Genotype: AG

WHAT DOES YOUR GENE DO?
This variant lies near a brain receptor that is part of the circuit regulating body weight long term. It is one of the most consistently confirmed variants in body-weight research.

WHAT DOES YOUR GENETICS SAY?
The first genome-wide scan near MC4R linked this variant to fat mass, body weight and obesity risk. One copy gives your weight tendency a slight upward push; this is the most common case.

09. Carbohydrate Response

RS	GENE	GENOTYPE	GRADE
rs7903146	**TCF7L2**	CT	
rs1260326	**GCKR**	TT	

✧ rs7903146 — TCF7L2 Genotype: CT

WHAT DOES YOUR GENE DO?
This gene affects how well your pancreas releases insulin in response to a carbohydrate load. This makes it one of the more meaningful genetic inputs into how your body handles carbohydrate specifically.

WHAT DOES YOUR GENETICS SAY?
Pooling 121,174 people, this variant is one of the most extensively tested blood-sugar variants in the genome. One copy slightly reduces your insulin response, extending how long blood sugar stays high after a meal.

✧ rs1260326 — GCKR Genotype: TT

WHAT DOES YOUR GENE DO?
This gene helps balance blood sugar and triglycerides (blood fats). It affects both metabolic health and fuel use in endurance.

WHAT DOES YOUR GENETICS SAY?
You carry two copies of the more active version at this position; this is linked to fasting blood fats running near the upper end of the normal range.

10. Fat Response

RS	GENE	GENOTYPE	GRADE
rs5082	**APOA2**	GA	

✧ rs5082 — APOA2 Genotype: GA

WHAT DOES YOUR GENE DO?
This gene affects how your body responds to dietary saturated fat. Some variants gain more weight from saturated fat than others.

WHAT DOES YOUR GENETICS SAY?
Your two versions give a balanced response to dietary saturated fat, without the exaggerated effect of the other genotype. This variant is unusual among nutrition variants: its saturated-fat effect has been replicated in three separate populations.

11. Caffeine Metabolism / Response

RS	GENE	GENOTYPE	GRADE
rs762551	**CYP1A2**	AA	
rs5751876	**ADORA2A**	TC	
rs4410790	**AHR**	TC	

✧ rs762551 — CYP1A2 Genotype: AA

WHAT DOES YOUR GENE DO?
Almost all the caffeine you consume is broken down by a single liver enzyme, and this gene sets how fast that enzyme works. It is one of the clearest examples of genetics giving a directly actionable answer.

WHAT DOES YOUR GENETICS SAY?
A cycling time-trial study split athletes by this genotype and found caffeine helped fast metabolizers most. You clear caffeine fast, so it delivers its performance benefit and then leaves your body.

✧ rs5751876 — ADORA2A Genotype: TC

WHAT DOES YOUR GENE DO?
This gene controls one of caffeine's targets in the brain; it determines how caffeine affects you (energized or anxious).

WHAT DOES YOUR GENETICS SAY?
Your version produces a mild reaction at this receptor, which usually means caffeine is comfortably tolerated. Caffeine's jittery/tense side was linked to this adenosine receptor variant in a controlled study of anxiety and alertness.

✧ rs4410790 — AHR Genotype: TC

WHAT DOES YOUR GENE DO?
This gene affects how much caffeine your body 'wants' and tolerates daily.

WHAT DOES YOUR GENETICS SAY?
Your version gives a moderate caffeine drive; you sit mid-range in how strongly caffeine intake reinforces itself. A large genome-wide study of habitual coffee intake found this region among the gene regions that set how much people consume.

12. Vitamin D Tendency

RS	GENE	GENOTYPE	GRADE
rs2282679	**GC**	TG	
rs10741657	**CYP2R1**	GA	
rs12785878	**DHCR7**	TT	

✧ rs2282679 — GC Genotype: TG

WHAT DOES YOUR GENE DO?
Vitamin D cannot travel in the blood on its own; it needs a carrier protein. This gene makes that carrier, so it directly determines how much vitamin D shows up in your blood test.

WHAT DOES YOUR GENETICS SAY?
A genome-wide scan of 79,366 Europeans mapped what sets blood vitamin D levels, and the carrier gene region was at its centre. Slightly less carrier protein means your blood vitamin D tends to run a little lower than your intake would suggest.

✧ rs10741657 — CYP2R1 Genotype: GA

WHAT DOES YOUR GENE DO?
This gene activates vitamin D in your liver. It affects how well your body converts vitamin D from sun/supplements into its active form.

WHAT DOES YOUR GENETICS SAY?
Your vitamin D activation step runs at normal speed, so this gene neither helps nor hinders conversion of the raw vitamin. This activation-step variant is among the genetic determinants used to model circulating vitamin D.

✧ rs12785878 — DHCR7 Genotype: TT

WHAT DOES YOUR GENE DO?
This gene affects how much vitamin D your skin can make when exposed to sunlight.

WHAT DOES YOUR GENETICS SAY?
You carry the more productive version at this position, placing you at the upper end of the range for this pathway step. Studies of vitamin D pathway genes have shown this variant contributes to measured blood levels.

13. Iron Status Tendency

RS	GENE	GENOTYPE	GRADE
rs1800562	**HFE (C282Y)**	GA	
rs1799945	**HFE (H63D)**	CG	
rs855791	**TMPRSS6**	GA	

✧ rs1800562 — HFE (C282Y) Genotype: GA

WHAT DOES YOUR GENE DO?

This gene controls how much iron your body absorbs. One variant leads to iron overload (haemochromatosis), a hidden risk in endurance athletes with high meat intake.

WHAT DOES YOUR GENETICS SAY?

You carry one copy of the main hereditary iron-overload variant; this makes you a carrier, not affected. Population screening studies identified it as the main variant behind hereditary iron overload.

✧ rs1799945 — HFE (H63D) Genotype: CG

WHAT DOES YOUR GENE DO?

Another iron-related variant; milder than C282Y but still increases iron absorption.

WHAT DOES YOUR GENETICS SAY?

You carry one copy of this change, which slightly raises the amount of iron you absorb from food. It is the milder of the two HFE changes studied in population iron-overload screening.

✧ rs855791 — TMPRSS6 Genotype: GA

WHAT DOES YOUR GENE DO?

This gene controls hepcidin, the main iron hormone. It affects blood iron levels and can create a predisposition to low ferritin (iron deficiency) in athletes.

WHAT DOES YOUR GENETICS SAY?

You carry one copy of the version linked to lower circulating iron, so your available iron tends to run slightly below average. A genome-wide scan of what sets blood iron identified this as one of the strongest common effects.

14. Exercise Blood Pressure Response

RS	GENE	GENOTYPE	GRADE
rs5370	**EDN1**	GG	
rs2070744	**NOS3**	TC	
rs3918226	**NOS3 (proxy)**	GG	

✧ rs5370 — EDN1 Genotype: GG

WHAT DOES YOUR GENE DO?

This gene produces endothelin-1, one of the body's strongest vessel-constricting signals, and helps set your blood pressure and baseline vascular tone.

WHAT DOES YOUR GENETICS SAY?

You carry the version at the high-output end of the gene for this vessel-constricting signal.

✧ rs2070744 — NOS3 Genotype: TC

WHAT DOES YOUR GENE DO?

Nitric oxide is your body's main tool for widening vessels to lower blood pressure. How much you produce affects both your resting pressure and how steeply pressure rises during exercise.

WHAT DOES YOUR GENETICS SAY?

Slightly lower output may nudge your blood pressure up both at rest and during effort. The pooled evidence is on blood pressure; the exercise vessel-widening interpretation extends the same biology.

✧ rs3918226 — NOS3 (proxy) Genotype: GG

WHAT DOES YOUR GENE DO?

During exercise your blood pressure rises, and how far depends on whether your vessels widen to accommodate increased flow. This gene affects that widening, so it features in exercise blood pressure and hypertension risk studies.

WHAT DOES YOUR GENETICS SAY?

Your vessels adapt well to increased flow, so your blood pressure response to exercise tends to be well controlled.

SCIENTIFIC REFERENCES · 28 SOURCES

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GENOTYPING PLATFORM

27 Illumina. Infinium Global Screening Array v3.0 data sheet

28 Illumina. Infinium Global Screening Array v4.0 data sheet

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This report is confidential; prepared for the athlete and any coach, dietitian or health professional the athlete chooses to share it with. Genetic results show tendency, not certainty, and do not replace clinical evaluation.