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# EXECUTIVE CAPACITY BLUEPRINT

Performance Infrastructure For Operators

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BOOMLETICS PERFORMANCE SYSTEM

CONFIDENTIAL

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*"Most operators are trying to get more output from a system that was never built for sustained demand."*

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The constraint is not intelligence, discipline, or strategy. Most senior operators have all three in surplus. The constraint is capacity.

When the system degrades, performance becomes more expensive. Every decision costs more energy. Recovery takes longer. The operator compensates with effort, but the margin shrinks.

Most operators ignore physiological drift because it happens slowly. By the time it appears in their work, the degradation is months old.

This is an infrastructure problem. It compounds silently.

#### WARNING SIGNS

**Elevated Resting HR**  
Autonomic stress

**Afternoon Collapse**  
Glycemic instability

**Wired at Night**  
Sympathetic overactivation

**Brain Fog**  
Recovery debt

**Slow Recovery**  
Parasympathetic suppression

**Low Stress Tolerance**  
HRV depression

**Decision Decline**  
Cognitive fatigue

**Irritability**  
Stress dysregulation

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*"The body is the financial statement behind performance."*

# A new vocabulary for executive performance.

## **CAPACITY LEAK**

The invisible, gradual loss of operating capacity caused by unmanaged physiological drift. A compounding erosion most operators do not detect until output is visibly affected.

## **RESERVE COLLAPSE**

The point at which cumulative demand exceeds total capacity. The operator shifts from performing from reserve to performing from effort. Decision quality, emotional regulation, and recovery speed degrade simultaneously.

## **EXECUTIVE DRIFT**

The slow divergence between perceived performance and actual output quality. Subjective feeling becomes unreliable as a metric.

## **OUTPUT COMPRESSION**

The narrowing of the effective performance window. Good output only under ideal conditions. Consistency lost.

## **RECOVERY DEBT**

The accumulated deficit between demand and restoration. Unlike financial debt, recovery debt compounds biologically.

## **SYSTEM UNDERFUNDING**

The chronic failure to invest adequate physiological resources to support the level of output being attempted. The executive equivalent of running a business without maintaining its infrastructure.

## **DEMAND SATURATION**

All available capacity consumed by incoming demand. Zero reserve for unexpected load, strategic thinking, or recovery.

## **DECISION THRESHOLD**

The point at which cognitive fatigue measurably degrades decision quality. Most operators cross it without awareness.

# A different category.

## **PERSONAL TRAINING**

Optimizes appearance. Boomletics optimizes sustained capacity under demand.

## **EXECUTIVE WELLNESS**

Built to make executives feel better. Boomletics is built to make them perform better.

## **BIOHACKING**

Optimization theater without a system. Boomletics measures and builds capacity.

## **PRODUCTIVITY COACHING**

Operates at the behavioral layer. Boomletics builds the engine. Productivity is what the engine produces.

## **CORPORATE WELLNESS**

Designed for compliance. Step challenges reduce premiums, not capacity loss.

## **MOTIVATIONAL COACHING**

Motivation is a symptom of capacity. When the system is funded, motivation is abundant.

# Executive performance infrastructure.

Boomletics measures and develops physical capacity for sustained output under demand. Built for founders, CEOs, and senior operators at growth-stage companies who treat their body as professional infrastructure.

Led by Executive Performance Advisors with exercise physiology backgrounds. Every protocol indexed to operational outcomes: decision quality, stress tolerance, recovery speed, sustained output under load.

- **Recovery Capacity**

Restoration speed between demands

- **Stress Tolerance**

Nervous system resilience

- **Work Capacity**

Sustainable output volume

- **Nervous System Readiness**

Autonomic balance

- **Aerobic Efficiency**

Cardiovascular economy under load

- **Sleep Architecture**

Restorative depth and consistency

- **Movement Integrity**

Structural readiness

- **Recovery Speed**

Time-to-baseline after stress



*When the foundation degrades, everything above it becomes more expensive.*

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**DEGRADED PHYSIOLOGY**

Chronic under-recovery, sympathetic overactivation, metabolic instability. The system spends more energy sustaining baseline than producing output.

**REDUCED CAPACITY**

Total capacity contracts. Decision fatigue arrives earlier. The margin between functional and compromised narrows.

**INCONSISTENT PERFORMANCE**

Good days cannot be repeated on demand. The operator compensates with effort rather than operating from reserve.

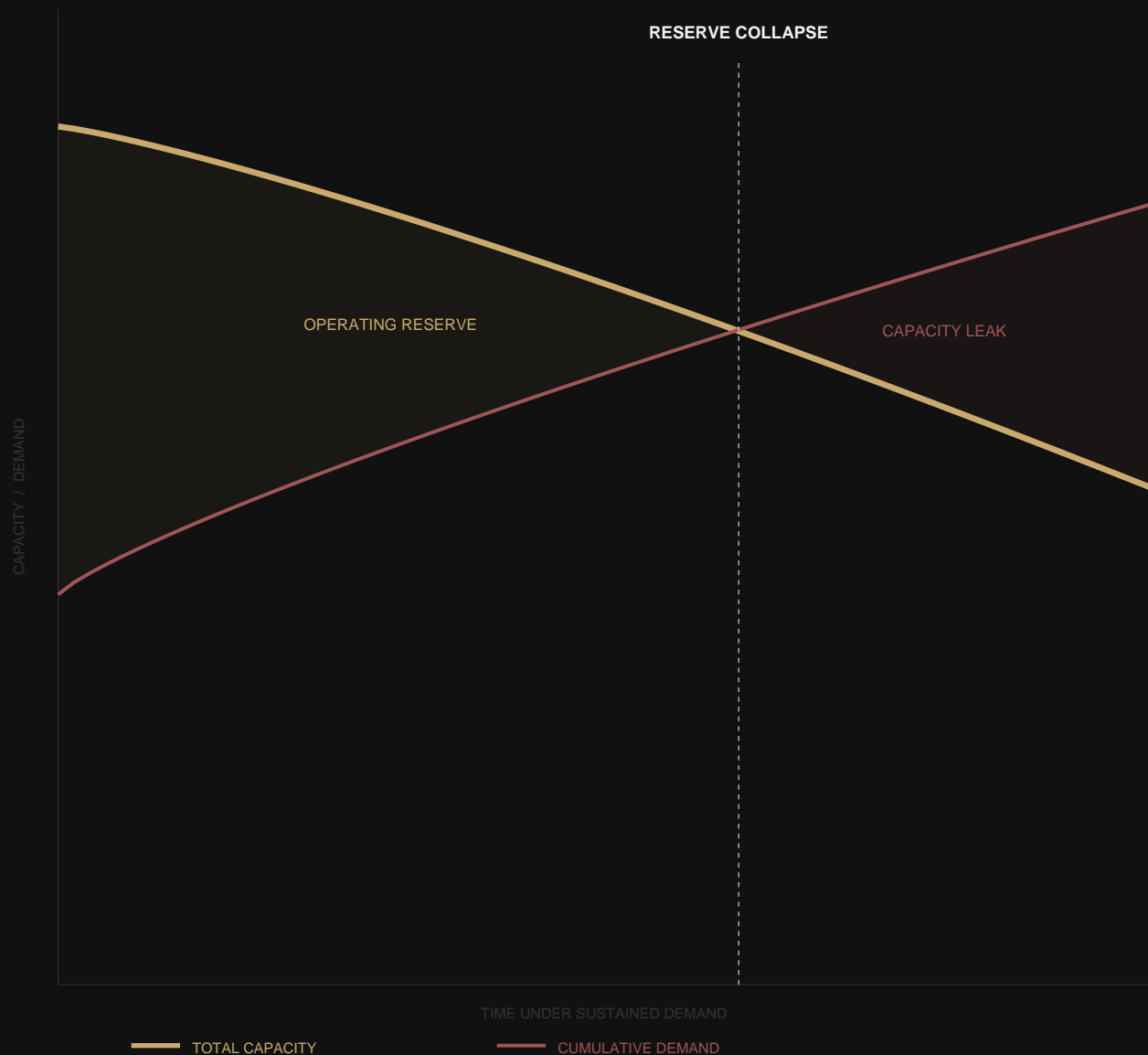
**DECLINING OUTPUT**

Output drops because the system is underfunded. Errors compound. The cost of every unit of output rises.

Most executive systems do not fail suddenly.

# They erode quietly.

THE CAPACITY RESERVE MODEL



*"Most operators are closer to Reserve Collapse than they realize."*

You do not feel capacity loss immediately.

**Your organization does.**

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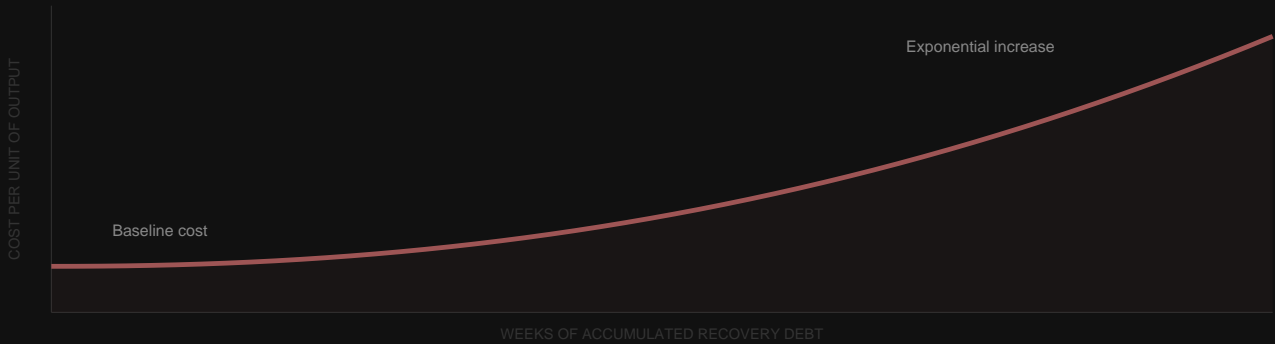
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# When physiology degrades, business performance follows.



## PERFORMANCE EFFICIENCY DECAY

Cost per unit of executive output over time under recovery debt



# The sequence is not optional.

## 01 BASELINE

*Measure the system.*

1-2 weeks

Comprehensive diagnostic: blood panels, HRV baselines, movement screening, sleep audits. No training before measurement.

### OBJECTIVES

- HR + HRV baseline
- Aerobic assessment
- Sleep audit
- Blood panels

## 02 REBUILD

*Correct the constraints.*

4-8 weeks

Address recovery, movement dysfunction, metabolic instability, sympathetic overactivation. Corrective, not developmental.

### OBJECTIVES

- Movement correction
- Sleep protocols
- Recovery architecture
- Nutrition infrastructure

## 03 CAPACITY

*Increase usable output.*

8-16 weeks

Expand the capacity ceiling. More sustainable work, faster recovery, greater resilience, higher decision quality late in the day.

### OBJECTIVES

- Aerobic engine
- Work capacity
- Load tolerance
- Cognitive endurance

## 04 COMMAND

*Perform on demand.*

Ongoing

Capacity sufficient to perform regardless of conditions. Training becomes calibration. The operator performs from reserve.

### OBJECTIVES

- Consistency tracking
- Load management
- Periodization
- Recalibration

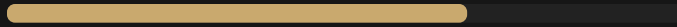
# What gets measured gets rebuilt.

## CAPACITY RESERVE SCORE

Composite index: recovery + aerobic capacity + stress tolerance + sleep quality

68

/ 100



● STRONG ● CAUTION ● DEGRADED

### RESTING HEART RATE

58 bpm

Healthy parasympathetic tone.



### HEART RATE VARIABILITY

42 ms

Accumulated stress load.



### SLEEP CONSISTENCY

72%

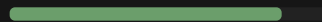
Variable timing. Stabilization needed.



### MIDDAY ENERGY

Strong

Sustained output through afternoon.



### RECOVERY QUALITY

64%

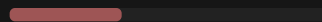
Below target. Support needed.



### AEROBIC CAPACITY

38 ml/kg/min

Below baseline. Priority.



## Anonymous performance snapshots.

Anonymized composites of operators who engaged the Boomletics system. All metrics represent actual observed progressions.

### OPERATOR A | Series B Founder, 41

65-person company. CrossFit 4x/week. 5.5 hrs sleep. Daily afternoon crashes.  
Low patience in board meetings.

Duration: 16 weeks

#### PROGRESSION

CRS	47 → 78
RHR	72 → 58
HRV	28 → 52
Sleep	58% → 84%
VO2	32 → 42

### OPERATOR B | VP Operations, 38

120-person division. No training. 6.5 hrs sleep, frequent waking. Brain fog by 2pm. Decision quality declining post-lunch.

Duration: 20 weeks

#### PROGRESSION

CRS	39 → 71
RHR	78 → 62
HRV	22 → 44
Sleep	52% → 79%
VO2	28 → 38

### OPERATOR C | CEO, PE-backed, 46

Board cycles every 6 weeks. Traveling 40%. Bodybuilding split 5x/week.  
Elevated RHR. High effort, declining consistency.

Duration: 24 weeks

#### PROGRESSION

CRS	52 → 82
RHR	68 → 55
HRV	31 → 58
Sleep	64% → 88%
VO2	35 → 44

Your business already runs on systems.

# Your body should too.

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## EXECUTIVE CAPACITY DIAGNOSTIC

Identify where your system breaks under sustained demand  
and what must be rebuilt first.

*A comprehensive assessment of cardiovascular, metabolic,  
neuromuscular, and recovery systems mapped against  
the demands of your operating environment.*

Limited advisory intake.

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