

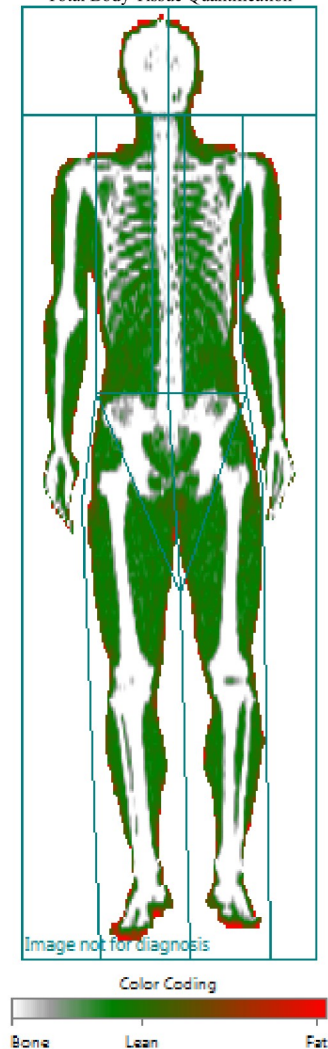
Client	Sex	Birth Date	Intake Height	Intake Weight	Measured
	Male		73.0 in.	153.0 lbs.	01/26/2019

## SUMMARY RESULTS

This table provides an overview of your total body composition, broken down into total body fat %, total mass, fat tissue, lean tissue, and bone mineral content. These metrics establish your baseline from which future BodySpec scans will be compared.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
01/26/2019	8.8%	153.8	13.6	133.6	6.7
11/10/2018	10.2%	155.8	15.8	133.1	6.9

Total Body Tissue Quantification



## Body Fat Percentile Chart

This table provides target body fat percentages based on empirical DXA scan results. It is meant to provide general guidance for individuals, and to help set goals.

### WOMEN

Age	0 - 20 <sup>th</sup> Percentile	20 <sup>th</sup> - 40 <sup>th</sup> Percentile	40 <sup>th</sup> - 60 <sup>th</sup> Percentile	60 <sup>th</sup> - 80 <sup>th</sup> Percentile	80 <sup>th</sup> - 99 <sup>th</sup> Percentile
20-29	< 24%	24% - 28%	28% - 32%	32% - 37%	> 37%
30-39	< 25%	25% - 29%	29% - 33%	33% - 38%	> 38%
40-49	< 26%	26% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 27%	27% - 32%	32% - 37%	37% - 42%	> 42%
>60	< 30%	30% - 33%	33% - 38%	38% - 42%	> 42%

### MEN

20-29	< 16%	16% - 20%	20% - 24%	24% - 27%	> 27%
30-39	< 18%	18% - 22%	22% - 26%	26% - 30%	> 30%
40-49	< 20%	20% - 24%	24% - 27%	27% - 31%	> 31%
50-59	< 21%	21% - 25%	25% - 29%	29% - 33%	> 33%
>60	< 21%	21% - 25%	25% - 30%	30% - 33%	> 33%

## REGIONAL ASSESSMENT

The table below divides your body into 5 key regions and provides the composition breakdown for each. BodySpec automatically tracks these regions over time to chart regional progress and the impact of your training and nutrition programming.

Region	Total Region Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	Bone Mineral Content (BMC)
Arms	9.2%	18.5	1.7	15.8	1.0
Legs	10.1%	54.9	5.6	46.6	2.8
Trunk	6.3%	70.3	4.4	64.1	1.8
Android	5.4%	10.1	0.5	9.4	0.1
Gynoid	6.1%	25.5	1.5	23.2	0.7
Total	8.8%	153.8	13.6	133.6	6.7

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured
	Male		73.0 in.	153.0 lbs.	01/26/2019

## SUPPLEMENTAL RESULTS

### Resting Metabolic Rate (RMR)

The minimum number of estimated calories your body requires daily, at rest.

### Android (A)

This is the lower abdominal region.

### Gynoid (G)

Fat that is concentrated in the hips, upper thighs, and buttocks.

### A/G Ratio

*Android fat should be less than Total Body Fat %.  
A/G Ratio should be < 1.0*

**1,666 cal/day**
**1,664 cal/day**
**5.4%**
**5.4%**
**6.1%**
**6.9%**
**0.90**
**0.78**

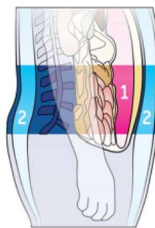
## VAT

VAT, or Visceral Adipose Tissue, is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and Type 2 diabetes.

*This number should be as low as possible, with a target of zero VAT.*

Mass (lbs) **0.00**  
**0.00**

Volume (in<sup>3</sup>) **0.12**  
**0.12**



Adipose Tissue  
1 Visceral  
2 Subcutaneous

## BONE REPORT

This report provides a general overview and relative age-matched comparison of your bone strength. *The higher your Z-Score, the better. High bone density is associated with strong, healthy bones.*

Note: this is not a bone density exam, which is a separate assessment reviewed with a medical professional.

### Bone Density: USA (Combined NHANES/Lunar) (Enhanced Analysis)

Region	BMD (g/cm <sup>2</sup> )	Young Adult T-Score	Age-Matched Z-Score
Head	2.102	-	-
Arms	1.019	-	-
Legs	1.471	-	-
Trunk	1.017	-	-
Ribs	0.719	-	-
Spine	1.089	-	-
Pelvis	1.203	-	-
<b>Total</b>	<b>1.291</b>	<b>0.9</b>	<b>0.9</b>

Z-Score	% Population (Greater Than)
-1.5 - (-0.5)	7% - 30%
-0.5 - 0.0	30% - 50%
0.0 - 0.5	50% - 69%
0.5 - 1.5	69% - 93%
1.5 - 2.0	93% - 97%
2.0 - 2.5	97% - 99%

## MUSCLE BALANCE REPORT

The table below isolates your limbs and compares the fat and lean tissue between your "right side" and your "left side." Small imbalances are common; larger imbalances (>2lbs) may indicate muscle injury and developmental imbalance.

Region	% Fat	Total Mass	Fat Mass	Lean Mass	BMC
Arms Total	9.2	18.5	1.7	15.8	1.0
<b>Right Arm</b>	<b>9.6</b>	<b>9.9</b>	<b>0.9</b>	<b>8.4</b>	<b>0.5</b>
<b>Left Arm</b>	<b>8.8</b>	<b>8.6</b>	<b>0.8</b>	<b>7.4</b>	<b>0.5</b>
Legs Total	10.1	54.9	5.6	46.6	2.8
<b>Right Leg</b>	<b>9.3</b>	<b>28.3</b>	<b>2.6</b>	<b>24.2</b>	<b>1.4</b>
<b>Left Leg</b>	<b>11.0</b>	<b>26.6</b>	<b>2.9</b>	<b>22.3</b>	<b>1.4</b>



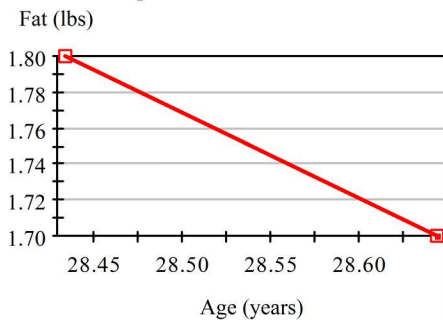
Client	Sex	Birth Date	Intake Height	Intake Weight	Measured
	Male		73.0 in.	153.0 lbs.	01/26/2019

## REGIONAL FAT TISSUE REPORT

The following graphs show how fat amounts in different regions of your body have changed over time. These graphs show how your body's fat tissue in each area has responded to your training and/or nutrition program. Each individual will gain and lose fat tissue differently. BodySpec will continue to track these regions with each subsequent scan.

### Arms

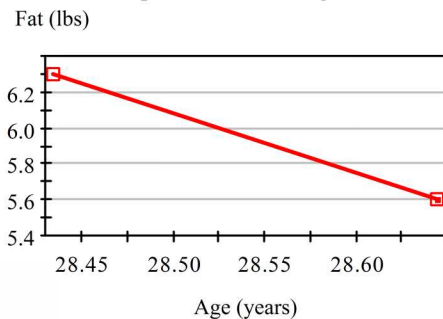
Composition Trend: Arms



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	01/26/2019	1.7 lbs	-0.1 lbs	-0.1 lbs
	11/10/2018	1.8 lbs	baseline	-
Fat Percentage (%)	01/26/2019	9.2%	-0.2%	-0.2
	11/10/2018	9.4%	baseline	-

### Legs

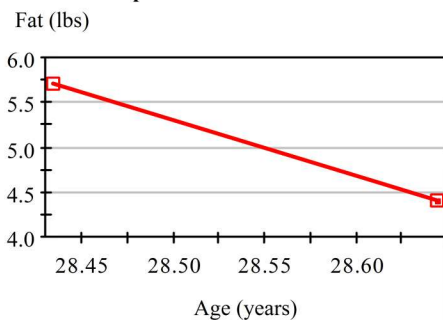
Composition Trend: Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	01/26/2019	5.6 lbs	-0.7 lbs	-0.7 lbs
	11/10/2018	6.3 lbs	baseline	-
Fat Percentage (%)	01/26/2019	10.1%	-1.0%	-1.0%
	11/10/2018	11.1%	baseline	-

### Trunk

Composition Trend: Trunk



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	01/26/2019	4.4 lbs	-1.3 lbs	-1.3 lbs
	11/10/2018	5.7 lbs	baseline	-
Fat Percentage (%)	01/26/2019	6.3%	-1.9%	-1.9%

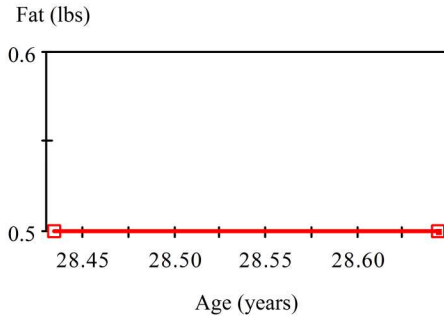


Client	Sex	Birth Date	Intake Height	Intake Weight	Measured
	Male		73.0 in.	153.0 lbs.	01/26/2019

## REGIONAL FAT TISSUE REPORT (Continued)

### Android

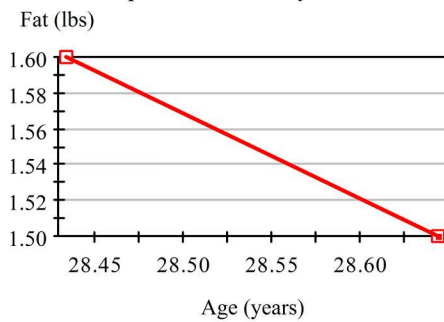
Composition Trend: Android



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	01/26/2019	0.5 lbs	0.0 lbs	0.0 lbs
	11/10/2018	0.5 lbs	baseline	-
Fat Percentage (%)	01/26/2019	5.4%	0.1%	0.1%
	11/10/2018	5.3%	baseline	-

### Gynoid

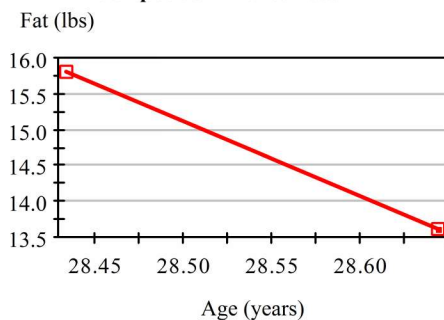
Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	01/26/2019	1.5 lbs	-0.1 lbs	-0.1 lbs
	11/10/2018	1.6 lbs	baseline	-
Fat Percentage (%)	01/26/2019	5.9%	-0.8%	-0.8%
	11/10/2018	6.7%	baseline	-

### Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	01/26/2019	13.6 lbs	-2.2 lbs	-2.2 lbs
	11/10/2018	15.8 lbs	baseline	-
Fat Percentage (%)	01/26/2019	8.8%	-1.4%	-1.4%
	11/10/2018	10.2%	baseline	-



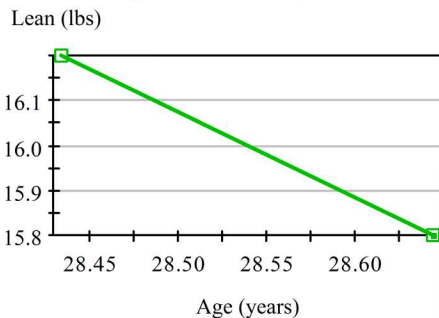
Client	Sex	Birth Date	Intake Height	Intake Weight	Measured
	Male		73.0 in.	153.0 lbs.	01/26/2019

## REGIONAL LEAN TISSUE REPORT

The following graphs show how lean tissue amounts in different regions of your body have changed over time. These graphs show how your body's muscle development in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. BodySpec will continue to track these regions with each subsequent scan.

### Arms

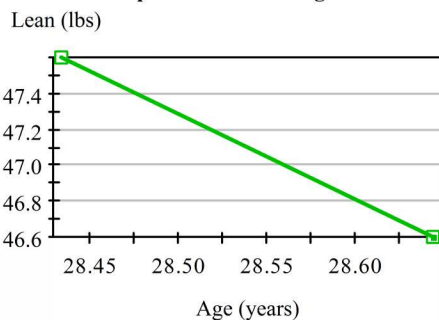
**Composition Trend: Arms**



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	01/26/2019	15.8 lbs	-0.4 lbs	-0.4 lbs
	11/10/2018	16.2 lbs	baseline	-
Lean Percentage (%)	01/26/2019	85.5%	-2.5%	-2.5%
	11/10/2018	85.4%	baseline	-

### Legs

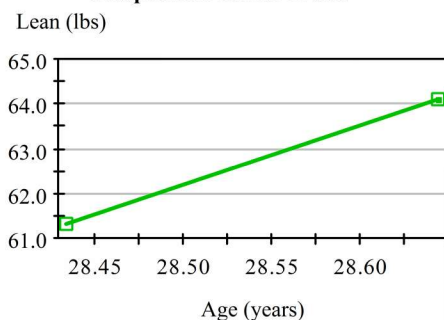
**Composition Trend: Legs**



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	01/26/2019	46.6 lbs	-1.0 lbs	-1.0 lbs
	11/10/2018	47.6 lbs	baseline	-
Lean Percentage (%)	01/26/2019	84.8%	-2.1%	-2.1%
	11/10/2018	83.9%	baseline	-

### Trunk

**Composition Trend: Trunk**



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	01/26/2019	64.1 lbs	2.8 lbs	2.8 lbs
	11/10/2018	61.3 lbs	baseline	-
Lean Percentage (%)	01/26/2019	91.1%	4.6%	4.6%
	11/10/2018	88.9%	baseline	-

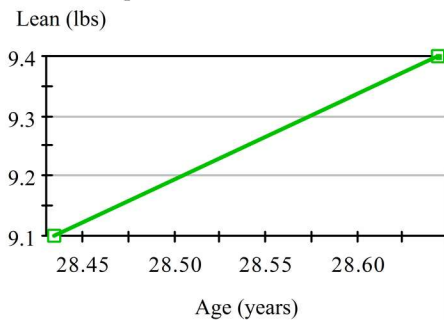


Client	Sex	Birth Date	Intake Height	Intake Weight	Measured
	Male		73.0 in.	153.0 lbs.	01/26/2019

## REGIONAL LEAN TISSUE REPORT (Continued)

### Android

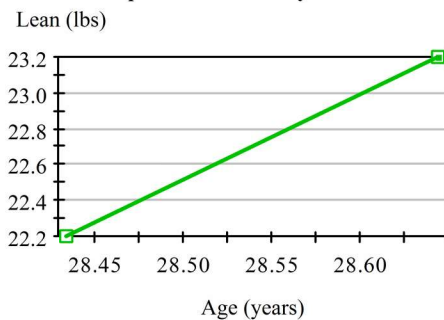
Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	01/26/2019	9.4 lbs	0.3 lbs	0.3 lbs
	11/10/2018	9.1 lbs	baseline	-
Lean Percentage (%)	01/26/2019	93.2%	3.3%	3.3%
	11/10/2018	93.2%	baseline	-

### Gynoid

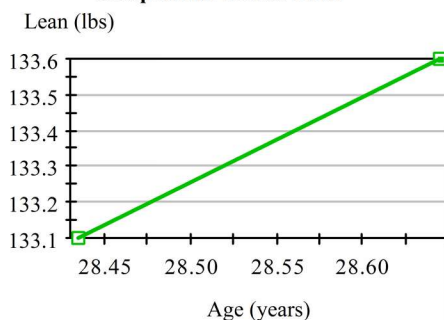
Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	01/26/2019	23.2 lbs	1.0 lbs	1.0 lbs
	11/10/2018	22.2 lbs	baseline	-
Lean Percentage (%)	01/26/2019	91.3%	4.5%	4.5%
	11/10/2018	90.4%	baseline	-

### Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	01/26/2019	133.6 lbs	0.5 lbs	0.5 lbs
	11/10/2018	133.1 lbs	baseline	-
Lean Percentage (%)	01/26/2019	86.8%	0.4%	0.4%
	11/10/2018	85.4%	baseline	-

**Note:** BodySpec is not a medical facility, nor do we represent the views of a medical practitioner. The data provided in this report is for informational purposes only and is not meant to be used for any type of medical diagnosis. Should you have any concerns about the metrics in the report, please consult your physician.