

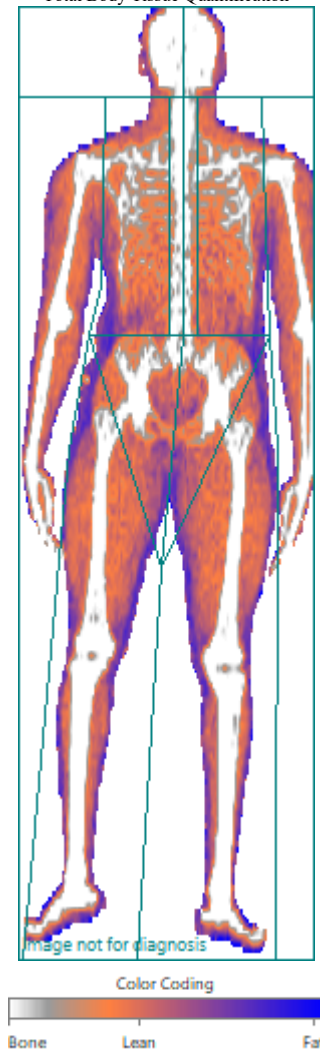
Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
	Male		75.0 in.	209.0 lbs.	12/28/2023

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)
12/28/2023	21.5%	201.3	43.3	150.3	7.7
11/11/2023	23.3%	208.3	48.6	152.1	7.6

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 - 20th Percentile	20th - 40th Percentile	40th - 60th Percentile	60th - 80th Percentile	80th - 99th 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	18.2%	28.2	5.1	21.9	1.1
Legs	22.2%	68.5	15.2	50.2	3.0
Trunk	22.3%	92.7	20.6	69.8	2.3
Android	22.0%	13.8	3.0	10.6	0.2
Gynoid	20.9%	30.9	6.3	23.8	0.7
Total	21.5%	201.3	43.3	150.3	7.7

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SUPPLEMENTAL RESULTS

Resting Metabolic Rate (RMR)

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

1,825 cal/day
1,840 cal/day

Android (A)

This is the lower abdominal region.

22.0%
26.5%

Gynoid (G)

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

20.9%
23.0%

A/G Ratio

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

1.05
1.15

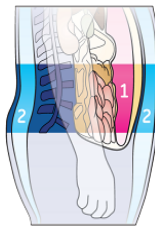
VAT

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) **0.71**
1.23

Volume (in³) **20.70**
36.21



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 ²)	Young Adult T-Score	Age-Matched Z-Score
Head	2.636	-	-
(e) Arms	1.029	-	-
Legs	1.420	-	-
Trunk	1.145	-	-
Ribs	0.875	-	-
Spine	1.396	-	-
Pelvis	1.266	-	-
(e) Total	1.357	1.6	0.5

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	18.2	28.2	5.1	21.9	1.1
Right Arm	18.2	14.1	2.6	11.0	0.6
Left Arm	18.2	14.1	2.6	11.0	0.6
Legs Total	22.2	68.5	15.2	50.2	3.0
Right Leg	21.6	33.7	7.3	24.9	1.5
Left Leg	22.9	34.8	8.0	25.3	1.5

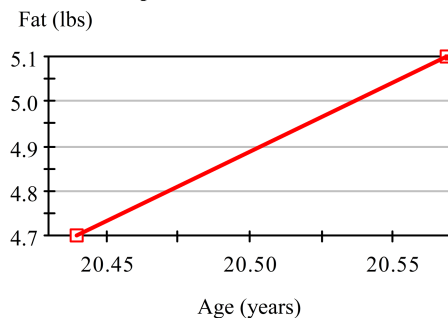
Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
	Male		75.0 in.	209.0 lbs.	12/28/2023

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

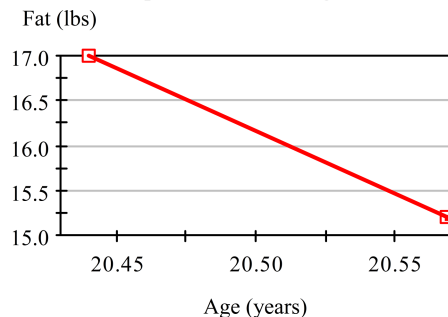
Composition Trend: Arms



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	12/28/2023	5.1 lbs	0.4 lbs	0.4 lbs
	11/11/2023	4.7 lbs	baseline	-
Fat Percentage (%)	12/28/2023	18.2%	-0.2%	-0.2
	11/11/2023	18.4%	baseline	-

Legs

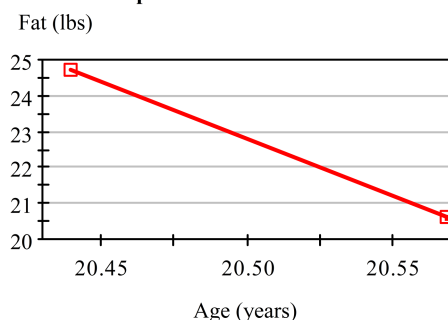
Composition Trend: Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	12/28/2023	15.2 lbs	-1.8 lbs	-1.8 lbs
	11/11/2023	17.0 lbs	baseline	-
Fat Percentage (%)	12/28/2023	22.2%	0.5%	0.5%
	11/11/2023	21.7%	baseline	-

Trunk

Composition Trend: Trunk



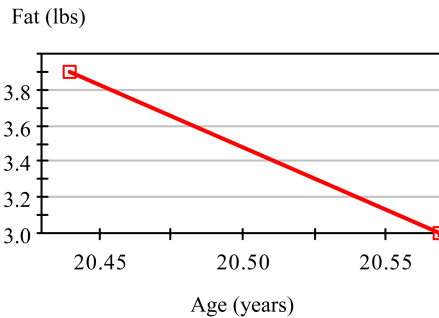
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	12/28/2023	20.6 lbs	-4.1 lbs	-4.1 lbs
	11/11/2023	24.7 lbs	baseline	-
Fat Percentage (%)	12/28/2023	22.3%	-4.4%	-4.4%
	11/11/2023	26.7%	baseline	-

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
	Male		75.0 in.	209.0 lbs.	12/28/2023

REGIONAL FAT TISSUE REPORT (Continued)

Android

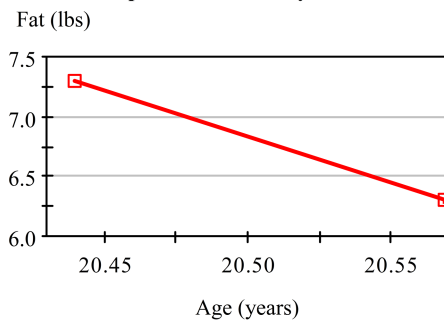
Composition Trend: Android



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	12/28/2023	3.0 lbs	-0.9 lbs	-0.9 lbs
	11/11/2023	3.9 lbs	baseline	-
Fat Percentage (%)	12/28/2023	21.7%	-4.5%	-4.5%
	11/11/2023	26.2%	baseline	-

Gynoid

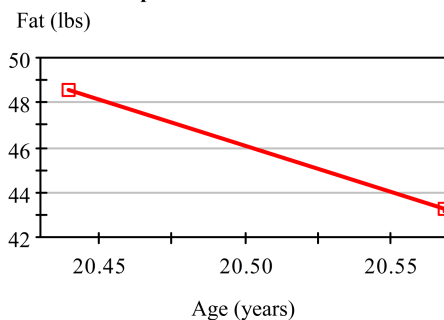
Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	12/28/2023	6.3 lbs	-1.0 lbs	-1.0 lbs
	11/11/2023	7.3 lbs	baseline	-
Fat Percentage (%)	12/28/2023	20.4%	-2.1%	-2.1%
	11/11/2023	22.5%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	12/28/2023	43.3 lbs	-5.3 lbs	-5.3 lbs
	11/11/2023	48.6 lbs	baseline	-
Fat Percentage (%)	12/28/2023	21.5%	-1.8%	-1.8%
	11/11/2023	23.3%	baseline	-

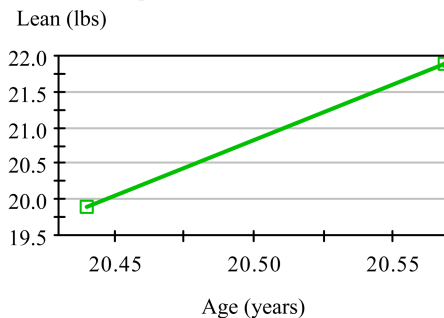
Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
	Male		75.0 in.	209.0 lbs.	12/28/2023

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

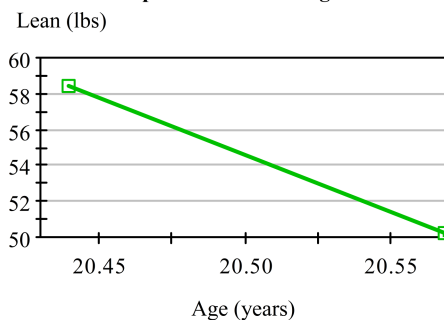
Composition Trend: Arms



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	12/28/2023	21.9 lbs	2.0 lbs	2.0 lbs
	11/11/2023	19.9 lbs	baseline	-
Lean Percentage (%)	12/28/2023	77.9%	10.0%	10.0%
	11/11/2023	77.6%	baseline	-

Legs

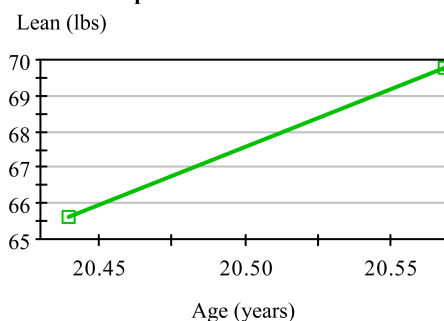
Composition Trend: Legs



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	12/28/2023	50.2 lbs	-8.2 lbs	-8.2 lbs
	11/11/2023	58.4 lbs	baseline	-
Lean Percentage (%)	12/28/2023	73.3%	-14.1%	-14.1%
	11/11/2023	74.5%	baseline	-

Trunk

Composition Trend: Trunk



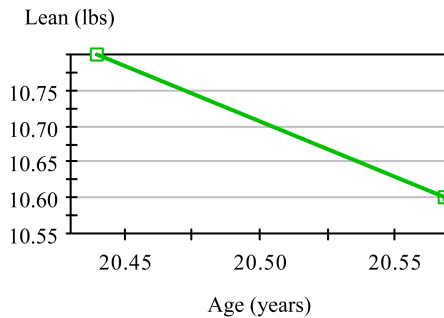
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	12/28/2023	69.8 lbs	4.2 lbs	4.2 lbs
	11/11/2023	65.6 lbs	baseline	-
Lean Percentage (%)	12/28/2023	75.3%	6.4%	6.4%
	11/11/2023	70.9%	baseline	-

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
	Male		75.0 in.	209.0 lbs	12/28/2023

REGIONAL LEAN TISSUE REPORT (Continued)

Android

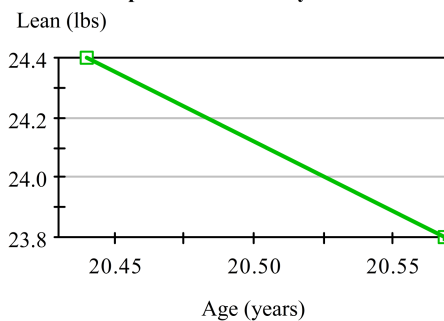
Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	12/28/2023	10.6 lbs	-0.2 lbs	-0.2 lbs
	11/11/2023	10.8 lbs	baseline	-
Lean Percentage (%)	12/28/2023	77.0%	-1.9%	-1.9%
	11/11/2023	72.7%	baseline	-

Gynoid

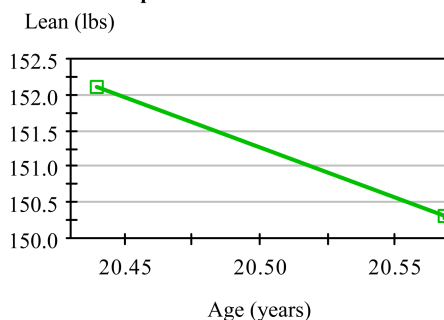
Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	12/28/2023	23.8 lbs	-0.6 lbs	-0.6 lbs
	11/11/2023	24.4 lbs	baseline	-
Lean Percentage (%)	12/28/2023	77.2%	-2.5%	-2.5%
	11/11/2023	75.2%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	12/28/2023	150.3 lbs	-1.8 lbs	-1.8 lbs
	11/11/2023	152.1 lbs	baseline	-
Lean Percentage (%)	12/28/2023	74.7%	-1.2%	-1.2%
	11/11/2023	73.0%	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.