www.bodyspec.com
P: 310.601.8184
E: support@bodyspec.com

BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured

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)
2/24/2017	24.0%	135.2	32.4	97.5	5.3
10/24/2016	26.7%	132.0	35.2	91.5	5.3
6/3/2016	27.6%	132.7	36.6	90.8	5.3
3/1/2016	28.0%	134.7	37.8	91.5	5.4

Total Body Tissue Quantification

[Image not for diagnosis]

Color Coding

Bone   Lean   Fat
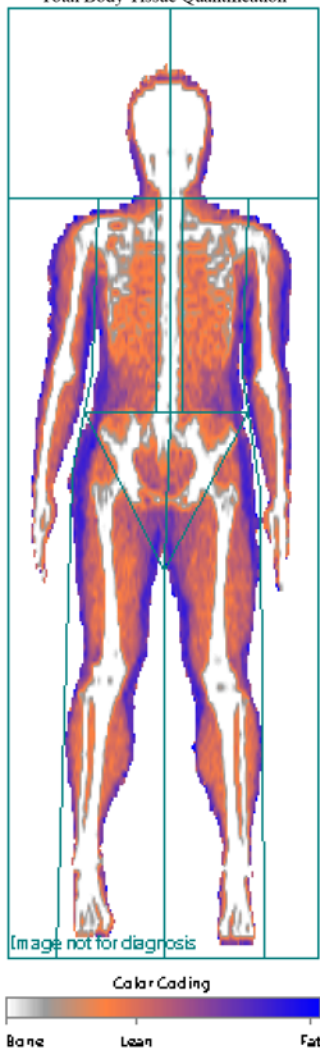
Body Fat Percentile Chart

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	$0 - 20^{th}$ Percentile	$20^{th} - 40^{th}$ Percentile	$40^{th} - 60^{th}$ Percentile	$60^{th} - 80^{th}$ Percentile	$80^{th} - 99^{th}$ 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

Age					
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	27.0%	14.8	4.0	10.2	0.6
Legs	23.4%	50.8	11.9	37.1	1.8
Trunk	24.6%	59.5	14.7	43.3	1.6
Android	24.0%	9.2	2.2	6.9	0.1
Gynoid	27.9%	20.9	5.7	14.7	0.5
Total	24.0%	135.2	32.4	97.5	5.3

www.bodyspec.com
P: 310.601.8184
E: support@bodyspec.com

BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured

SUPPLEMENTAL RESULTS

Resting Metabolic Rate (RMR)	Android (A)	Gynoid (G)	A/G Ratio
The minimum number of estimated calories your body requires daily, at rest.	This is the lower abdominal region.	Fat that is concentrated in the hips, upper thighs, and buttocks.	*Android fat should be less than Total Body Fat %.* *A/G Ratio should be < 1.0*
1,331 cal/day	24.0%	27.9%	0.86
1,278 cal/day	29.3%	29.9%	0.98
1,272 cal/day	30.3%	30.4%	1.00
1,279 cal/day	30.4%	30.3%	1.00

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)	0.44
	0.44
	0.38
	0.35
Volume (in³)	12.94
	13.03
	11.18
	10.27
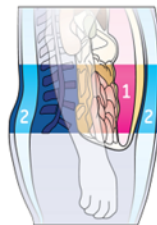
Adipose Tissue
1 Visceral
2 Subcutaneous

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	2.346	-	-
Arms	0.881	-	-
Legs	1.186	-	-
Trunk	1.029	-	-
Ribs	0.786	-	-
Spine	1.205	-	-
Pelvis	1.147	-	-
Total	1.231	1.5	1.5

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	27.0	14.8	4.0	10.2	0.6
Right Arm	26.5	7.9	2.1	5.5	0.3
Left Arm	27.5	6.9	1.9	4.7	0.3
Legs Total	23.4	50.8	11.9	37.1	1.8
Right Leg	23.8	24.5	5.8	17.8	0.9
Left Leg	23.0	26.3	6.0	19.3	0.9

www.bodyspec.com
P: 310.601.8184
E: support@bodyspec.com

BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured

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
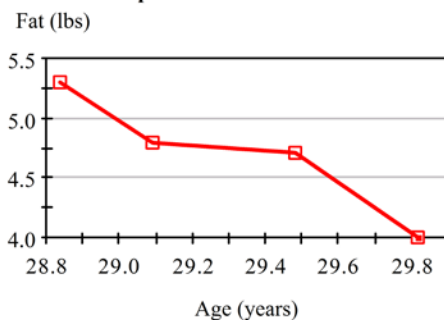
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/24/2017	4.0 lbs	-1.3 lbs	-0.7 lbs
	10/24/2016	4.7 lbs	-0.6 lbs	-0.1 lbs
	6/3/2016	4.8 lbs	-0.5 lbs	-0.5 lbs
	3/1/2016	5.3 lbs	baseline	-
Fat Percentage (%)	2/24/2017	27.0%	-5.1%	-3.3
	10/24/2016	30.3%	-1.8%	-1.5
	6/3/2016	31.8%	-0.3%	-0.3
	3/1/2016	32.1%	baseline	-

Legs

Composition Trend: Legs
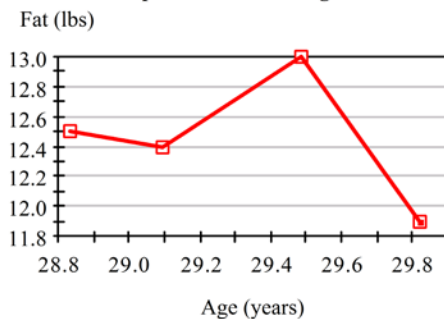
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/24/2017	11.9 lbs	-0.6 lbs	-1.1 lbs
	10/24/2016	13.0 lbs	0.5 lbs	0.6 lbs
	6/3/2016	12.4 lbs	-0.1 lbs	-0.1 lbs
	3/1/2016	12.5 lbs	baseline	-
Fat Percentage (%)	2/24/2017	23.4%	-2.4%	-1.7%
	10/24/2016	25.1%	-0.7%	0.2%
	6/3/2016	24.9%	-0.9%	-0.9%
	3/1/2016	25.8%	baseline	-

Trunk

Composition Trend: Trunk
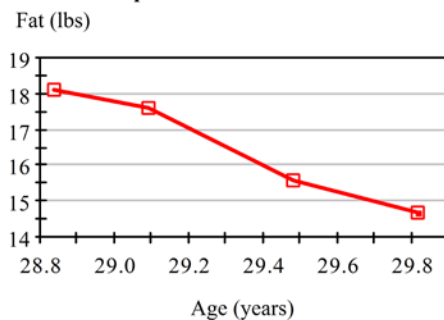
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/24/2017	14.7 lbs	-3.4 lbs	-0.9 lbs
	10/24/2016	15.6 lbs	-2.5 lbs	-2.0 lbs
	6/3/2016	17.6 lbs	-0.5 lbs	-0.5 lbs
	3/1/2016	18.1 lbs	baseline	-
Fat Percentage (%)	2/24/2017	24.6%	-5.6%	-3.9%
	10/24/2016	28.5%	-1.7%	-1.7%
	6/3/2016	30.2%	0.0%	0.0%
	3/1/2016	30.2%	baseline	-

www.bodyspec.com
P: 310.601.8184
E: support@bodyspec.com

BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured

REGIONAL FAT TISSUE REPORT (Continued)

Android

Composition Trend: Android

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/24/2017	2.2 lbs	-0.3 lbs	-0.1 lbs
	10/24/2016	2.3 lbs	-0.2 lbs	-0.2 lbs
	6/3/2016	2.5 lbs	0.0 lbs	0.0 lbs
	3/1/2016	2.5 lbs	baseline	-
Fat Percentage (%)	2/24/2017	23.7%	-6.3%	-5.2%
	10/24/2016	28.9%	-1.1%	-1.1%
	6/3/2016	30.0%	0.0%	0.0%
	3/1/2016	30.0%	baseline	-

Gynoid

Composition Trend: Gynoid
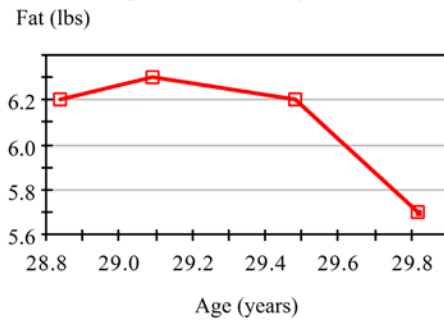
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/24/2017	5.7 lbs	-0.5 lbs	-0.5 lbs
	10/24/2016	6.2 lbs	0.0 lbs	-0.1 lbs
	6/3/2016	6.3 lbs	0.1 lbs	0.1 lbs
	3/1/2016	6.2 lbs	baseline	-
Fat Percentage (%)	2/24/2017	27.2%	-2.4%	-2.0%
	10/24/2016	29.2%	-0.4%	-0.4%
	6/3/2016	29.6%	0.0%	0.0%
	3/1/2016	29.6%	baseline	-

Total

Composition Trend: Total
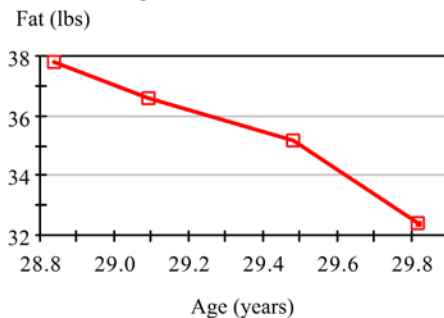
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/24/2017	32.4 lbs	-5.4 lbs	-2.8 lbs
	10/24/2016	35.2 lbs	-2.6 lbs	-1.4 lbs
	6/3/2016	36.6 lbs	-1.2 lbs	-1.2 lbs
	3/1/2016	37.8 lbs	baseline	-
Fat Percentage (%)	2/24/2017	24.0%	-4.0%	-2.7%
	10/24/2016	26.7%	-1.3%	-0.9%
	6/3/2016	27.6%	-0.4%	-0.4%
	3/1/2016	28.0%	baseline	-

Client		Sex	Birth Date	Intake Height	Intake Weight	Measured

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
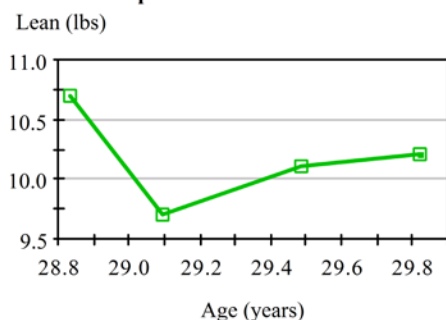
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/24/2017	10.2 lbs	-0.5 lbs	0.1 lbs
	10/24/2016	10.1 lbs	-0.6 lbs	0.4 lbs
	6/3/2016	9.7 lbs	-1.0 lbs	-1.0 lbs
	3/1/2016	10.7 lbs	baseline	-
Lean Percentage (%)	2/24/2017	69.1%	-4.7%	1.0%
	10/24/2016	65.8%	-5.6%	4.1%
	6/3/2016	64.2%	-9.4%	-9.4%
	3/1/2016	64.0%	baseline	-

Legs

Composition Trend: Legs
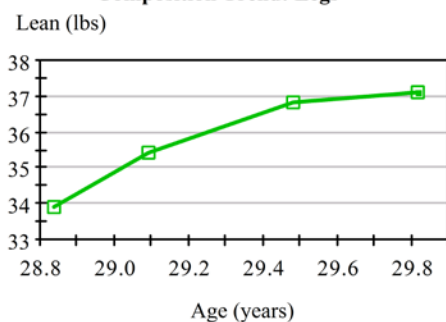
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/24/2017	37.1 lbs	3.2 lbs	0.3 lbs
	10/24/2016	36.8 lbs	2.9 lbs	1.4 lbs
	6/3/2016	35.4 lbs	1.5 lbs	1.5 lbs
	3/1/2016	33.9 lbs	baseline	-
Lean Percentage (%)	2/24/2017	73.0%	9.4%	0.8%
	10/24/2016	71.3%	8.6%	4.0%
	6/3/2016	71.4%	4.4%	4.4%
	3/1/2016	70.3%	baseline	-

Trunk

Composition Trend: Trunk
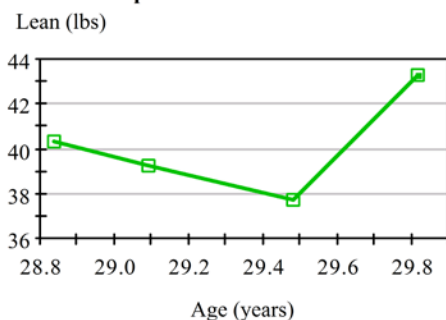
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/24/2017	43.3 lbs	3.0 lbs	5.6 lbs
	10/24/2016	37.7 lbs	-2.6 lbs	-1.5 lbs
	6/3/2016	39.2 lbs	-1.1 lbs	-1.1 lbs
	3/1/2016	40.3 lbs	baseline	-
Lean Percentage (%)	2/24/2017	72.7%	7.4%	14.8%
	10/24/2016	68.7%	-6.5%	-3.8%
	6/3/2016	67.0%	-2.7%	-2.7%
	3/1/2016	67.1%	baseline	-

www.bodyspec.com
P: 310.601.8184
E: support@bodyspec.com

BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Composition Trend: Android

Lean (lbs)

Age (years)

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/24/2017	6.9 lbs	1.2 lbs	1.3 lbs
	10/24/2016	5.6 lbs	-0.1 lbs	-0.2 lbs
	6/3/2016	5.8 lbs	0.1 lbs	0.1 lbs
	3/1/2016	5.7 lbs	baseline	-
Lean Percentage (%)	2/24/2017	75.1%	21.1%	23.2%
	10/24/2016	69.9%	-1.8%	-3.5%
	6/3/2016	68.8%	1.8%	1.8%
	3/1/2016	68.7%	baseline	-

Gynoid

Composition Trend: Gynoid

Lean (lbs)

Age (years)

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/24/2017	14.7 lbs	0.4 lbs	0.2 lbs
	10/24/2016	14.5 lbs	0.2 lbs	0.0 lbs
	6/3/2016	14.5 lbs	0.2 lbs	0.2 lbs
	3/1/2016	14.3 lbs	baseline	-
Lean Percentage (%)	2/24/2017	70.5%	2.8%	1.4%
	10/24/2016	68.5%	1.4%	0.0%
	6/3/2016	68.0%	1.4%	1.4%
	3/1/2016	68.0%	baseline	-

Total

Composition Trend: Total

Lean (lbs)

Age (years)

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/24/2017	97.5 lbs	6.0 lbs	6.0 lbs
	10/24/2016	91.5 lbs	0.0 lbs	0.7 lbs
	6/3/2016	90.8 lbs	-0.7 lbs	-0.7 lbs
	3/1/2016	91.5 lbs	baseline	-
Lean Percentage (%)	2/24/2017	72.1%	6.6%	6.6%
	10/24/2016	69.3%	0.0%	0.8%
	6/3/2016	68.4%	-0.8%	-0.8%
	3/1/2016	67.9%	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.