

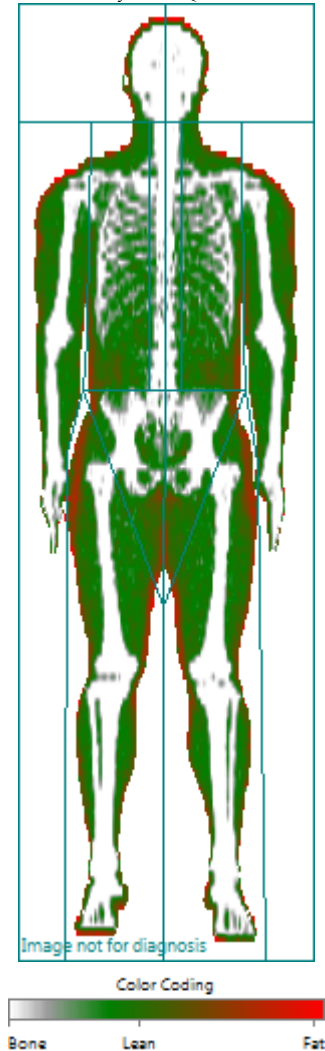
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Client	Male	(not specified)	00/00/0000	72.0 in.	180.0 lbs.	02/20/2016

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)
02/20/2016	12.0%	188.6	22.6	158.4	7.7
06/01/2015	11.8%	182.8	21.6	153.6	7.6
03/19/2015	14.0%	186.5	26.1	152.6	7.8
01/28/2015	15.2%	180.1	27.4	144.9	7.8

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	11.7%	26.8	3.1	22.4	1.2
Legs	12.4%	60.1	7.4	49.8	2.9
Trunk	11.0%	91.1	10.1	78.7	2.4
Android	10.1%	13.4	1.3	11.9	0.2
Gynoid	12.1%	32.8	3.9	28.1	0.8
Total	12.0%	188.6	22.6	158.4	7.7

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Client	Male	(not specified)	00/00/0000	72.0 in.	180.0 lbs.	02/20/2016

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*

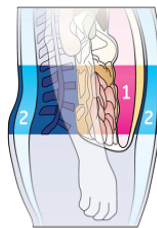
1,897 cal/day	10.1%	12.1%	0.83
1,854 cal/day	10.0%	11.2%	0.90
1,847 cal/day	12.8%	13.0%	0.99
1,777 cal/day	12.3%	15.4%	0.80

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)	0.27
	0.23
	0.19
	0.41



Adipose Tissue
 1 Visceral
 2 Subcutaneous

Volume (in ³)	7.80
	6.76
	5.56
	11.88

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	Z-Score	% Population (Greater Than)
Head	2.318	-	-	-1.5 - (-0.5)	7% - 30%
Arms	1.168	-	-	-0.5 - 0.0	30% - 50%
Legs	1.452	-	-	0.0 - 0.5	50% - 69%
Trunk	1.180	-	-	0.5 - 1.5	69% - 93%
Ribs	0.910	-	-	1.5 - 2.0	93% - 97%
Spine	1.291	-	-	2.0 - 2.5	97% - 99%
Pelvis	1.371	-	-		
Total	1.385	1.8	1.7		

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	11.7	26.8	3.1	22.4	1.2
Right Arm	12.0	13.6	1.6	11.3	0.6
Left Arm	11.4	13.2	1.5	11.1	0.6
Legs Total	12.4	60.1	7.4	49.8	2.9
Right Leg	12.4	30.3	3.7	25.1	1.4
Left Leg	12.4	29.8	3.7	24.6	1.4

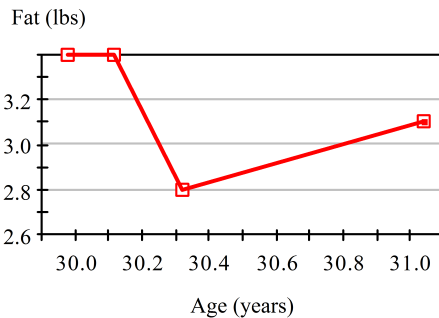
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Client	Male	(not specified)	00/00/0000	72.0 in.	180.0 lbs.	02/20/2016

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

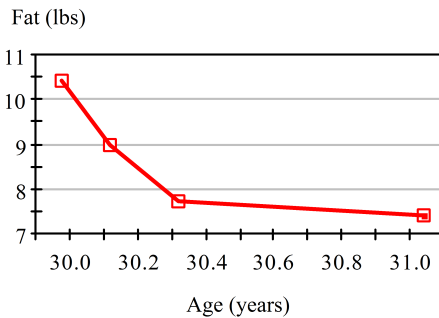
Composition Trend: Arms



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	02/20/2016	3.1 lbs	-0.3 lbs	0.3 lbs
	06/01/2015	2.8 lbs	-0.6 lbs	-0.6 lbs
	03/19/2015	3.4 lbs	0.0 lbs	0.0 lbs
	01/28/2015	3.4 lbs	baseline	-
Fat Percentage (%)	02/20/2016	11.7%	-1.3%	0.7
	06/01/2015	11.0%	-2.0%	-1.7
	03/19/2015	12.7%	-0.3%	-0.3
	01/28/2015	13.0%	baseline	-

Legs

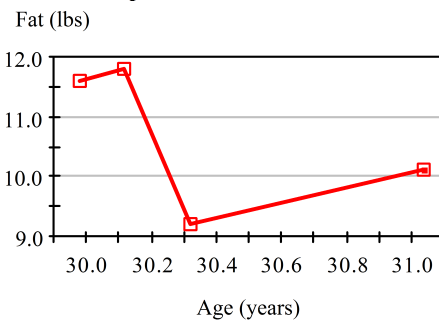
Composition Trend: Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	02/20/2016	7.4 lbs	-3.0 lbs	-0.3 lbs
	06/01/2015	7.7 lbs	-2.7 lbs	-1.3 lbs
	03/19/2015	9.0 lbs	-1.4 lbs	-1.4 lbs
	01/28/2015	10.4 lbs	baseline	-
Fat Percentage (%)	02/20/2016	12.4%	-5.1%	-0.6%
	06/01/2015	13.0%	-4.5%	-1.9%
	03/19/2015	14.9%	-2.6%	-2.6%
	01/28/2015	17.5%	baseline	-

Trunk

Composition Trend: Trunk



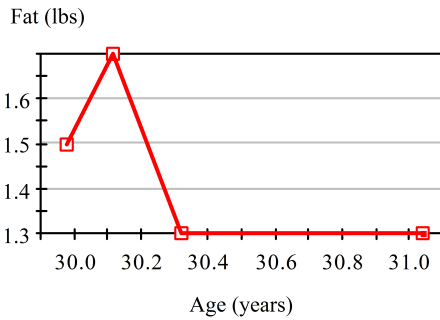
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	02/20/2016	10.1 lbs	-1.5 lbs	0.9 lbs
	06/01/2015	9.2 lbs	-2.4 lbs	-2.6 lbs
	03/19/2015	11.8 lbs	0.2 lbs	0.2 lbs
	01/28/2015	11.6 lbs	baseline	-
Fat Percentage (%)	02/20/2016	11.0%	-2.9%	0.5%

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Client	Male	(not specified)	00/00/0000	72.0 in.	180.0 lbs.	02/20/2016

REGIONAL FAT TISSUE REPORT (Continued)

Android

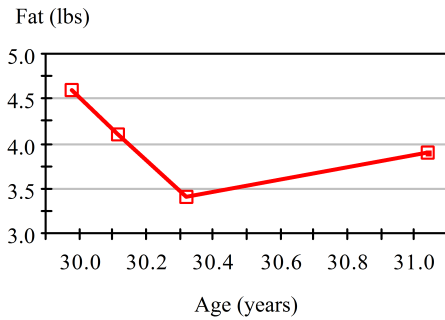
Composition Trend: Android



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	02/20/2016	1.3 lbs	-0.2 lbs	0.0 lbs
	06/01/2015	1.3 lbs	-0.2 lbs	-0.4 lbs
	03/19/2015	1.7 lbs	0.2 lbs	0.2 lbs
	01/28/2015	1.5 lbs	baseline	-
Fat Percentage (%)	02/20/2016	9.9%	-2.2%	0.0%
	06/01/2015	9.9%	-2.2%	-2.7%
	03/19/2015	12.6%	0.5%	0.5%
	01/28/2015	12.1%	baseline	-

Gynoid

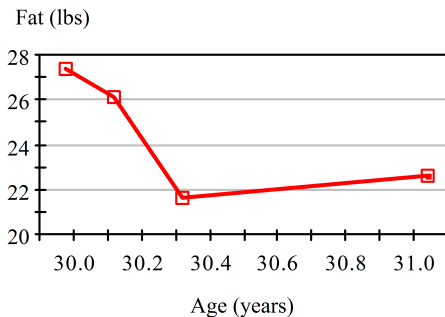
Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	02/20/2016	3.9 lbs	-0.7 lbs	0.5 lbs
	06/01/2015	3.4 lbs	-1.2 lbs	-0.7 lbs
	03/19/2015	4.1 lbs	-0.5 lbs	-0.5 lbs
	01/28/2015	4.6 lbs	baseline	-
Fat Percentage (%)	02/20/2016	11.8%	-3.1%	0.9%
	06/01/2015	10.9%	-4.0%	-1.7%
	03/19/2015	12.6%	-2.3%	-2.3%
	01/28/2015	14.9%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	02/20/2016	22.6 lbs	-4.8 lbs	1.0 lbs
	06/01/2015	21.6 lbs	-5.8 lbs	-4.5 lbs
	03/19/2015	26.1 lbs	-1.3 lbs	-1.3 lbs
	01/28/2015	27.4 lbs	baseline	-
Fat Percentage (%)	02/20/2016	12.0%	-3.2%	0.2%
	06/01/2015	11.8%	-3.4%	-2.2%
	03/19/2015	14.0%	-1.2%	-1.2%
	01/28/2015	15.2%	baseline	-

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Client	Male	(not specified)	00/00/0000	72.0 in.	180.0 lbs.	02/20/2016

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

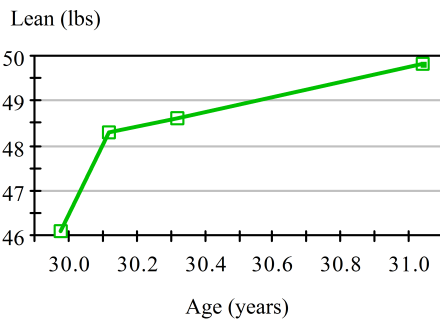
Composition Trend: Arms



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	02/20/2016	22.4 lbs	1.1 lbs	0.8 lbs
	06/01/2015	21.6 lbs	0.3 lbs	-0.6 lbs
	03/19/2015	22.2 lbs	0.9 lbs	0.9 lbs
	01/28/2015	21.3 lbs	baseline	-
Lean Percentage (%)	02/20/2016	83.8%	5.2%	3.7%
	06/01/2015	84.4%	1.4%	-2.7%
	03/19/2015	82.8%	4.2%	4.2%
	01/28/2015	82.4%	baseline	-

Legs

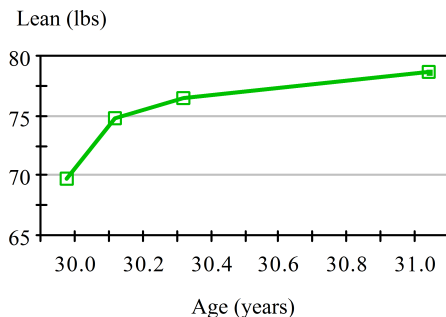
Composition Trend: Legs



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	02/20/2016	49.8 lbs	3.7 lbs	1.2 lbs
	06/01/2015	48.6 lbs	2.5 lbs	0.3 lbs
	03/19/2015	48.3 lbs	2.2 lbs	2.2 lbs
	01/28/2015	46.1 lbs	baseline	-
Lean Percentage (%)	02/20/2016	82.8%	8.0%	2.5%
	06/01/2015	82.0%	5.4%	0.6%
	03/19/2015	80.2%	4.8%	4.8%
	01/28/2015	77.3%	baseline	-

Trunk

Composition Trend: Trunk



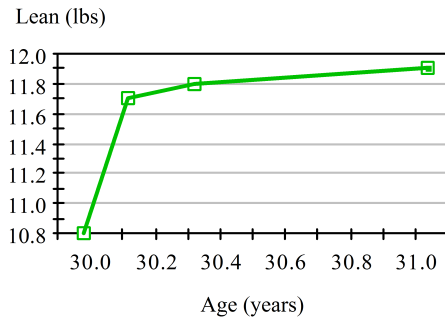
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	02/20/2016	78.7 lbs	9.0 lbs	2.3 lbs
	06/01/2015	76.4 lbs	6.7 lbs	1.6 lbs
	03/19/2015	74.8 lbs	5.1 lbs	5.1 lbs
	01/28/2015	69.7 lbs	baseline	-
Lean Percentage (%)	02/20/2016	86.4%	12.9%	3.0%
	06/01/2015	86.9%	9.6%	2.1%
	03/19/2015	84.0%	7.3%	7.3%
	01/28/2015	83.3%	baseline	-

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Sample Client	Male	(not specified)	00/00/0000	72.0 in.	180.0 lbs.	02/20/2016

REGIONAL LEAN TISSUE REPORT (Continued)

Android

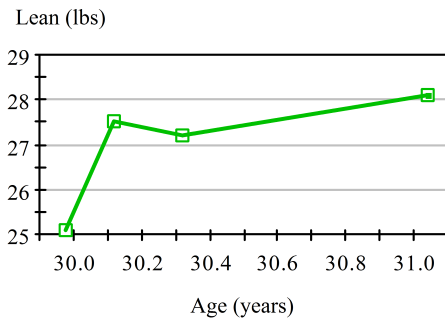
Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	02/20/2016	11.9 lbs	1.1 lbs	0.1 lbs
	06/01/2015	11.8 lbs	1.0 lbs	0.1 lbs
	03/19/2015	11.7 lbs	0.9 lbs	0.9 lbs
	01/28/2015	10.8 lbs	baseline	-
Lean Percentage (%)	02/20/2016	88.7%	10.2%	0.8%
	06/01/2015	88.7%	9.3%	0.9%
	03/19/2015	86.0%	8.4%	8.4%
	01/28/2015	86.6%	baseline	-

Gynoid

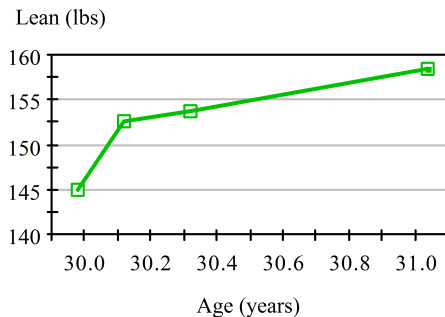
Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	02/20/2016	28.1 lbs	3.0 lbs	0.9 lbs
	06/01/2015	27.2 lbs	2.1 lbs	-0.3 lbs
	03/19/2015	27.5 lbs	2.4 lbs	2.4 lbs
	01/28/2015	25.1 lbs	baseline	-
Lean Percentage (%)	02/20/2016	85.8%	11.9%	3.3%
	06/01/2015	86.7%	8.4%	-1.1%
	03/19/2015	84.9%	9.5%	9.5%
	01/28/2015	82.2%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	02/20/2016	158.4 lbs	13.5 lbs	4.8 lbs
	06/01/2015	153.6 lbs	8.7 lbs	1.0 lbs
	03/19/2015	152.6 lbs	7.7 lbs	7.7 lbs
	01/28/2015	144.9 lbs	baseline	-
Lean Percentage (%)	02/20/2016	84.0%	9.3%	3.1%
	06/01/2015	84.0%	6.0%	0.7%
	03/19/2015	81.8%	5.3%	5.3%
	01/28/2015	80.4%	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.