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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Ilic, Lazar	Male	07/16/1998	71.0 in.	164.0 lbs.	05/09/2023

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)
05/09/2023	**10.7%**	**171.4**	**18.4**	**146.1**	**6.9**

Total Body Tissue Quantification
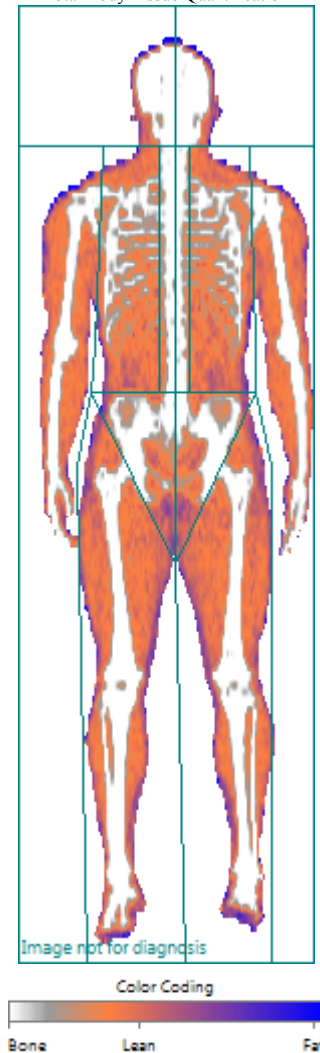
Body Fat Percentile Chart

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 - 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

Age	0 - 20th Percentile	20th - 40th Percentile	40th - 60th Percentile	60th - 80th Percentile	80th - 99th Percentile
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	9.4%	25.2	2.4	21.7	1.2
Legs	10.2%	61.5	6.3	52.9	2.3
Trunk	10.4%	73.3	7.6	63.6	2.1
Android	8.3%	9.9	0.8	9.0	0.1
Gynoid	10.7%	28.7	3.0	25.0	0.7
Total	10.7%	171.4	18.4	146.1	6.9

Image not for diagnosis

Color Coding

Bone   Lean   Fat

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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*
1,780 cal/day	**8.3%**	**10.7%**	**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) **0.36**

Volume (in^3) **10.52**
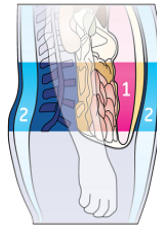
Adipose Tissue
1 Visceral
2 Subcutaneous

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	2.313	-	-
Arms	1.183	-	-
Legs	1.308	-	-
Trunk	1.096	-	-
Ribs	0.841	-	-
Spine	1.254	-	-
Pelvis	1.228	-	-
Total	1.316	**1.1**	**1.3**

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	9.4	25.2	2.4	21.7	1.2
Right Arm	**9.2**	**13.0**	**1.2**	**11.2**	**0.6**
Left Arm	**9.7**	**12.2**	**1.2**	**10.5**	**0.6**
Legs Total	10.2	61.5	6.3	52.9	2.3
Right Leg	**9.3**	**31.2**	**2.9**	**27.1**	**1.2**
Left Leg	**11.1**	**30.2**	**3.4**	**25.7**	**1.1**

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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.
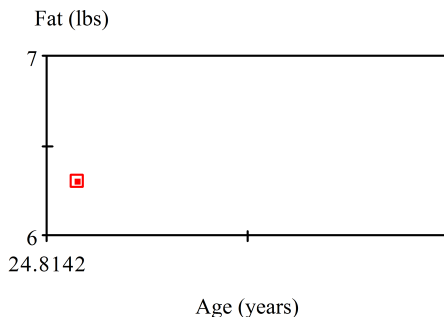
Arms

Composition Trend: Arms

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	05/09/2023	2.4 lbs	baseline	-
Fat Percentage (%)	05/09/2023	9.4%	baseline	-

Legs

Composition Trend: Legs

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	05/09/2023	6.3 lbs	baseline	-
Fat Percentage (%)	05/09/2023	10.2%	baseline	-

Trunk

Composition Trend: Trunk

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	05/09/2023	7.6 lbs	baseline	-
Fat Percentage (%)	05/09/2023	10.4%	baseline	-

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REGIONAL FAT TISSUE REPORT (Continued)

Android

Composition Trend: Android
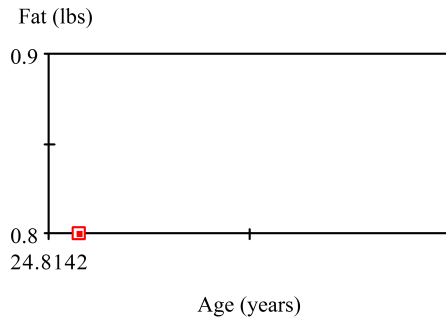
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	05/09/2023	0.8 lbs	baseline	-
Fat Percentage (%)	05/09/2023	8.2%	baseline	-

Gynoid

Composition Trend: Gynoid

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	05/09/2023	3.0 lbs	baseline	-
Fat Percentage (%)	05/09/2023	10.4%	baseline	-

Total

Composition Trend: Total

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	05/09/2023	18.4 lbs	baseline	-
Fat Percentage (%)	05/09/2023	10.7%	baseline	-

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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
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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)	05/09/2023	21.7 lbs	baseline	-
Lean Percentage (%)	05/09/2023	86.0%	baseline	-

Legs

Composition Trend: Legs

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	05/09/2023	52.9 lbs	baseline	-
Lean Percentage (%)	05/09/2023	86.0%	baseline	-

Trunk

Composition Trend: Trunk

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	05/09/2023	63.6 lbs	baseline	-
Lean Percentage (%)	05/09/2023	86.7%	baseline	-

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REGIONAL LEAN TISSUE REPORT (Continued)

Android

Composition Trend: Android

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	05/09/2023	9.0 lbs	baseline	-
Lean Percentage (%)	05/09/2023	90.5%	baseline	-

Gynoid

Composition Trend: Gynoid

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	05/09/2023	25.0 lbs	baseline	-
Lean Percentage (%)	05/09/2023	87.1%	baseline	-

Total

Composition Trend: Total
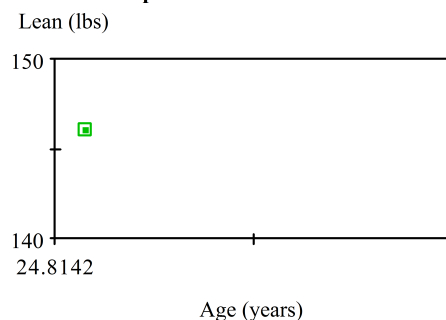
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	05/09/2023	146.1 lbs	baseline	-
Lean Percentage (%)	05/09/2023	85.3%	baseline	-