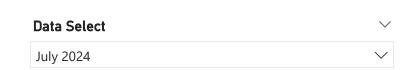
# **DEXA DATE TO DATE COMPARISON**

## **DEC 2024**



Position	Current Weight (lbs)	Current BF%	Trunk Lean	Lean Mass	Fat Mass	Visceral Fat	Bone Mineral Density	ВМС
⊕ CB	184	13.8%	70.78	151.34	25.54	0.63	1.33	7.18
⊕ DL	281	24.0%	97.55	204.82	67.81	0.97	1.43	8.52
<b>⊥</b> LB	220	16.2%	83.41	176.71	35.37	0.72	1.39	7.81
⊕ OL	306	27.8%	102.36	212.58	85.32	0.77	1.40	8.49
⊕ OLB	234	17.2%	86.77	185.66	40.58	0.81	1.38	8.11
⊕ QB	210	18.1%	80.19	164.15	38.26	0.66	1.34	7.48
⊕ RB	204	14.8%	77.01	165.81	30.13	0.71	1.44	8.04
<b>∃</b> SAFE	193	14.9%	74.66	156.29	28.66	0.68	1.42	7.66
<b>∃</b> SPEC	207	18.5%	80.38	161.38	38.70	0.68	1.33	7.26
<b>⊞ TE</b>	231	17.1%	86.58	182.70	39.64	0.70	1.40	8.44
⊕ WR	185	14.2%	72.43	150.85	26.31	0.68	1.37	7.43

## **JULY 2024**



Position	Current Weight (lbs)	Current BF%	Trunk Lean	Lean Mass	Fat Mass	Visceral Fat	Bone Mineral Density	ВМС
⊕ CB	182	13.6%	69.63	149.72	24.76	0.65	1.31	7.08
⊕ DL	284	24.3%	98.92	206.28	69.63	0.74	1.42	8.39
→ LB	226	16.6%	85.63	180.61	37.30	0.86	1.37	7.65
⊕ OL	310	28.6%	102.31	212.55	88.83	0.76	1.40	8.46
<b>⊕</b> OLB	234	17.1%	86.80	185.90	40.47	0.74	1.37	7.97
⊕ QB	215	18.4%	80.37	168.03	39.92	0.81	1.32	7.46
⊕ RB	207	15.2%	77.96	167.94	31.42	0.85	1.41	7.99
<b>∃ SAFE</b>	194	14.9%	75.00	157.71	28.72	0.74	1.39	7.55
<b>∃</b> SPEC	211	18.0%	81.87	164.97	38.28	0.73	1.31	7.27
TE	230	16.7%	86.22	183.06	38.91	0.70	1.38	8.28
⊕ WR	184	13.4%	71.88	151.77	24.83	0.66	1.36	7.35

MonthYear	MonthYear	MonthYear
December 2024	December 2024	December 2024
DL DL	QB	⊟ <b>СВ</b>
Adu, Samuel	Edwards, Billy	Akins, Jonathan
Akingbesote, Tommy	Jensen, Roman	Antoine-Pompey, Sebastia
Avery, Neeo	Long, Champ	Ball, Karon
Dare, Akindele	Martin, Khristian	Fisher, Perry
Fontus, Dillan	Morris, MJ	Harley, Chantz
Fuller, Quashon	Sauray, Jayden	Humes, Kevyn
Grimes, Darius	RB	Huskey, Jalen
Johnson, Lavon	Acheson, Ryne	Irvin, Lloyd
Nicolas, Dimitry	Hemby, Roman	Lee, Braydon
Owens, Daniel	Mason, Elisha	Roland, Lakhi
Phillips, Jordan	Ray, Nolan	Thomas, Kevis
Simmons, Joshua	Reynolds, Colin	□ LB
OL	Williams, Dejuan	Flowers, Keion
Bah, Aliou	SAFE	Flowers, Keyshawn
Bennett, Logan	Best, Taylor	Harris, Michael
Bunyun, Isaac	Jacob, Brandon	Hyppolite, Ruben
Davis, Terez	Jenkins, Judah	James, Keyari
Duffus, Deandre	McIntosh, Shamar	Wheatland, Caleb
Dumervil, Marcus	Miller, Glendon	Wingate, Daniel
Herron, Alan	Moore, Alex	□ TE
Hershey, Michael	Nelson, Tayvon	Brown, Maxwell
Howerton, Ryan	Scruggs, Lavain	Haughton, Leon
Kalonji, Kevin	Whitaker, Lionell	Howard, Preston
Long, Kyle	□ WR	McCluskey, Thomas
Molloy, Billy	Cooper, Ricardo	Szymanski, AJ
Robsock, Anthony	Fair, Jaiden	Wade, Dylan
Roye, Andre	Felton, Tai	
Szymanski, Trevor	Hughes, Alec	
Walker, Tamarus	Jones, Khalid	
Watkins, Davon	Jones, Parker	
Wright, Isaiah	Knotts, Shaleak	
OLB	Manning, Ryan	
Brown, Donnell	McLaurin, Josiah	
Gooden, Dylan	Powell-Wonson, Jahmari	
Reddick, Anthony "Trey"	Richards, Josh	
Samuels, DeJuan	Smith, Emerson	
Wells, Christopher	Smith, Octavian	
Wyatt, Kellan	Smith, Robert	
SPEC	White, Mekhai	
Capriotti, Ryan	Williams, Sean	
Gough, Ethan	Wisloski, Braeden	
Howes, Jack		
Marshall, Gavin		
McConnell, Kellen		
McFerson, Bryce		
Noyes, Phillip		

MonthYear	MonthYear	MonthYear
July 2024	July 2024	July 2024
□ DL	□ QB	□ CB
Adu, Samuel	Edwards, Billy	Akins, Jonathan
Akingbesote, Tommy	Jensen, Roman	Antoine-Pompey, Sebasti
Avery, Neeo	Long, Champ	Ball, Karon
Dare, Akindele	Martin, Khristian	Fisher, Perry
Fontus, Dillan	Morris, MJ	Harley, Chantz
Fuller, Quashon	Sauray, Jayden	Humes, Kevyn
Grimes, Darius	RB	Huskey, Jalen
Johnson, Lavon	Acheson, Ryne	Irvin, Lloyd
Nicolas, Dimitry	Hemby, Roman	Lee, Braydon
Owens, Daniel	Mason, Elisha	Roland, Lakhi
Phillips, Jordan	Ray, Nolan	Thomas, Kevis
Simmons, Joshua	Reynolds, Colin	□ LB
OL	Williams, Dejuan	Flowers, Keion
Bah, Aliou	SAFE	Flowers, Keyshawn
Bennett, Logan	Best, Taylor	Harris, Michael
Bunyun, Isaac	Fleming, Rex	Hyppolite, Ruben
Davis, Terez	Jacob, Brandon	James, Keyari
Duffus, Deandre	Jenkins, Judah	Wheatland, Caleb
Dumervil, Marcus	McIntosh, Shamar	Wingate, Daniel
Herron, Alan	Miller, Glendon	□ TE
Hershey, Michael	Moore, Alex	Brown, Maxwell
Howerton, Ryan	Nelson, Tayvon	Haughton, Leon
Kalonji, Kevin	Petitbon, Carson	Howard, Preston
Long, Kyle	Scruggs, Lavain	McCluskey, Thomas
Molloy, Billy	Trader, Dante	Szymanski, AJ
Robsock, Anthony	Whitaker, Lionell	Wade, Dylan
Roye, Andre	WR	
Szymanski, Trevor	Cooper, Ricardo	
Walker, Tamarus	Fair, Jaiden	
Watkins, Davon	Felton, Tai	Athletes without a
Wright, Isaiah	Hughes, Alec	December Scan
<b>□</b> OLB	Jones, Khalid	MonthYear
Brown, Donnell	Jones, Parker	•
Gooden, Dylan	Knotts, Shaleak	July 2024
Reddick, Anthony "Trey"	Manning, Ryan	□ DB
Samuels, DeJuan	McLaurin, Josiah	Branion, Jmar
Wells, Christopher	Powell-Wonson, Jahmari	□ DL
Wyatt, Kellan	Richards, Josh	Johnson, Taizse
SPEC	Smith, Emerson	□ OL
Capriotti, Ryan	Smith, Octavian	Kaltenberger, Josh
Gough, Ethan	Smith, Robert	RB
Howes, Jack	White, Mekhai	McDonald, Colby
Marshall, Gavin	Williams, Sean	SAFE
McConnell, Kellen	Wisloski, Braeden	Fleming, Rex
McFerson, Bryce		Petitbon, Carson
Noyes, Phillip		Trader, Dante
		□ SPEC
		Segovia, Brenden
		WR
		Avit, Ezekiel
		Prather, Kaden

# MARYLAND FOOTBALL - DEXA INDIVIDUAL



	position	Current Weight	Current BF%	Weight Change (lbs)	Lean Mass Change (lbs)	Fat Mass Change (lbs)	BF% Change	
	DL							-
		280	22.8%	1.1	5.5	-4.3	-1.6%	
		306	27.5%	-5.1	-1.7	-3.5	-0.7%	-
		263	20.9%	-6.2	-5.9	-0.6	0.2%	
		273	29.6%	5.5	1.9	3.6	0.7%	-
		316	31.7%	14.5	15.9	-1.4	-2.0%	
		288	21.8%	6.5	5.3	1.0	-0.2%	_
		265	19.0%	7.7	3.7	4.2	1.1%	
		237	20.0%	-13.6	-5.7	-8.2	-2.2%	_
		312	29.4%	8.0	2.7	5.3	1.0%	
		291	29.6%	-11.8	1.9	-14.0	-3.5%	_
		276	20.5%	5.8	1.0	4.8	1.3%	
		298	21.8%	-22.8	-14.5	-8.5	-1.1%	
		285	24.6%	-13.1	-11.7	-1.7	0.5%	
	OL							
		326	28.6%	-8.6	-1.6	-6.9	-1.3%	
		311	29.7%	-9.4	-3.5	-5.7	-0.9%	_
		313	24.5%	-3.7	-5.4	1.8	0.8%	
		294	27.6%	-7.4	0.6	-8.3	-2.1%	_
		330	30.6%	-1.1	-0.1	-1.0	-0.2%	
		291	27.2%	-6.4	0.8	-7.2	-1.8%	
		299	29.3%	-24.0	-8.9	-15.4	-2.6%	
		275	25.1%	-12.3	-8.2	-4.5	-0.5%	_
		331	29.5%	-4.7	-1.4	-3.3	-0.6%	
		335	26.4%	12.7	17.7	-4.6	-2.5%	_
		349	31.5%	20.9	18.8	2.4	-1.3%	
		292	31.1%	3.0	0.0	2.7	0.6%	_
		290	27.6%	-8.3	-0.1	-8.3	-2.0%	
		283	25.6%	1.0	2.4	-1.5	-0.6%	_
		293	26.7%	8.6	-0.5	9.1	2.4%	
		299	27.7%	-15.2	-4.3	-11.2	-2.2%	
		311	25.5%	-14.6	-3.5	-11.4	-2.3%	
	<u> </u>	305	27.1%	-4.3	-1.7	-2.5	-0.4%	
	OLB							
		240	12.5%	0.0	1.5	-1.7	-0.7%	
		209	13.4%	8.6	4.9	3.9	1.4%	
		221	13.1%	-4.6	-1.8	-2.9	-1.0%	
		246	17.4%	-2.6	-1.2	-1.7	-0.5%	
		237	26.3%	0.4	1.8	-1.3	-0.6%	
		253	20.2%	-1.9	-6.7	4.4	1.9%	
9	SPEC							
		175		-6.1	-2.7	-3.5	-1.4%	
		231	22.8%	-7.7	-4.5	-3.3	-0.7%	
		207	17.7%	6.3	1.9	4.6	1.7%	
		195	22.8%	-1.9	-4.8	3.0	1.8%	
		236	19.2%	-3.8	-6.5	2.9	1.5%	
		195	14.9%	-0.3	-0.8	0.5	0.3%	
		213	16.7%	-9.3	-5.5	-4.1	-1.1%	

position	Current Weight	Current BF%	Weight Change (lbs)	Lean Mass Change (lbs)	Fat Mass Change (lbs)	BF% Change
QB						
	215	19.2%	-8.5	-8.2	-0.3	0.6%
	206	21.2%	-13.3	-8.6	-4.5	-0.8%
	187	12.9%	-7.1	-5.0	-2.4	-0.7%
	230	21.5%	-1.0	1.1	-2.0	-0.8%
	200	15.2%	-6.5	-0.7	-5.8	-2.3%
	220	18.3%	3.2	-1.8	4.9	2.0%
RB						
	192	16.6%	-4.3	-5.3	1.1	0.9%
	204	11.7%	-5.1	-5.2	-0.2	0.2%
	219	17.7%	1.0	0.0	1.1	0.4%
	207	11.9%	-7.6	-5.8	-2.0	-0.5%
	198	17.7%	-2.2	2.8	-4.9	-2.2%
	205	13.1%	-2.0	0.7	-2.7	-1.2%
WR						
	169	11.8%	-2.4	-3.6	1.1	0.8%
	165	13.7%	1.1	-0.9	1.9	1.1%
	185	10.0%	4.0	2.7	1.2	0.4%
	196	15.2%	-1.1	-1.7	0.6	0.4%
	188	16.7%	-0.7	-1.7	0.9	0.5%
	212	14.2%	-2.4	-1.3	-1.1	-0.4%
	185	10.8%	-1.8	-3.1	1.1	0.7%
	185	16.0%	1.2	-2.5	3.7	1.9%
	188	17.7%	6.6	4.7	1.9	0.4%
	i 188	17.1%	-3.3	-1.7	-1.6	-0.6%
	180	11.2%	1.6	-1.3	2.6	1.4%
	187	18.4%	4.4	-2.1	6.3	3.0%
	173	10.4%	-0.4	-1.3	8.0	0.5%
	188	15.3%	-4.5	-4.4	0.2	0.4%
	197	18.0%	7.2	1.8	5.3	2.1%
	173	11.2%	5.2	4.7	0.3	-0.1%
	180	13.4%	-3.7	-3.8	0.0	0.3%

		r	r			r	
Position		Current Weight	Current BF%	Weight Change (lbs)	Lean Mass Change (lbs)	Fat Mass Change (lbs)	BF% Change
СВ							
		179	10.9%	3.7	3.1	0.4	0.0%
_	tian	165	11.5%	1.6	0.1	1.4	0.7%
		193	15.1%	0.3	-1.4	1.7	0.9%
_		194	13.3%	12.8	9.3	3.6	1.0%
		194	14.0%	3.7	0.5	3.0	1.3%
		182	14.0%	3.4	2.5	0.8	0.2%
		193	15.3%	-2.5	-2.3	-0.4	-0.0%
		182	16.9%	-2.0	-1.9	-0.2	0.1%
		177	15.8%	4.1	3.8	0.3	-0.2%
		189	13.6%	2.0	3.4	-1.6	-1.0%
		176	12.0%	0.2	0.7	-0.5	-0.3%
LB							
		197	21.9%	-14.3	-11.3	-3.2	-0.0%
		217	14.0%	-10.7	-5.1	-5.9	-1.9%
		213	15.4%	-3.4	-1.4	-2.0	-0.7%
		228	12.4%	-2.9	-1.1	-2.0	-0.7%
		236	19.6%	-5.1	-4.7	-0.4	0.2%
		222	15.5%	1.9	3.2	-1.5	-0.8%
		225	14.2%	-5.3	-6.8	1.6	1.0%
SAFE							
		182	17.3%	-5.5	-7.2	1.6	1.4%
		184	15.8%	-3.4	-0.5	-3.0	-1.3%
		179	17.6%	-4.1	-1.5	-2.6	-1.0%
		193	16.2%	-5.8	-5.0	-0.8	0.1%
		198	10.3%	-4.0	-2.7	-1.4	-0.5%
		188	12.4%	1.3	-0.6	1.9	0.9%
		208	17.1%	9.5	1.8	7.4	2.9%
		216	13.2%	1.6	3.1	-1.8	-0.9%
		186	14.5%	-2.1	-0.3	-1.9	-0.9%
TE							
		203	15.5%	4.5	2.7	1.8	0.5%
		242	16.5%	24.6	15.9	8.6	2.1%
		230	14.9%	-6.9	-8.6	1.5	1.1%
		240	19.8%	10.2	4.9	5.1	1.3%
		250	20.3%	-12.7	-4.5	-8.2	-2.1%
		219	15.5%	-16.5	-12.6	-4.4	-0.8%
	_						

# **MARYLAND FOOTBALL - DEXA Team Report**



#### **Team Averages by Position**

position •	Current Weight (lbs)	Current BF%	Weight Change (lbs)	Lean Mass Change (lbs)	Fat Mass Change (lbs)	BF% Change
СВ	184	13.8%	2.5	1.6	0.8	0.3%
DL	281	24.0%	-3.2	-1.5	-1.8	-0.4%
LB	220	16.2%	-5.7	-3.9	-1.9	-0.4%
OL	306	27.8%	-4.1	0.1	-4.2	-1.0%
OLB	234	17.2%	0.0	-0.2	0.1	0.1%
QB	210	18.1%	-5.5	-3.9	-1.7	-0.3%
RB	204	14.8%	-3.3	-2.1	-1.3	-0.4%
SAFE	192	15.5%	-1.1	-1.3	0.1	0.1%
SPEC	207	18.5%	-3.3	-3.3	0.0	0.3%
TE	231	17.1%	0.5	-0.4	0.7	0.4%
WR	185	14.2%	0.6	-0.9	1.5	0.8%
Avg.	230	18.8%	-1.9	-1.1	-0.9	-0.1%

### **Count of Athletes by Change**

64 Decrease Weig		-6.4 Veight Loss (lbs.)	65  Decrease Lean Mass	<b>-4.0</b> Avg. Lean Mass Loss (lbs)	<b>53</b> Decrease BF%
<b>40</b> Increase Weig	ht Avg. V	<b>5.4</b> Veight Gain (lbs.)	39 Increase Lean Mass	3.7 Avg. Lean Mass Gain (lbs)	<b>51</b> Increase BF%