



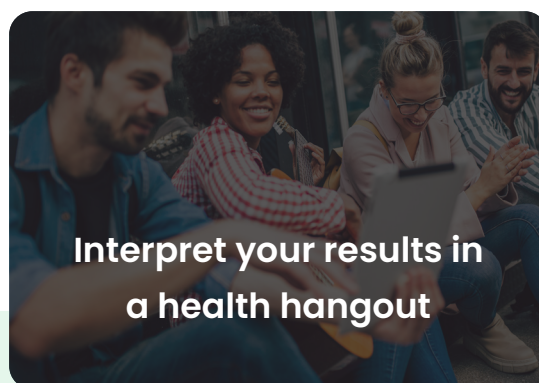
Before you dive in, remember: this is the start of the race, not the finish line.



**DEXA often measures
body fat higher than
other methods**

It's the gold standard for determining body composition, using medical-grade technology to achieve an accuracy of $\pm 0.5\%$.

[Click here to read more about DEXA accuracy and calibration on our blog.](#)



**Interpret your results in
a health hangout**

Secure your spot:
<https://www.bodyspec.com/health-hangout>

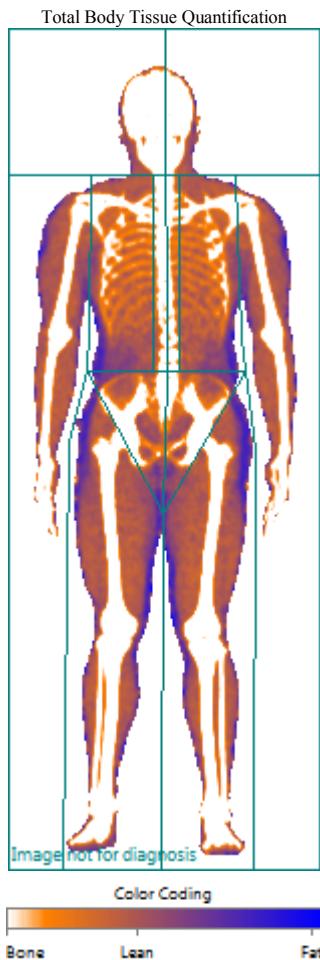
Our DEXA experts will provide a breakdown of the scan report, so you can feel confident tracking your progress.

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parnala, Jaron	Male	12/12/1989	66.0 in.	157.0 lbs.	4/30/2025

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)
4/30/2025	16.9%	155.9	26.3	123.2	6.3



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	13.4%	20.4	2.7	16.8	0.9
Legs	14.8%	57.2	8.4	46.2	2.5
Trunk	19.5%	67.4	13.1	52.6	1.6
Android	18.9%	9.6	1.8	7.7	0.1
Gynoid	17.7%	22.9	3.9	18.3	0.6
Total	16.9%	155.9	26.3	123.2	6.3

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
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SUPPLEMENTAL RESULTS

Resting Metabolic Rate (RMR)

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

1,571 cal/day

Android (A)

This is the lower abdominal region.

18.9%

Gynoid (G)

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

17.7%

A/G Ratio

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

1.07

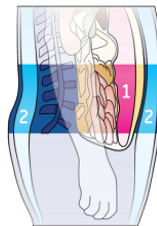
VAT

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) **0.16**

Volume (in³) **4.80**



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	2.287	-	-
Arms	1.203	-	-
Legs	1.562	-	-
Trunk	1.069	-	-
Ribs	0.942	-	-
Spine	1.187	-	-
Pelvis	1.117	-	-
Total	1.417	2.1	2.1

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	13.4	20.4	2.7	16.8	0.9
Right Arm	13.1	10.5	1.4	8.7	0.5
Left Arm	13.7	9.9	1.4	8.1	0.5
Legs Total	14.8	57.2	8.4	46.2	2.5
Right Leg	14.7	28.3	4.1	22.8	1.3
Left Leg	14.9	28.9	4.3	23.4	1.3

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parnala, Jaron	Male	12/12/1989	66.0 in.	157.0 lbs.	4/30/2025

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)	4/30/2025	2.7 lbs	baseline	-
Fat Percentage (%)	4/30/2025	13.4%	baseline	-

Legs

Composition Trend: Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	4/30/2025	8.4 lbs	baseline	-
Fat Percentage (%)	4/30/2025	14.8%	baseline	-

Trunk

Composition Trend: Trunk



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	4/30/2025	13.1 lbs	baseline	-
Fat Percentage (%)	4/30/2025	19.5%	baseline	-

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parnala, Jaron	Male	12/12/1989	66.0 in.	157.0 lbs.	4/30/2025

REGIONAL FAT TISSUE REPORT (Continued)

Android

Composition Trend: Android



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	4/30/2025	1.8 lbs	baseline	-
Fat Percentage (%)	4/30/2025	18.8%	baseline	-

Gynoid

Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	4/30/2025	3.9 lbs	baseline	-
Fat Percentage (%)	4/30/2025	17.2%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	4/30/2025	26.3 lbs	baseline	-
Fat Percentage (%)	4/30/2025	16.9%	baseline	-

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parnala, Jaron	Male	12/12/1989	66.0 in.	157.0 lbs.	4/30/2025

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)	4/30/2025	16.8 lbs	baseline	-
Lean Percentage (%)	4/30/2025	82.0%	baseline	-

Legs

Composition Trend: Legs



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	4/30/2025	46.2 lbs	baseline	-
Lean Percentage (%)	4/30/2025	80.8%	baseline	-

Trunk

Composition Trend: Trunk



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	4/30/2025	52.6 lbs	baseline	-
Lean Percentage (%)	4/30/2025	78.1%	baseline	-

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parnala, Jaron	Male	12/12/1989	66.0 in.	157.0 lbs.	4/30/2025

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	4/30/2025	7.7 lbs	baseline	-
Lean Percentage (%)	4/30/2025	80.3%	baseline	-

Gynoid

Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	4/30/2025	18.3 lbs	baseline	-
Lean Percentage (%)	4/30/2025	80.0%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	4/30/2025	123.2 lbs	baseline	-
Lean Percentage (%)	4/30/2025	79.1%	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.