STOP

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 +/- 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.

BodySpec

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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parasuram, Aishwarya	Female	11/3/1992	64.0 in.	135.0 lbs.	2/9/2025

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)
2/9/2025	**46.2%**	**145.0**	**67.0**	**73.8**	**4.1**
1/2/2024	**45.1%**	**143.9**	**64.9**	**75.0**	**4.0**
10/4/2020	**44.5%**	**143.5**	**63.8**	**75.7**	**4.0**
1/23/2019	**44.8%**	**140.5**	**62.9**	**73.4**	**4.2**

Total Body Tissue Quantification

Image not for diagnosis

Color Coding

Bone   Lean   Fat
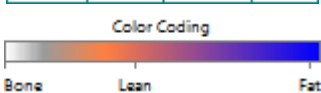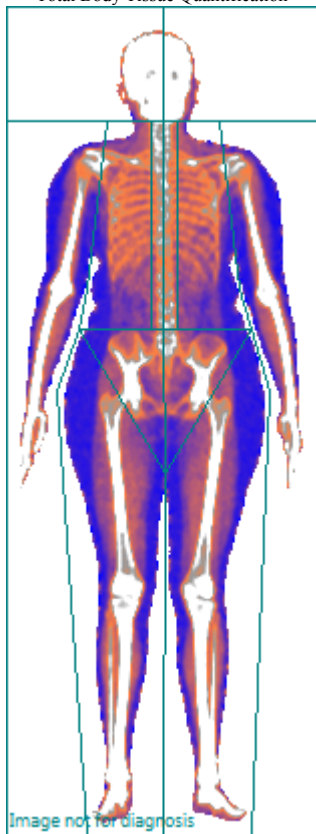
Body Fat Percentile Chart

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	50.2%	17.4	8.7	8.1	0.6
Legs	46.1%	53.2	24.5	27.1	1.5
Trunk	48.6%	66.2	32.2	32.9	1.1
Android	52.5%	10.0	5.2	4.7	0.1
Gynoid	50.7%	23.8	11.9	11.5	0.4
Total	46.2%	145.0	67.0	73.8	4.1

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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parasuram, Aishwarya	Female	11/3/1992	64.0 in.	135.0 lbs.	2/9/2025

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*
1,109 cal/day	52.5%	50.7%	1.03
1,119 cal/day	49.9%	50.7%	0.98
1,125 cal/day	47.1%	50.5%	0.93
1,106 cal/day	48.0%	50.9%	0.94

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)	1.56
	1.52
	1.07
	1.11

Volume (in³)	45.63
	44.69
	31.25
	32.50
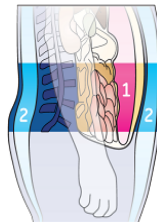
Adipose Tissue
1 Visceral
2 Subcutaneous

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/cm²)	Young Adult T-Score	Age-Matched Z-Score
Head	1.841	-	-
Arms	0.785	-	-
Legs	1.097	-	-
Trunk	0.848	-	-
Ribs	0.790	-	-
Spine	0.878	-	-
Pelvis	0.882	-	-
Total	1.045	-0.4	-0.4

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	50.2	17.4	8.7	8.1	0.6
Right Arm	**49.7**	**8.8**	**4.4**	**4.1**	**0.3**
Left Arm	**50.8**	**8.5**	**4.3**	**3.9**	**0.3**
Legs Total	46.1	53.2	24.5	27.1	1.5
Right Leg	**45.9**	**26.8**	**12.3**	**13.7**	**0.8**
Left Leg	**46.4**	**26.4**	**12.3**	**13.4**	**0.8**

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BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parasuram, Aishwarya	Female	11/3/1992	64.0 in.	135.0 lbs.	2/9/2025

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.
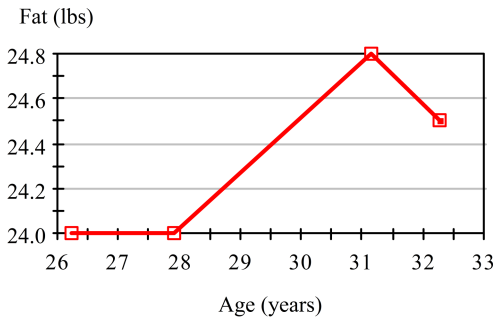
Arms

Composition Trend: Arms
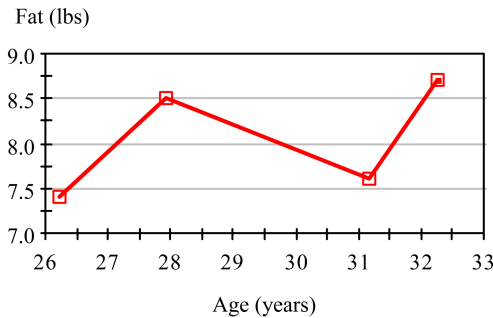
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/9/2025	8.7 lbs	1.6 lbs	1.1 lbs
	1/2/2024	7.6 lbs	0.5 lbs	-0.9 lbs
	10/4/2020	8.5 lbs	1.4 lbs	1.1 lbs
	1/23/2019	7.4 lbs	0.3 lbs	0.3 lbs
Fat Percentage (%)	2/9/2025	50.2%	3.5%	3.3
	1/2/2024	46.9%	0.2%	-1.7
	10/4/2020	48.6%	1.9%	0.3
	1/23/2019	48.3%	1.6%	1.6

Legs

Composition Trend: Legs

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/9/2025	24.5 lbs	1.2 lbs	-0.3 lbs
	1/2/2024	24.8 lbs	1.5 lbs	0.8 lbs
	10/4/2020	24.0 lbs	0.7 lbs	0.0 lbs
	1/23/2019	24.0 lbs	0.7 lbs	0.7 lbs
Fat Percentage (%)	2/9/2025	46.1%	1.0%	-0.3%
	1/2/2024	46.4%	1.3%	-0.7%
	10/4/2020	47.1%	2.0%	1.6%
	1/23/2019	45.5%	0.4%	0.4%

Trunk

Composition Trend: Trunk
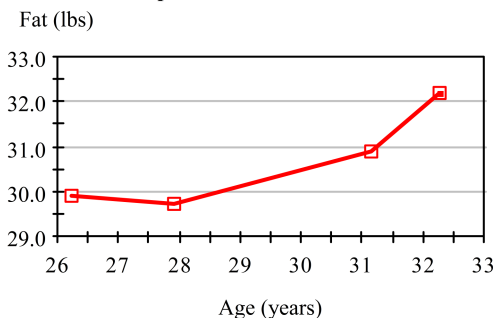
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/9/2025	32.2 lbs	3.5 lbs	1.3 lbs
	1/2/2024	30.9 lbs	2.2 lbs	1.2 lbs
	10/4/2020	29.7 lbs	1.0 lbs	-0.2 lbs
	1/23/2019	29.9 lbs	1.2 lbs	1.2 lbs
Fat Percentage (%)	2/9/2025	48.6%	4.8%	2.1%
	1/2/2024	46.5%	2.7%	2.2%
	10/4/2020	44.3%	0.5%	-2.1%
	1/23/2019	46.4%	2.6%	2.6%

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BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parasuram, Aishwarya	Female	11/3/1992	64.0 in.	135.0 lbs.	2/9/2025

REGIONAL FAT TISSUE REPORT (Continued)

Android

Composition Trend: Android
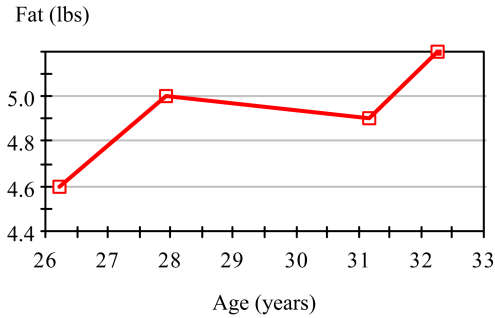
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/9/2025	5.2 lbs	0.5 lbs	0.3 lbs
	1/2/2024	4.9 lbs	0.2 lbs	-0.1 lbs
	10/4/2020	5.0 lbs	0.3 lbs	0.4 lbs
	1/23/2019	4.6 lbs	-0.1 lbs	-0.1 lbs
Fat Percentage (%)	2/9/2025	52.1%	5.1%	2.5%
	1/2/2024	49.6%	2.6%	2.8%
	10/4/2020	46.8%	-0.2%	-0.9%
	1/23/2019	47.7%	0.7%	0.7%

Gynoid

Composition Trend: Gynoid
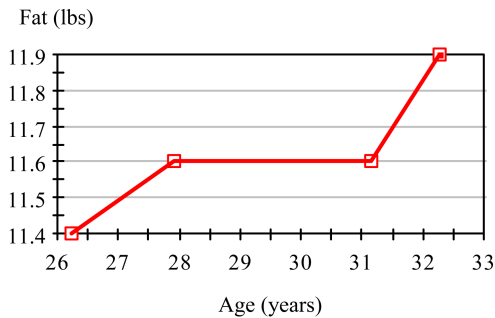
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/9/2025	11.9 lbs	1.1 lbs	0.3 lbs
	1/2/2024	11.6 lbs	0.8 lbs	0.0 lbs
	10/4/2020	11.6 lbs	0.8 lbs	0.2 lbs
	1/23/2019	11.4 lbs	0.6 lbs	0.6 lbs
Fat Percentage (%)	2/9/2025	49.9%	2.5%	0.1%
	1/2/2024	49.8%	2.4%	0.1%
	10/4/2020	49.7%	2.3%	-0.3%
	1/23/2019	50.0%	2.6%	2.6%

Total

Composition Trend: Total

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	2/9/2025	67.0 lbs	6.4 lbs	2.1 lbs
	1/2/2024	64.9 lbs	4.3 lbs	1.1 lbs
	10/4/2020	63.8 lbs	3.2 lbs	0.9 lbs
	1/23/2019	62.9 lbs	2.3 lbs	2.3 lbs
Fat Percentage (%)	2/9/2025	46.2%	3.0%	1.1%
	1/2/2024	45.1%	1.9%	0.6%
	10/4/2020	44.5%	1.3%	-0.3%
	1/23/2019	44.8%	1.6%	1.6%

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BodySpec

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parasuram, Aishwarya	Female	11/3/1992	64.0 in.	135.0 lbs.	2/9/2025

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.
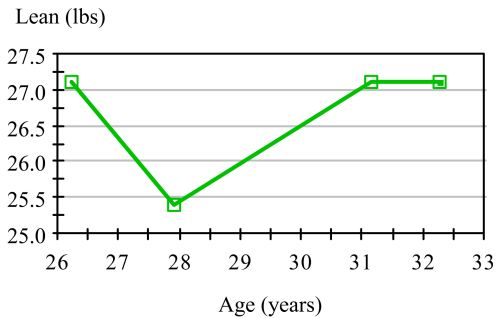
Arms

Composition Trend: Arms
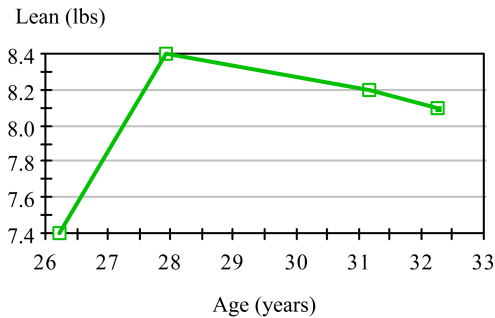
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/9/2025	8.1 lbs	0.6 lbs	-0.1 lbs
	1/2/2024	8.2 lbs	0.7 lbs	-0.2 lbs
	10/4/2020	8.4 lbs	0.9 lbs	1.0 lbs
	1/23/2019	7.4 lbs	-0.1 lbs	-0.1 lbs
Lean Percentage (%)	2/9/2025	46.5%	8.0%	-1.2%
	1/2/2024	50.0%	9.3%	-2.4%
	10/4/2020	48.3%	12.0%	13.5%
	1/23/2019	48.3%	-1.3%	-1.3%

Legs

Composition Trend: Legs

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/9/2025	27.1 lbs	0.3 lbs	0.0 lbs
	1/2/2024	27.1 lbs	0.3 lbs	1.7 lbs
	10/4/2020	25.4 lbs	-1.4 lbs	-1.7 lbs
	1/23/2019	27.1 lbs	0.3 lbs	0.3 lbs
Lean Percentage (%)	2/9/2025	51.0%	1.1%	0.0%
	1/2/2024	50.6%	1.1%	6.7%
	10/4/2020	49.9%	-5.2%	-6.3%
	1/23/2019	51.5%	1.1%	1.1%

Trunk

Composition Trend: Trunk
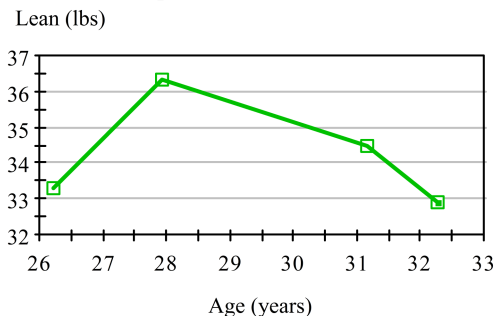
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/9/2025	32.9 lbs	-2.7 lbs	-1.6 lbs
	1/2/2024	34.5 lbs	-1.1 lbs	-1.8 lbs
	10/4/2020	36.3 lbs	0.7 lbs	3.0 lbs
	1/23/2019	33.3 lbs	-2.3 lbs	-2.3 lbs
Lean Percentage (%)	2/9/2025	49.7%	-7.6%	-4.6%
	1/2/2024	51.9%	-3.1%	-5.0%
	10/4/2020	54.2%	2.0%	9.0%
	1/23/2019	51.7%	-6.5%	-6.5%

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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Parasuram, Aishwarya	Female	11/3/1992	64.0 in.	135.0 lbs.	2/9/2025

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Composition Trend: Android
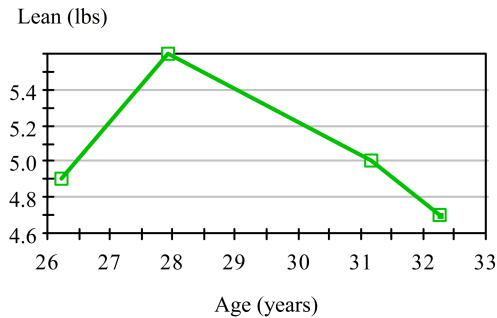
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/9/2025	4.7 lbs	-0.5 lbs	-0.3 lbs
	1/2/2024	5.0 lbs	-0.2 lbs	-0.6 lbs
	10/4/2020	5.6 lbs	0.4 lbs	0.7 lbs
	1/23/2019	4.9 lbs	-0.3 lbs	-0.3 lbs
Lean Percentage (%)	2/9/2025	47.2%	-9.6%	-6.0%
	1/2/2024	49.8%	-3.8%	-10.7%
	10/4/2020	52.6%	7.7%	14.2%
	1/23/2019	51.7%	-5.8%	-5.8%

Gynoid

Composition Trend: Gynoid
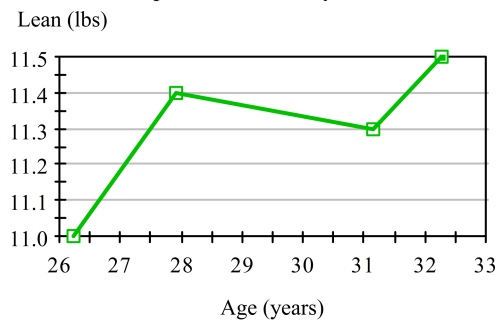
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/9/2025	11.5 lbs	-0.1 lbs	0.2 lbs
	1/2/2024	11.3 lbs	-0.3 lbs	-0.1 lbs
	10/4/2020	11.4 lbs	-0.2 lbs	0.4 lbs
	1/23/2019	11.0 lbs	-0.6 lbs	-0.6 lbs
Lean Percentage (%)	2/9/2025	48.4%	-0.9%	1.8%
	1/2/2024	48.5%	-2.6%	-0.9%
	10/4/2020	48.8%	-1.7%	3.6%
	1/23/2019	48.3%	-5.2%	-5.2%

Total

Composition Trend: Total
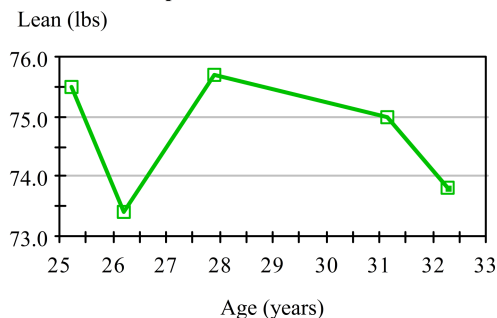
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	2/9/2025	73.8 lbs	-1.7 lbs	-1.2 lbs
	1/2/2024	75.0 lbs	-0.5 lbs	-0.7 lbs
	10/4/2020	75.7 lbs	0.2 lbs	2.3 lbs
	1/23/2019	73.4 lbs	-2.1 lbs	-2.1 lbs
Lean Percentage (%)	2/9/2025	50.9%	-2.3%	-1.6%
	1/2/2024	52.1%	-0.7%	-0.9%
	10/4/2020	52.8%	0.3%	3.1%
	1/23/2019	52.3%	-2.8%	-2.8%