

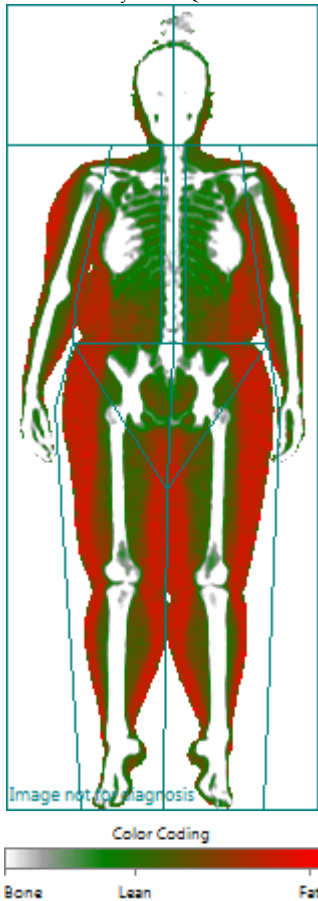
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Perez, Mae	Female	(not specified)	11/20/1981	60.0 in.	175.0 lbs.	09/12/2015

SUMMARY RESULTS

This table provides an overview of your total body composition, broken down into total body %, 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)
09/12/2015	41.4%	173.5	71.9	96.2	5.4

Total Body Tissue Quantitation



Body Fat Percentile Chart

This table provides target body fat percentages based on empirical DEXA 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	39.9%	15.6	6.2	8.7	0.6
Legs	47.8%	69.9	33.4	34.6	1.9
Trunk	39.2%	77.9	30.5	45.5	1.9
Android	43.2%	12.3	5.3	6.9	0.1
Gynoid	45.4%	27.0	12.0	14.5	0.5
Total	41.4%	173.5	71.9	96.2	5.4

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Perez, Mae	Female	(not specified)	11/20/1981	60.0 in.	175.0 lbs.	09/12/2015

SUPPLEMENTAL RESULTS

Resting Metabolic Rate (RMR)

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

1,321 cal/day

Android (A)

Unhealthy (visceral) fat concentrated in your abdominal region

43.2%

Gynoid (G)

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

45.4%

A/G Ratio

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

0.95

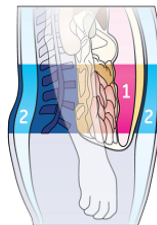
VAT

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) **0.28**

Volume (in³) **8.19**



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	2.110	-	-
Arms	0.876	-	-
Legs	1.315	-	-
Trunk	1.142	-	-
Ribs	1.145	-	-
Spine	1.153	-	-
Pelvis	1.133	-	-
Total	1.269	1.9	1.2

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	39.9	15.6	6.2	8.7	0.6
Right Arm	38.0	7.8	3.0	4.6	0.3
Left Arm	41.8	7.7	3.2	4.2	0.3
Legs Total	47.8	69.9	33.4	34.6	1.9
Right Leg	47.6	35.3	16.8	17.5	1.0
Left Leg	48.0	34.7	16.6	17.1	0.9

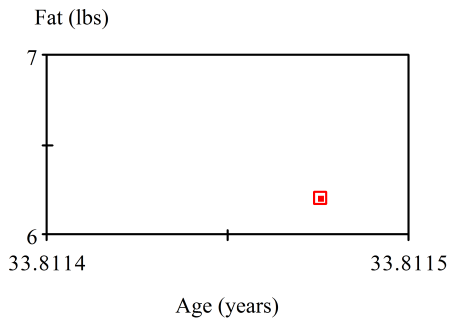
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Perez, Mae	Female	(not specified)	11/20/1981	60.0 in.	175.0 lbs.	09/12/2015

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)	09/12/2015	6.2 lbs	baseline	-
Fat Percentage (%)	09/12/2015	39.9%	baseline	-

Legs

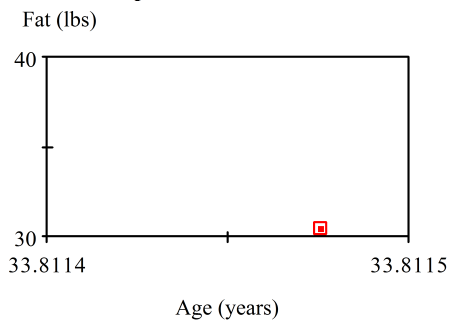
Composition Trend: Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	09/12/2015	33.4 lbs	baseline	-
Fat Percentage (%)	09/12/2015	47.8%	baseline	-

Trunk

Composition Trend: Trunk



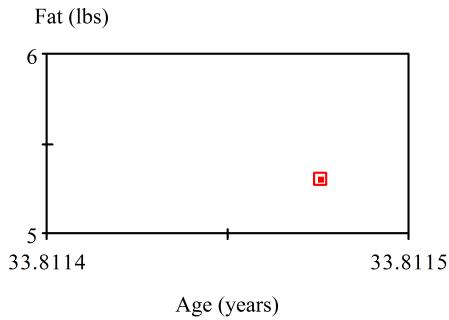
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	09/12/2015	30.5 lbs	baseline	-
Fat Percentage (%)	09/12/2015	39.2%	baseline	-

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Perez, Mae	Female	(not specified)	11/20/1981	60.0 in.	175.0 lbs.	09/12/2015

REGIONAL FAT TISSUE REPORT (Continued)

Android

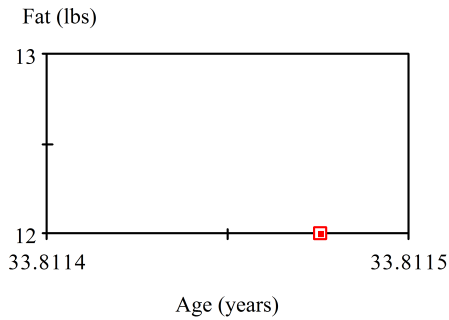
Composition Trend: Android



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	09/12/2015	5.3 lbs	baseline	-
Fat Percentage (%)	09/12/2015	42.9%	baseline	-

Gynoid

Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	09/12/2015	12.0 lbs	baseline	-
Fat Percentage (%)	09/12/2015	44.6%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	09/12/2015	71.9 lbs	baseline	-
Fat Percentage (%)	09/12/2015	41.4%	baseline	-

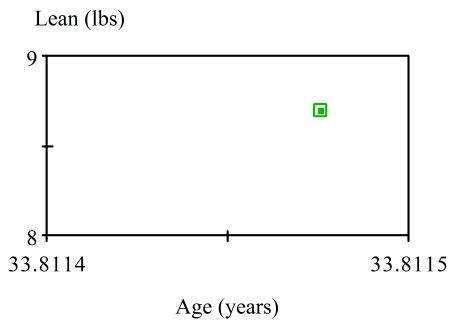
Client	Sex	Facility	Birth Date	Height	Weight	Measured
Perez, Mae	Female	(not specified)	11/20/1981	60.0 in.	175.0 lbs.	09/12/2015

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)	09/12/2015	8.7 lbs	baseline	-
Lean Percentage (%)	09/12/2015	56.2%	baseline	-

Legs

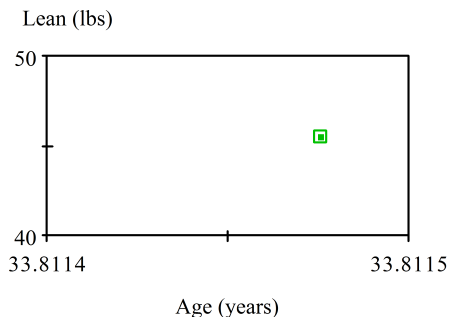
Composition Trend: Legs



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	09/12/2015	34.6 lbs	baseline	-
Lean Percentage (%)	09/12/2015	49.6%	baseline	-

Trunk

Composition Trend: Trunk



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	09/12/2015	45.5 lbs	baseline	-
Lean Percentage (%)	09/12/2015	58.4%	baseline	-

Client	Sex	Facility	Birth Date	Height	Weight	Measured
Perez, Mae	Female	(not specified)	11/20/1981	60.0 in.	175.0 lbs.	09/12/2015

REGIONAL LEAN TISSUE REPORT (Continued)

Android

Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	09/12/2015	6.9 lbs	baseline	-
Lean Percentage (%)	09/12/2015	56.3%	baseline	-

Gynoid

Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	09/12/2015	14.5 lbs	baseline	-
Lean Percentage (%)	09/12/2015	53.6%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	09/12/2015	96.2 lbs	baseline	-
Lean Percentage (%)	09/12/2015	55.4%	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.