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

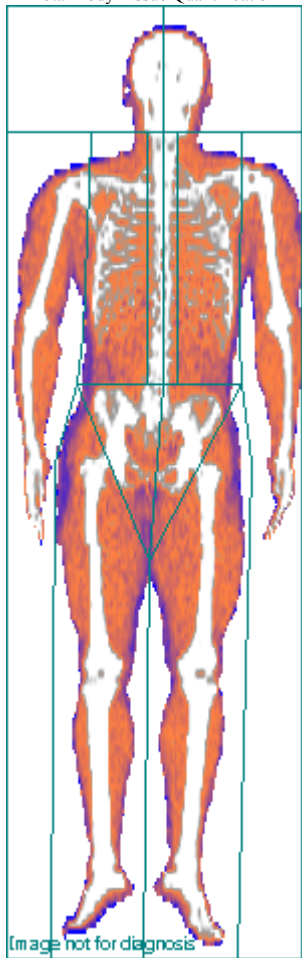Our DEXA experts will provide a breakdown of the scan report, so you can feel confident tracking your progress.

BodySpec

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BODY·SPEC

Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
Arnesen, Leif	Male	10/26/1991	71.0 in.	178.0 lbs.	3/2/2024

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)
3/2/2024	13.5%	183.5	24.8	151.1	7.5

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	13.1%	26.6	3.5	21.9	1.2
Legs	13.0%	63.5	8.3	52.5	2.8
Trunk	13.5%	82.0	11.0	68.9	2.1
Android	12.3%	11.9	1.5	10.3	0.1
Gynoid	13.9%	30.0	4.1	25.2	0.8
Total	13.5%	183.5	24.8	151.1	7.5

Color Coding

Bone   Lean   Fat

[Image not for diagnosis]

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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*
1,831 cal/day	**12.3%**	**13.9%**	**0.88**

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) **0.07**

Volume (in^3) **2.06**
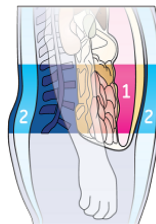
Adipose Tissue
1   Visceral
2   Subcutaneous

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	2.526	-	-
(e) Arms	1.215	-	-
Legs	1.589	-	-
Trunk	1.132	-	-
Ribs	0.901	-	-
Spine	1.211	-	-
Pelvis	1.303	-	-
(e) Total	1.459	**2.6**	**2.6**

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	13.1	26.6	3.5	21.9	1.2
Right Arm	**13.1**	**13.3**	**1.7**	**11.0**	**0.6**
Left Arm	**13.1**	**13.3**	**1.7**	**11.0**	**0.6**
Legs Total	13.0	63.5	8.3	52.5	2.8
Right Leg	**13.4**	**32.1**	**4.3**	**26.4**	**1.4**
Left Leg	**12.6**	**31.5**	**4.0**	**26.1**	**1.4**

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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)	3/2/2024	3.5 lbs	baseline	-
Fat Percentage (%)	3/2/2024	13.1%	baseline	-

Legs

Composition Trend: Legs

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	3/2/2024	8.3 lbs	baseline	-
Fat Percentage (%)	3/2/2024	13.0%	baseline	-

Trunk

Composition Trend: Trunk
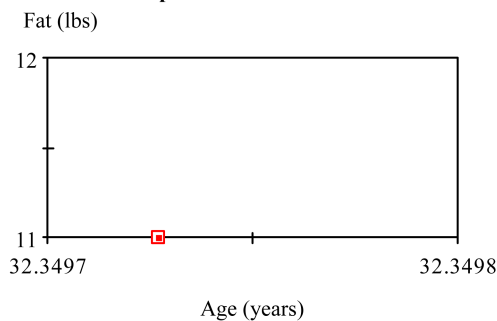
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	3/2/2024	11.0 lbs	baseline	-
Fat Percentage (%)	3/2/2024	13.5%	baseline	-

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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)	3/2/2024	1.5 lbs	baseline	-
Fat Percentage (%)	3/2/2024	12.2%	baseline	-

Gynoid

Composition Trend: Gynoid

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	3/2/2024	4.1 lbs	baseline	-
Fat Percentage (%)	3/2/2024	13.6%	baseline	-

Total

Composition Trend: Total

	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	3/2/2024	24.8 lbs	baseline	-
Fat Percentage (%)	3/2/2024	13.5%	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)	3/2/2024	21.9 lbs	baseline	-
Lean Percentage (%)	3/2/2024	82.4%	baseline	-

Legs

Composition Trend: Legs

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	3/2/2024	52.5 lbs	baseline	-
Lean Percentage (%)	3/2/2024	82.6%	baseline	-

Trunk

Composition Trend: Trunk
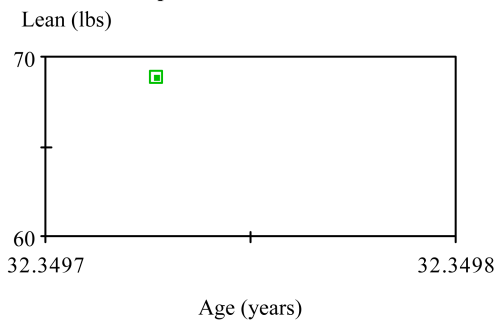
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	3/2/2024	68.9 lbs	baseline	-
Lean Percentage (%)	3/2/2024	84.0%	baseline	-

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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)	3/2/2024	10.3 lbs	baseline	-
Lean Percentage (%)	3/2/2024	86.8%	baseline	-

Gynoid

Composition Trend: Gynoid
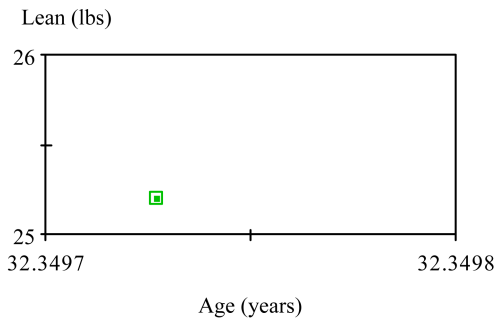
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	3/2/2024	25.2 lbs	baseline	-
Lean Percentage (%)	3/2/2024	83.9%	baseline	-

Total

Composition Trend: Total

	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	3/2/2024	151.1 lbs	baseline	-
Lean Percentage (%)	3/2/2024	82.4%	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.