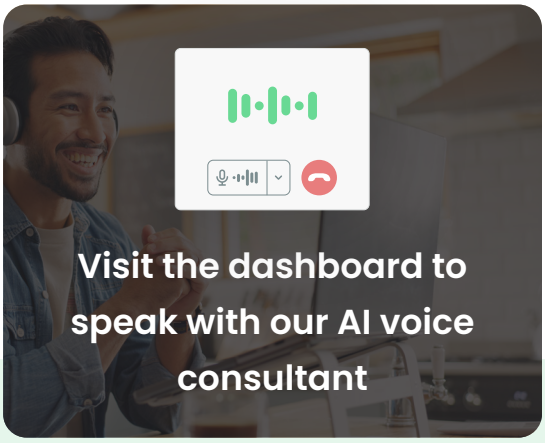
Wait!

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



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.



Our voice consultant will explain your report data, provide personalized guidance, and answer your questions at any time.

Visit your dashboard: bodyspec.com/dashboard

BodySpec

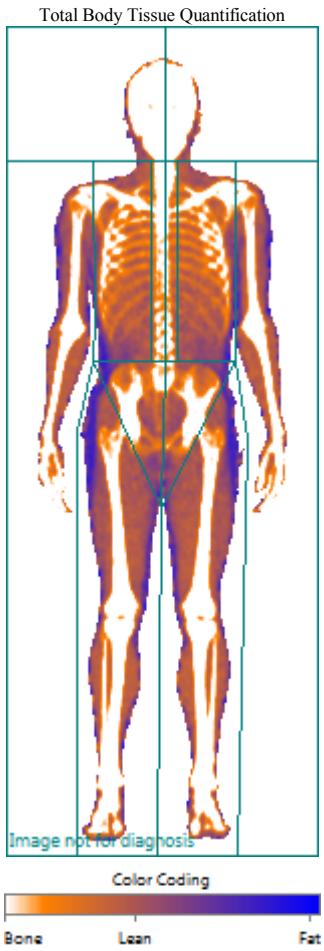
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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
[redacted]	Male	[redacted]	63.0 in.	115.0 lbs.	8/3/2026

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)
8/3/2026	**17.2%**	**118.3**	**20.3**	**93.5**	**4.4**



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	16.6%	12.8	2.1	10.1	0.6
Legs	16.3%	41.1	6.7	32.7	1.6
Trunk	17.7%	54.7	9.7	43.9	1.1
Android	16.3%	8.3	1.4	6.9	0.1
Gynoid	20.2%	18.0	3.5	14.0	0.4
Total	17.2%	118.3	20.3	93.5	4.4

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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
[redacted]	Male	[redacted]	63.0 in.	115.0 lbs.	8/3/2026

SUPPLEMENTAL RESULTS

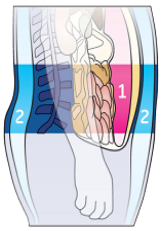
Resting Metabolic Rate (RMR)	Android (A)	Gynoid (G)	A/G Ratio
The minimum number of estimated calories your body requires daily, at rest.	This is the lower abdominal region.	Fat that is concentrated in the hips, upper thighs, and buttocks.	*Android fat should be less than Total Body Fat %. A/G Ratio should be < 1.0*
1,288 cal/day	**16.3%**	**20.2%**	**0.81**

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) **0.37**

Volume (in^3) **10.90**



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	2.183	-	-
Arms	0.791	-	-
Legs	1.088	-	-
Trunk	0.764	-	-
Ribs	0.701	-	-
Spine	0.775	-	-
Pelvis	0.824	-	-
Total	1.060	**-1.4**	**-1.4**

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	16.6	12.8	2.1	10.1	0.6
Right Arm	**16.2**	**6.5**	**1.1**	**5.2**	**0.3**
Left Arm	**17.1**	**6.2**	**1.1**	**4.9**	**0.3**
Legs Total	16.3	41.1	6.7	32.7	1.6
Right Leg	**17.1**	**21.0**	**3.6**	**16.6**	**0.8**
Left Leg	**15.6**	**20.0**	**3.1**	**16.1**	**0.8**

[redacted]

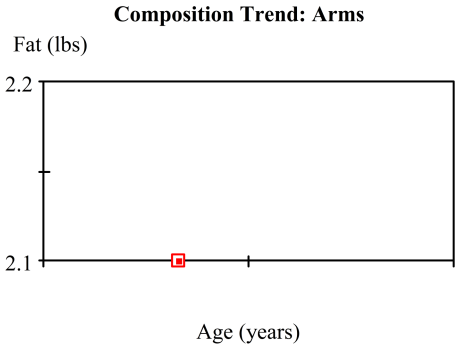
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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
[redacted]	Male	[redacted]	63.0 in.	115.0 lbs.	8/3/2026

REGIONAL FAT TISSUE REPORT

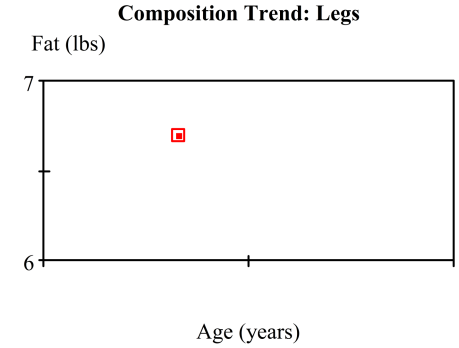
The following graphs show how fat amounts in different regions of your body have changed over time. These graphs show how your body's fat tissue in each area has responded to your training and/or nutrition program. Each individual will gain and lose fat tissue differently. BodySpec will continue to track these regions with each subsequent scan.

Arms



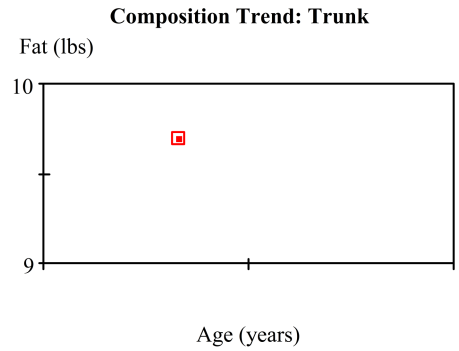
	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	8/3/2026	2.1 lbs	baseline	-
Fat Percentage (%)	8/3/2026	16.6%	baseline	-

Legs



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	8/3/2026	6.7 lbs	baseline	-
Fat Percentage (%)	8/3/2026	16.3%	baseline	-

Trunk



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	8/3/2026	9.7 lbs	baseline	-
Fat Percentage (%)	8/3/2026	17.7%	baseline	-

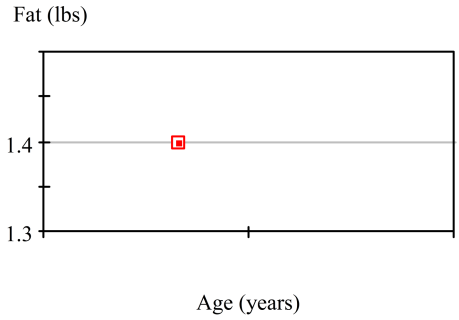
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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
[redacted]	Male	[redacted]	63.0 in.	115.0 lbs.	8/3/2026

REGIONAL FAT TISSUE REPORT (Continued)

Android

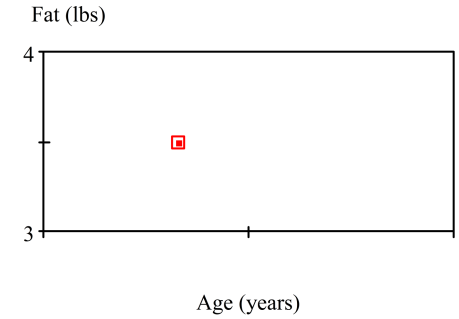
Composition Trend: Android



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	8/3/2026	1.4 lbs	baseline	-
Fat Percentage (%)	8/3/2026	16.2%	baseline	-

Gynoid

Composition Trend: Gynoid



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	8/3/2026	3.5 lbs	baseline	-
Fat Percentage (%)	8/3/2026	19.7%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Fat Totals	Change vs. Baseline	Change vs. Previous
Fat Mass (lbs)	8/3/2026	20.3 lbs	baseline	-
Fat Percentage (%)	8/3/2026	17.2%	baseline	-

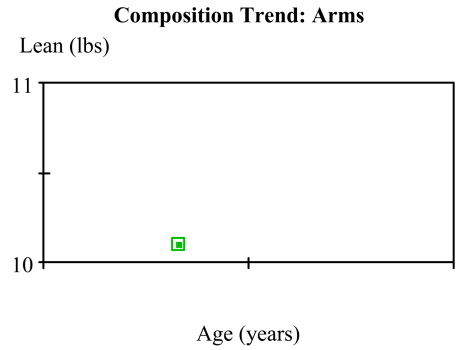
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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
[redacted]	Male	[redacted]	63.0 in.	115.0 lbs.	8/3/2026

REGIONAL LEAN TISSUE REPORT

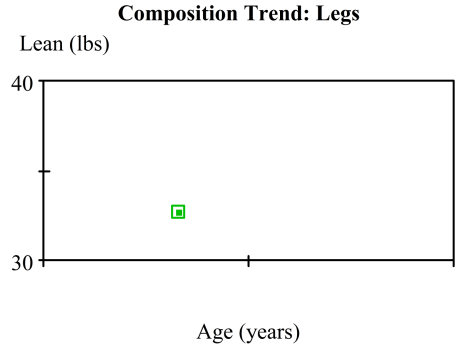
The following graphs show how lean tissue amounts in different regions of your body have changed over time. These graphs show how your body's muscle development in each area has responded to your training and/or nutrition program. Each individual will gain and lose lean tissue differently. BodySpec will continue to track these regions with each subsequent scan.

Arms



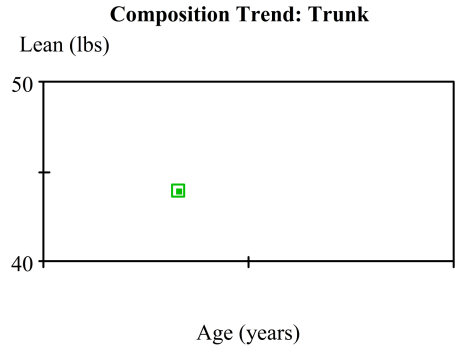
	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	8/3/2026	10.1 lbs	baseline	-
Lean Percentage (%)	8/3/2026	78.8%	baseline	-

Legs



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	8/3/2026	32.7 lbs	baseline	-
Lean Percentage (%)	8/3/2026	79.7%	baseline	-

Trunk



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	8/3/2026	43.9 lbs	baseline	-
Lean Percentage (%)	8/3/2026	80.3%	baseline	-

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Client	Sex	Birth Date	Intake Height	Intake Weight	Measured Date
[redacted]	Male	[redacted]	63.0 in.	115.0 lbs.	8/3/2026

REGIONAL LEAN TISSUE REPORT (Continued)

Android

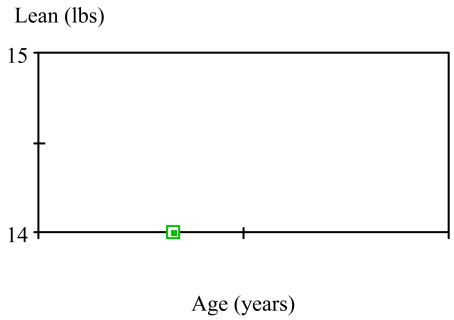
Composition Trend: Android



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	8/3/2026	6.9 lbs	baseline	-
Lean Percentage (%)	8/3/2026	83.0%	baseline	-

Gynoid

Composition Trend: Gynoid



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	8/3/2026	14.0 lbs	baseline	-
Lean Percentage (%)	8/3/2026	78.1%	baseline	-

Total

Composition Trend: Total



	Measured Date	Region Lean Totals	Change vs. Baseline	Change vs. Previous
Lean Mass (lbs)	8/3/2026	93.5 lbs	baseline	-
Lean Percentage (%)	8/3/2026	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.

[redacted]