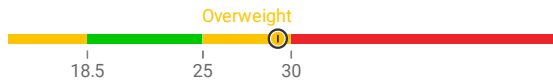


### Body Mass Index - BMI

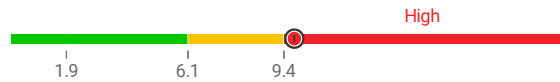
↘ **29.2** kg/m<sup>2</sup>



Weight: **215.3 lbs**    Height: **6 ft**

### Fat Mass Index - FMI

↗ **9.8** kg/m<sup>2</sup>



Fat Mass: **72.3 lbs**    Fat Mass Percentage (FM%): **33.6 %**

### Fat-Free Mass Index - FFMI

↘ **19.4** kg/m<sup>2</sup>



Fat-Free Mass: **143 lbs (66.4 %)**

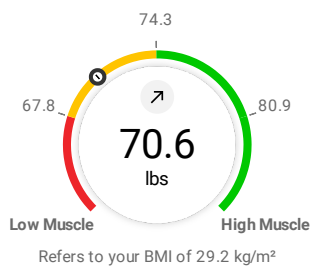
### Fat Mass Percentage - FM %

↗ **33.6 %**



Fat Mass: **72.3 lbs**    Fat Mass Index (FMI): **9.8 kg/m<sup>2</sup>**

### Skeletal Muscle Mass - SMM



Skeletal Muscle Mass Percentage: **32.8 %**

### Skeletal Muscle Index by MRI - SMI

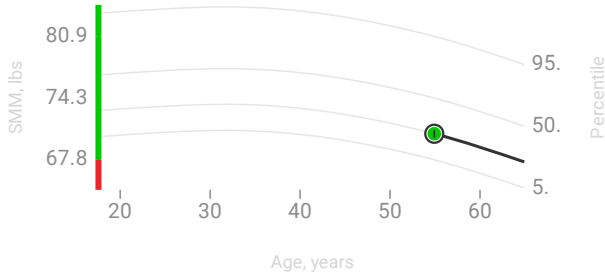
→ **9.6** kg/m<sup>2</sup>



Skeletal Muscle Mass: **70.6 lbs**

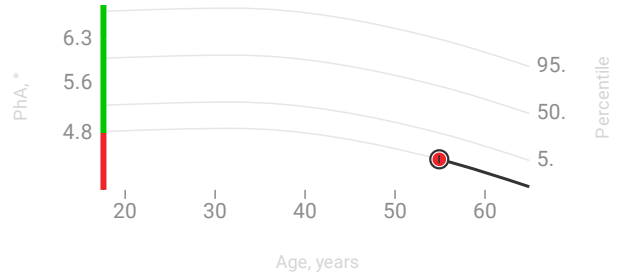
### Skeletal Muscle Mass over Age - SMM

↗ **70.6 lbs** **17. Percentile**



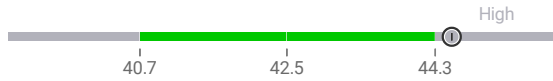
### Phase Angle - PhA

↗ **4.4°** **1. Percentile**



### Water Ratio - ECW / TBW

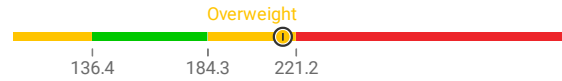
↘ **44.5 %**



TBW: **48.3 Liters (49.1 %)**    ECW: **21.5 Liters (21.9 %)**

### Weight

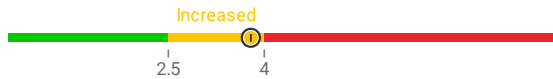
↘ **215.3 lbs**



BMI: **29.2 kg/m²**

### Visceral Adipose Tissue - VAT

↗ **3.8 Liters**



Waist Circumference: **40 1/8 in**

### Appendicular Skeletal Muscle Index by DXA - ASMI

↘ **9.1 kg/m²**



Skeletal Muscle Mass by DXA is equivalent to lean soft tissue

Appendicular Skeletal Muscle Mass: **66.9 lbs (31.1 %)**

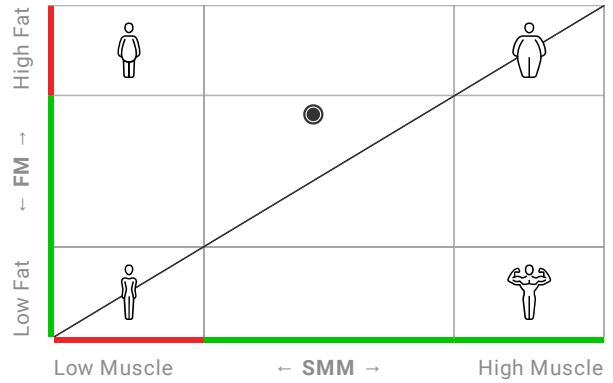
### Waist Circumference - WC

→ **40 1/8 in**

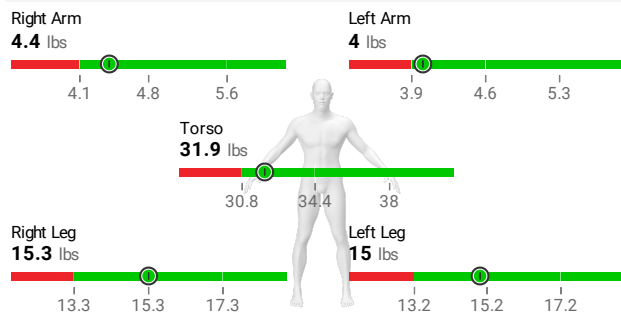


Visceral Adipose Tissue:  
**3.8 Liters**

### Body Composition Chart - BCC



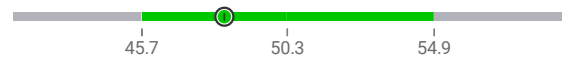
### Segmental Skeletal Muscle Mass



Total Skeletal Muscle Mass:  
**70.6 lbs**

### Water

TBW ↘ **48.3** Liters



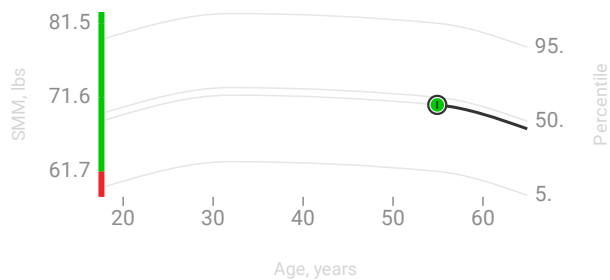
ECW ↘ **21.5** Liters



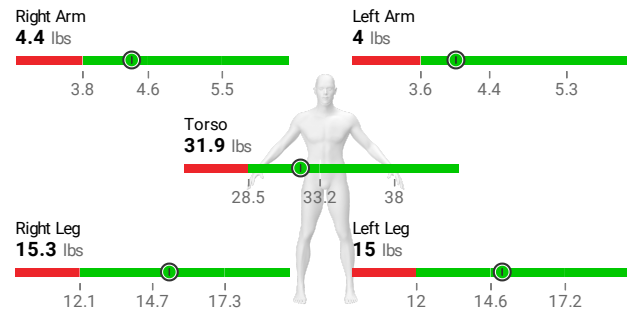
Total Body Water (TBW): **49.1 %**  
 Extracellular Water (ECW): **21.9 %**

### Skeletal Muscle Mass over Age - SMM

↗ **70.6 lbs** **43. Percentile**



### Segmental Skeletal Muscle Mass



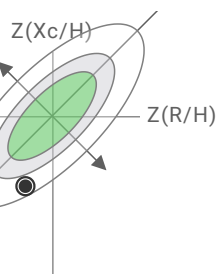
Total Skeletal Muscle Mass:  
**70.6 lbs**

### Bioelectric Impedance Vector Analysis - BIVA

Increasing body cell mass



Increasing proportion of water



Decreasing proportion of water



Decreasing body cell mass

Resistance: **513.1  $\Omega$**     Reactance: **39.4  $\Omega$**

Hi Lauren