

HYDROSTATIC BODY COMPOSITION ANALYSIS

A Personalized Analysis for
DR DUNK



Prepared By:
Arizona Office and Mobile Human Performance Lab

FitnessWave Arizona
Call (480) 964-9283
[Pricing and Services](#)

Body Composition Analysis

Location: FitnessWave AZ

Date: Feb 11, 2019

Time: 01:53 pm

Test Admin: David Shannon

Name: DR DUNK

Hydrostatic Evaluation

Body Fat %:	7.35%	Fat Body Mass:	16.1 lbs
Lean Body Mass %:	92.65%	Lean Body Mass:	202.9 lbs
Ideal Body Fat %:	15%	Weight for Ideal:	238.71 lbs
Goal Body Fat %:	5%	Weight for Goal:	213.58 lbs

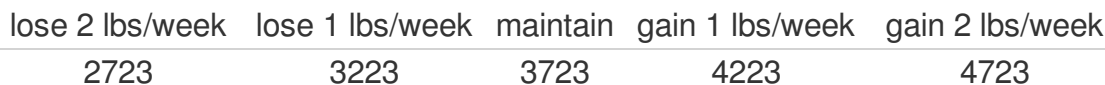
Metabolic Information

Activity Level: 6 to 12 hours

Maximum Exercising Pulse: 157 bpm



Calorie Intake Per Day



Hydrostatic Test Data

Gender:	Male	Age:	39 yrs
Height:	72 in	Weight:	219 lbs
Ankle Circumference:	9 in	Resting Pulse:	60 bpm
Water Temperature:	32 °C	Water Weight:	9190 grams

Call to have the mobile lab come to your gym, crossfit, office, school, or business. Our Office is inside METRO FLEX GYM and we test there by appointment.

Body Composition Definitions

Fat Body Mass

This is the weight of body mass that is fat. Fat can be found throughout the body intramuscularly (inside the muscles), subcutaneously (in between the skin and muscles), and around the internal organs. Your fat body mass has been determined to be **16.1 lbs**

Body Fat Percentage

This number represents the percentage of your total body weight that is fat. Your body fat percentage has been tested at **7.35%**

Lean Body Mass

Lean body mass consists of all non-fat body mass, such as bone, muscle, connective and organ tissue. The weight of your lean body mass has been determined to be **202.9 lbs**

Lean Body Mass Percentage

This number represents the percentage of your total body weight that is lean mass. Your lean body mass percentage has been tested at **92.65%**

Ideal Body Fat Percentage

The generally accepted ideal body fat percentage for male is 15%. Your body fat percentage is lower than the ideal. To reach the ideal, you would have to **gain 19.71 lbs** of fat and weigh **238.71 lbs**

Goal Body Fat Percentage

Your self reported goal body fat percentage is **5%**. Your actual body fat percentage is higher than your goal percentage. To reach you goal, you must **lose 5.42 lbs** of fat and weigh **213.58 lbs**

** Your body fat percentage goals are based on the assumption that your lean mass has not changed. If lean mass has been gained or lost, the amount of body fat that you would need to lose to reach a given body fat percentage would change accordingly.*

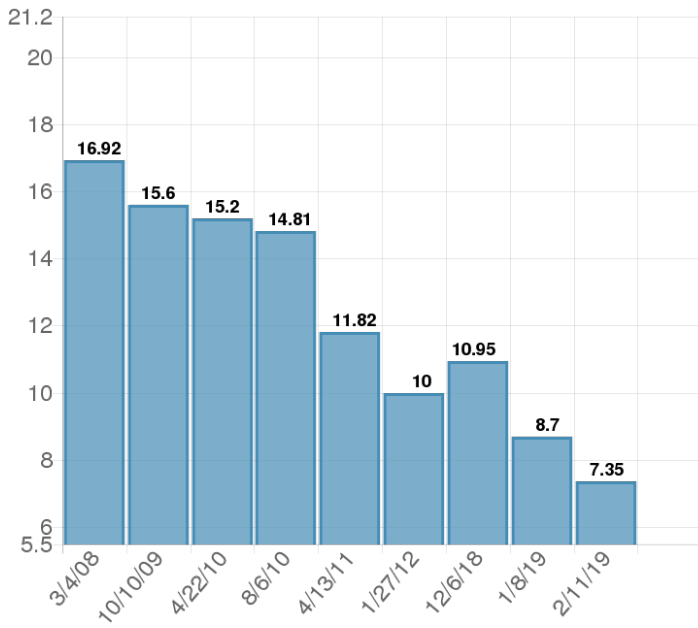
Maximum Exercise Pulse

Based on your current activity level, it is recommended that you conduct your cardiovascular exercise program at a heart rate of no more than **157** beats per minute. Before embarking on any type of fitness program, it is strongly recommended that you consult with your physician

The importance of periodic Body Composition Testing

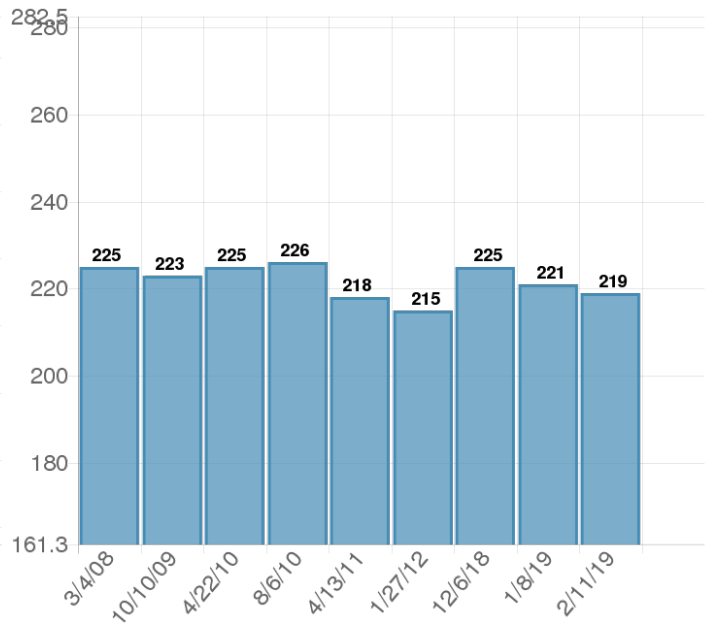
Much of the fat stored by the human body is not readily visible to the eye. What you can pinch may only be a small portion of the body's total fat if the muscles are carrying a large amount of fat. Likewise, what you can pinch may be virtually most of the fat you may have if your muscles are lean. Because of this phenomenon, if you are aggressively trying to either build muscle or lose fat, you should be tested several times per year to ensure that the program you are following is working to your satisfaction.

Body Fat Percentage



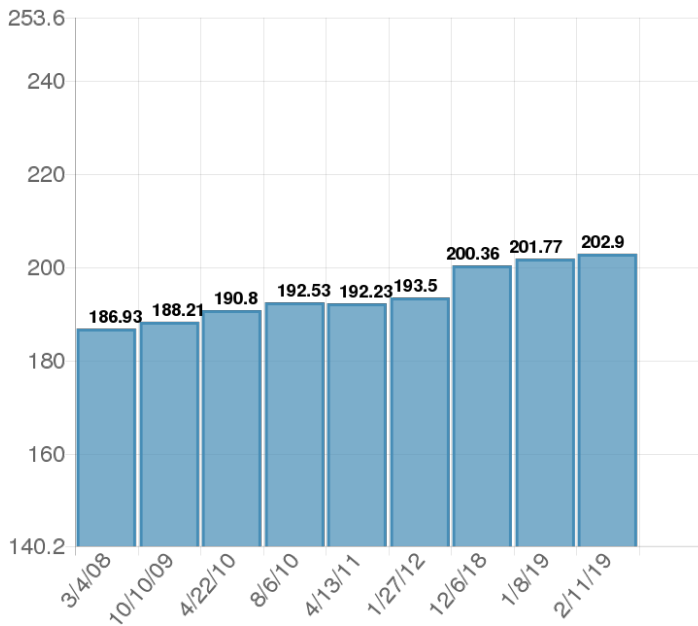
Previous Test 8.7% (1/8/19)
Today's Test 7.35% (2/11/19)
Change in body fat percentage -1.35%

Total Weight



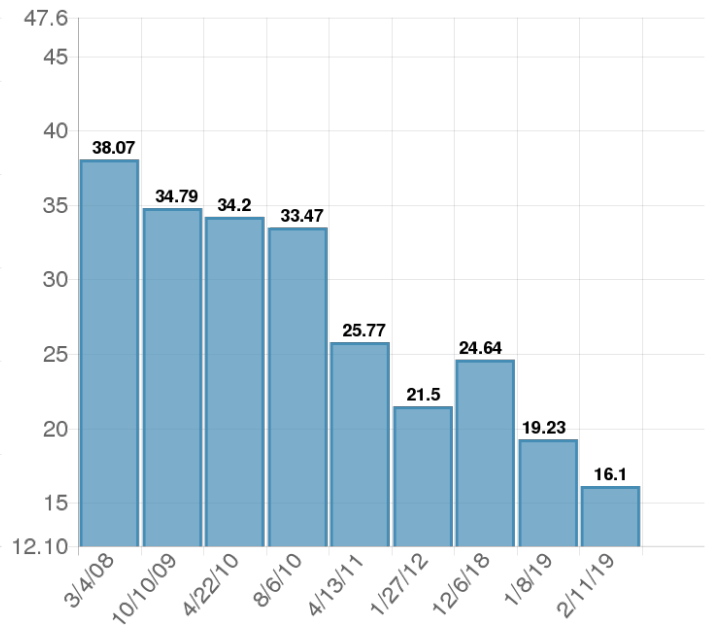
Previous Test 221 lbs (1/8/19)
Today's Test 219 lbs (2/11/19)
Change in total weight -2 lbs

Lean Mass



Previous Test 201.77 lbs (1/8/19)
Today's Test 202.9 lbs (2/11/19)
Change in lean mass 1.13 lbs

Fat Mass



Previous Test 19.23 lbs (1/8/19)
Today's Test 16.1 lbs (2/11/19)
Change in fat mass -3.13 lbs

Body Fat Recommendations

Note: There is no set standard for recommended body fat percentages. This table is based on the opinions of many experts in the Health and Fitness Industry.

		Age Groups					
		16 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+
Men	Excellent	< 9	< 10	< 11	< 13	< 14	< 15
	Good	10 13	11 14	12 15	14 17	15 18	16 19
	Average	14 20	15 21	16 22	18 24	19 25	20 26
	Fair	21 23	22 24	23 25	25 27	26 28	27 29
	Poor	24+	25+	27+	28+	29+	30+
Women	Excellent	< 15	< 16	< 17	< 18	< 19	< 20
	Good	16 19	17 20	18 21	19 22	20 23	21 24
	Average	20 26	21 27	22 28	23 30	24 31	25 32
	Fair	27 29	28 30	29 31	31 33	32 34	33 35
	Poor	30+	31+	32+	34+	35+	36+

The body requires a minimum amount of body fat to use as:

- Energy reservoir for physical activity
- Cushioning for internal organs
- Natural defense against infection
- Insulation in hot and cold conditions

Therefore, the minimum recommended body fat is: Males = 5 to 6% and Females = 8 to 9%

Personalized Calorie Expenditures

Activity Name	METs*	KCal/min	Activity Name	METs*	KCal/min
Aerobics - moderate	8.00	14	Rope Jumping	9.00	15.75
Aerobics - vigorous	9.00	15.75	Running - 10 minutes/mile	10.00	17.5
Backpacking	8.00	14	Running - 12 minutes/mile	9.00	15.75
Badminton	6.00	10.5	Running - 6 minutes/mile	16.00	27.99
Basketball	8.00	14	Running - 8 minutes/mile	13.00	22.74
Bowling	2.00	3.5	Sailing	4.00	7
Boxing - sparring	8.00	14	Scuba Diving	8.00	14
Boxing-in-ring	13.00	22.74	Skating - ice, roller	7.00	12.25
Crossfit	10.00	17.5	Snow Skiing - cross country	9.00	15.75
Cycling - 20 mph	11.00	19.24	Snow Skiing - downhill	7.00	12.25
Cycling - pleasure	6.00	10.5	Soccer	9.00	15.75
Dancing - aerobic	8.00	14	Spinning	9.00	15.75
Dancing - square, tap, etc	6.00	10.5	Squash	10.00	17.5
Elliptical	6.00	10.5	Stairclimbing	6.00	10.5
Football - touch	8.00	14	Step Aerobics - moderate	11.00	19.24
Handball	10.00	17.5	Step Aerobics - vigorous	12.00	20.99
Hiking - cross country	5.00	8.75	Surfing	8.00	14
Hiking - moderate	7.00	12.25	Swimming	6.00	10.5
Hiking - mountains	12.00	20.99	Tennis	7.00	12.25
Horseback Riding - gallop	8.00	14	Volleyball	5.00	8.75
Horseback Riding - trot	7.00	12.25	Walking - 12 minutes/mile	8.00	14
Judo	14.00	24.49	Walking - 15 minutes/mile	5.00	8.75
Mountain Biking - extreme	11.00	19.24	Walking - 20 minutes/mile	3.00	5.25
Mountain Biking - moderate	8.00	14	Water Aerobics	6.00	10.5
Pilates	5.00	8.75	Water Skiing	6.00	10.5
Racquetball	9.00	15.75	Weight Training - circuit	5.00	8.75
Rock Climbing - wall	7.00	12.25	Weight Training - free weights	6.00	10.5
Rollerblading	7.00	12.25	Yoga	4.00	7

* A 'MET' is defined as 'a multiple of resting metabolism.' For example, the estimated value of 9.0 for racquetball denotes that you would expend 9 times as much energy playing racquetball than you would at rest.

Additional Body Fat Calculations

(based on changes in weight due to fat loss only)

	Body Fat %	From Present Weight Pounds of Fat to Lose	Weight at Body Fat, lbs
Current Body Fat	7.35 %	0 lbs	219 lbs
	7 %	0.8 lbs	218.17 lbs
	6 %	3 lbs	215.85 lbs
Goal Body Fat	5 %	5.1 lbs	213.58 lbs