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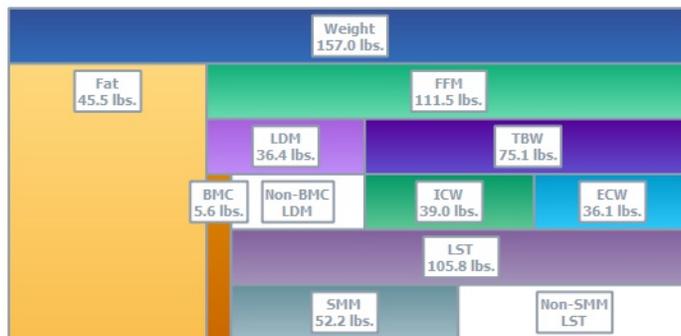
Name: _____ Test Date: 6:07 PM; January 7, 2021
 Subject ID: _____ Report Printed on: 1:00 PM; January 26, 2021

Height	Weight	Age	Sex	Resistance	Reactance	Frame	Target Wt.	Activity Level	Equation Set
167.0 cm	157.0 lbs	27	Female	562.6 Ω	62.2 Ω	Medium	128.7 lbs	Light	Athletic

Current Test Data

	Amount	% of Weight	
Weight	157.0 lbs		
Fat	45.5 lbs	29.0 %	
Fat-Free Mass (FFM)	111.5 lbs	71.0 %	% of FFM
Lean Dry Mass (LDM)	36.4 lbs	23.2 %	32.6 %
Total Body Water (TBW)	75.1 lbs	47.8 %	67.4 %
Intra-Cellular Water (ICW)	39.0 lbs	24.8 %	34.9 %
Extra-Cellular Water (ECW)	36.1 lbs	23.0 %	32.4 %
Bone Mineral Content (BMC)	5.6 lbs	3.6 %	5.1 %
Lean Soft Tissue (LST)	105.8 lbs	67.4 %	94.9 %
Skeletal Muscle Mass (SMM)	52.2 lbs	33.3 %	46.8 %
BMI	25.5	Phase Angle	6.3
FMI	7.4	Basal Metabolic Rate (BMR)	1,588.6 kCal
FFMI	18.1	Daily Energy Expenditure (DEE)	2,383.0 kCal

Estimated Complete Body Composition



- Weight
- Fat is 29.0% of Weight
- FFM is 71.0% of Weight
- LDM is 23.2% of Weight
- LDM is 32.6% of FFM
- TBW is 47.8% of Weight
- TBW is 67.4% of FFM
- BMC is 3.6% of Weight
- BMC is 5.1% of FFM
- BMC is 15.5% of Ldm
- Non-BMC LDM
- ICW is 24.8% of Weight
- ICW is 34.9% of FFM
- ICW is 51.9% of TBW
- ECW is 23.0% of Weight
- ECW is 32.4% of FFM
- ECW is 48.1% of TBW
- LST is 67.4% of Weight
- LST is 94.9% of FFM
- SMM is 33.3% of Weight
- SMM is 46.8% of FFM
- SMM is 49.3% of LST
- Non-SMM LST

Glossary of Terms

The terms below, as well as the graphical representation at the right, will help describe the general breakdown of the composition of the body.

Height - in inches (in) or centimeters (cm)

Weight - in pounds (lbs) or kilograms (kg)

Resistance - the opposition to the flow of an electrical current. Higher TBW and LDM yield a lower Resistance, and higher Fat and dehydration yield a higher Resistance.

Reactance - measures the body's opposition to changes in the flow of an electrical current. Reactance is related to the capacitance of the cell membranes, and reflects integrity, function, and composition.

Phase Angle (PA) - PA reflects the relative contributions of fluid (resistance), and cellular membranes (capacitive reactive). It is calculated as the arc-tangent of Reactance over resistance, measured in degrees. Typical Phase Angles (NHANES human data) range between 4-9.

Fat - provides insulation, warmth, and energy storage, and is necessary for the absorption of many vitamins.

Fat Free Mass (FFM) - is also called Lean Body Mass, and is everything in your body, except Fat.

Lean Dry Mass (LDM) - is what is left after subtracting all of the water from your Fat Free Mass.

Total Body Water (TBW) - is all of the water throughout your body, both inside and outside of your cells.

Intra-Cellular Water (ICW) - represents the amount of water inside your cells.

Extra-Cellular Water (ECW) - represents the amount of water outside of your cells.

Bone Mineral Content (BMC) - Bones are dynamic organs that include cells, blood vessels, collagen and mineral deposits. BMC is only an estimate of the minerals in the bones and does not represent the total weight of the skeleton. It is part of Fat-Free Mass.

Total Body Weight				
Fat	Lean Dry Mass		Total Body Water	
	Bone Mineral Content	Non-BMC LDM	Intra-Cellular Water	Extra-Cellular Water
		Lean Soft Tissue		
		Skeletal Muscle Mass	Non-SMM LST	

Lean Soft Tissue (LST) - In the same way that LDM is the result of removing all water from Fat-Free Mass, Lean Soft Tissue is the result of subtracting Bone Mineral Content from Fat-Free mass. This includes your organs, muscles, connective and supportive tissues, as well as all of Total Body Water.

Skeletal Muscle Mass (SMM) - SMM is the muscles responsible for posture and movement.

Basal Metabolic Rate (BMR) - The caloric energy required to sustain life in a sedentary state for 24 hours.

Daily Energy Expenditure (DEE) - DEE adjusts the BMR valued based on the selected activity level. The caloric energy required to sustain life, plus daily activities.

Body Mass Index (BMI) - BMI is derived by dividing total weight (kg) by height (m), squared. BMI is a general measure typically used to determine if someone is overweight, but knowing actual body composition is much more accurate.

Fat Mass Index (FMI) - FMI relates fat mass to height in the same way that BMI relates total weight to height. Because it takes into account only the fat mass, it is a superior indicator of obesity compared to BMI.

Fat Free Mass Index (FFMI) - FFMI relates fat-free mass to height in the same way that FMI does to fat. Fat + FFM = Weight, FMI + FFMI = BMI.

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