

# HYDROSTATIC BODY COMPOSITION ANALYSIS

A Personalized Analysis

for

**Sample MALE**

*Prepared by:*

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# FITNESSWAVE® BODY COMPOSITION ANALYSIS

**Location:** Fake

**Date:** Thursday, December 10, 2009

**Time:** 2:45:55 PM

**Test Admin:** AE

**Name:** Sample MALE

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## Hydrostatic Evaluation:

**Body Fat %:** 15.6%

**Lean Body Mass %:** 84.4%

**Ideal Body Fat %:** 15%

**Goal Body Fat %:** 10%

**Fat Body Mass:** 25.7 lbs.

**Lean Body Mass:** 139.3 lbs.

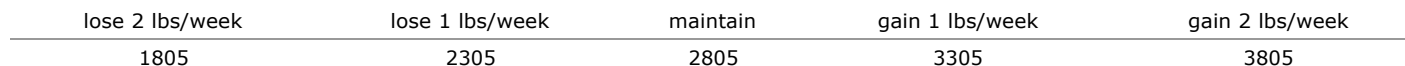
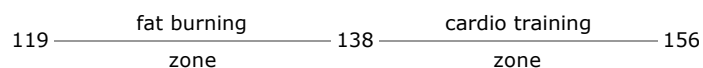
**Weight for Ideal:** 163.9 lbs.

**Weight for Goal:** 154.8 lbs.

## Metabolic Information:

**Activity Level:** 6 to 12 hours

**Maximum Exercising Pulse:** 156 bpm



**Daily Caloric Intake to Maintain Weight:** 2805 calories

## Hydrostatic Test Data:

**Gender:** Male

**Height:** 69 in.

**Ankle Circumference:** 9 in.

**Water Temperature:** 31 C

**Age:** 39 yrs.

**Weight:** 165 lbs.

**Resting Pulse:** 60 bpm

**Water Weight:** 6500 grams

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Please ask us about our other services and how you can save money with one of our testing packages.

# **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 **25.7 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 **15.6 %**.

## **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 **139.3 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 **84.4 %**.

## **IDEAL BODY FAT PERCENTAGE**

The generally accepted ideal body fat percentage for male is 15%. Your body fat percentage is higher than the ideal. To reach the ideal, you would have to **lose 1.1 lbs** of fat and **weigh 163.9 lbs**.

## **GOAL BODY FAT PERCENTAGE**

Your self reported goal body fat percentage is **10%**. Your actual body fat percentage is higher than your goal percentage. To reach your goal, you must **lose 10.2 lbs** of fat and **weigh 154.8 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**

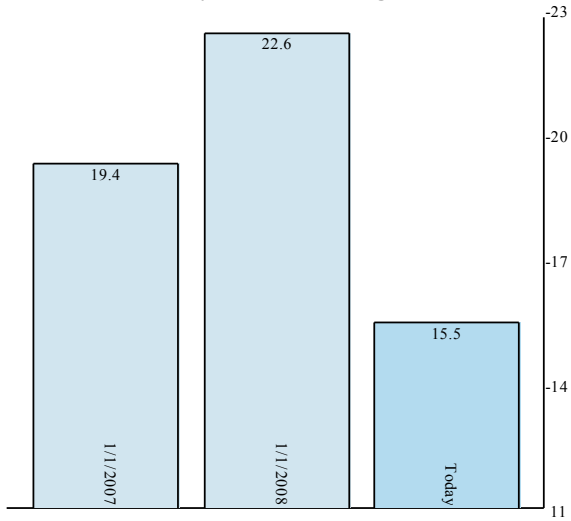
Based on your current activity level, it is recommended that you conduct your cardiovascular exercise program at a heart rate of no more than **156 beats per minute**. Before embarking on any type of fitness program, it is strongly recommended that you consult with your physician.

## **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 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.

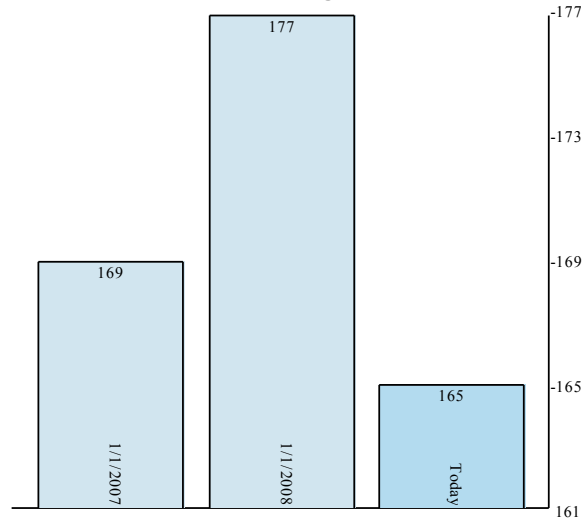
# Compare Your Tests

### Body Fat Percentage



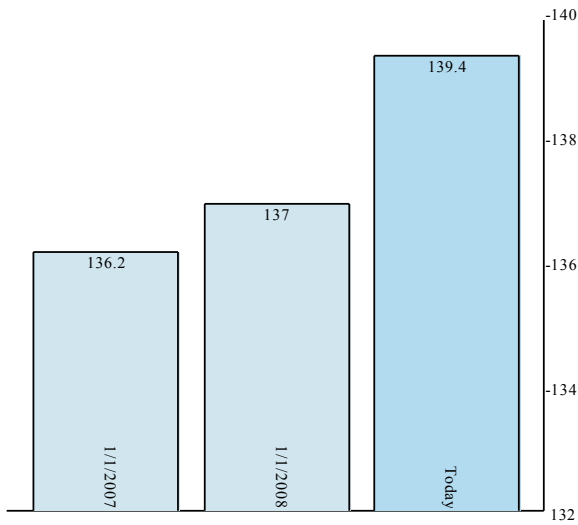
Previous Test                    1/1/2008                    22.6%  
 Today's Test                    12/10/2009                    15.5%  
 Change in body fat percentage                    -7.1%  
**Trend:** -0.3 % per month

### Total Weight



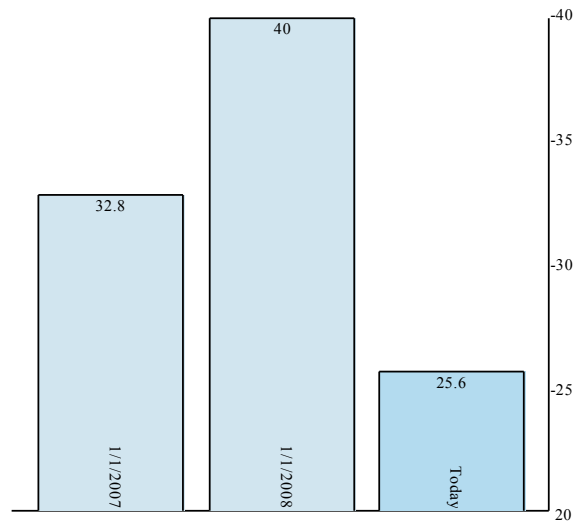
Previous Test                    1/1/2008                    177 lbs  
 Today's Test                    12/10/2009                    165 lbs  
 Change in total weight                    -12.0 lbs  
**Trend:** -0.1 lbs. per week

### Lean Mass



Previous Test                    1/1/2008                    137 lbs  
 Today's Test                    12/10/2009                    139.4 lbs  
 Change in lean mass                    2.4 lbs  
**Trend:** 0.1 lbs. per month

### Fat Mass



Previous Test                    1/1/2008                    40 lbs  
 Today's Test                    12/10/2009                    25.6 lbs  
 Change in fat mass                    -14.4 lbs  
**Trend:** -0.1 lbs. per week

Note: For additional calculations, please see page: 7

# 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+
<i>Men</i>	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	22-25	23-26	25-27	26-28	27-29
	Poor	24+	25+	27+	28+	29+	30+
<i>Women</i>	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	7.5	9.6	Running - 10 minutes/mile	10.2	13
Aerobics - vigorous	9	11.5	Running - 8 minutes/mile	12.5	15.9
Backpacking	8	10.2	Running - 6 minutes/mile	16.3	20.8
Badminton	5.8	7.4	Sailing	3.5	4.5
Basketball	8	10.2	Scuba Diving	7.5	9.6
Bowling	2.4	3.1	Skating - ice, roller	6.5	8.3
Boxing-in-ring	13.3	17	Snow Skiing - downhill	6.5	8.3
Boxing - sparring	8.3	10.6	Snow Skiing - cross country	9	11.5
Cycling - pleasure	5.5	7	Squash	10	12.8
Cycling - 20 mph	10.5	13.4	Soccer	8.5	10.8
Dancing - square, tap, etc	5.5	7	Spinning	9.25	11.8
Dancing - aerobic	7.5	9.6	Stairclimbing	6	7.6
Football - touch	7.9	10.1	Step Aerobics - moderate	10.5	13.4
Handball	10	12.8	Step Aerobics - vigorous	12	15.3
Hiking - cross country	4.8	6.1	Surfing	8	10.2
Hiking - moderate	7	8.9	Swimming	6	7.6
Hiking - mountains	11.5	14.7	Tennis	6.5	8.3
Horseback Riding - gallop	8.2	10.5	Volleyball	4.5	5.7
Horseback Riding - trot	6.6	8.4	Walking - 20 minutes/mile	3.3	4.2
Judo	13.5	17.2	Walking - 15 minutes/mile	4.9	6.2
Mountain Biking - moderate	7.8	9.9	Walking - 12 minutes/mile	7.9	10.1
Mountain Biking - extreme	11.25	14.3	Water Aerobics	6	7.6
Racquetball	9	11.5	Water Skiing	6	7.6
Rock Climbing - wall	6.7	8.5	Weight Training - circuit	5.1	6.5
Rollerblading	6.5	8.3	Weight Training - free weights	5.9	7.5
Rope Jumping	9	11.5			

*\* 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 %	
<b>Current Body Fat »</b>	15.6 %	0 lbs	165 lbs	
	15 %	1.1 lbs	163.9 lbs	
	14 %	3 lbs	162 lbs	
	13 %	4.9 lbs	160.1 lbs	
	12 %	6.7 lbs	158.3 lbs	
	11 %	8.5 lbs	156.5 lbs	
<b>Goal Body Fat »</b>	10 %	10.2 lbs	154.8 lbs	
	12.9 %	5.1 lbs	160 lbs	<b>« Goal Weight</b>