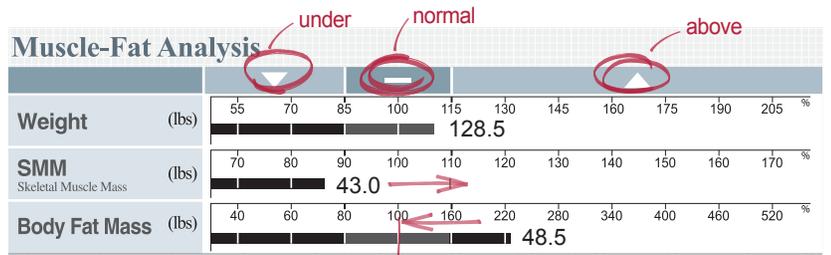# 4 THINGS TO TAKE AWAY

1 WEIGHT

The **Muscle-Fat Analysis** section breaks down your weight into Skeletal Muscle Mass and Body Fat mass. The top bar of this section shows if your Weight, SMM and Body Fat Mass are in the under, normal, or above range.

Skeletal Muscle Mass (SMM) is the muscle you can work out at the gym (i.e. quads, biceps, etc). Working out at the gym will result in increased SMM and decreased **Body Fat Mass**. When you see a change in your weight, you want to see an increase in your SMM and/or decrease in your Body Fat Mass.

Muscle-Fat Analysis

under   normal   above

		55	70	85	100	115	130	145	160	175	190	205	%
Weight	(lbs)				128.5								
SMM Skeletal Muscle Mass	(lbs)	70	80	90 43.0	100	110	120	130	140	150	160	170	%
Body Fat Mass	(lbs)	40	60	80	100 48.5	160	220	280	340	400	460	520	%

Work towards decreasing your body fat mass bar length to 100 or below. 100 mark is the ideal body fat mass for your height.
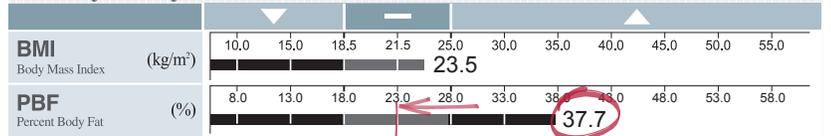
2 FAT

Obesity Analysis measures how much fat you have compared to your weight. The top bar of this section shows if your BMI and PBF are in the under, normal, or above range.

Commonly used **Body Mass Index (BMI)** is unreliable because it calculates your obesity strictly depending on your height and weight--resulting in professional athletes to be labeled obese.

Percent Body Fat (PBF), however, is the ratio of your body fat mass divided by your weight.

Obesity Analysis

		10.0	15.0	18.5	21.5	25.0	30.0	35.0	40.0	45.0	50.0	55.0
BMI Body Mass Index	(kg/m²)				23.5							
PBF Percent Body Fat	(%)	8.0	13.0	18.0	23.0	28.0	33.0	38.0 37.7	43.0	48.0	53.0	58.0

Recommended range is 10-20% males and 18-28% for females.
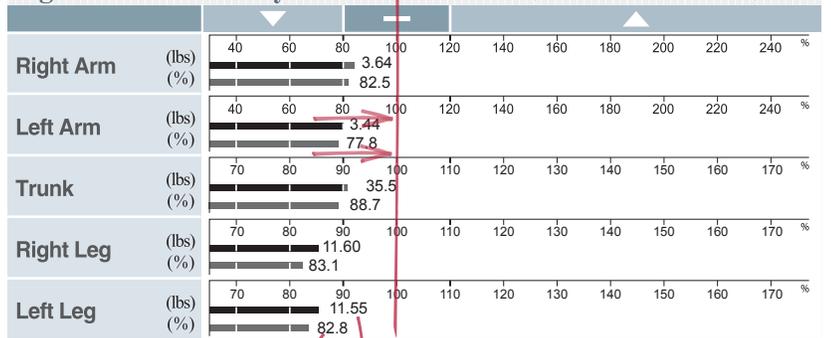
3 MUSCLE

Segmental Lean Analysis evaluates whether you have enough muscle in your body and if it is balanced. Increasing the two bars on each segment means you are gaining muscle and if all bars throughout the chart line up, it means that you have an overall muscle balance throughout your body.

The **top bar** shows your absolute muscle mass in pounds. The bar should be in the normal or above range for a strong body.

The **bottom bar** shows if there is enough muscle to support your current weight. Aim for 100%+ to be in the normal or above range.

Both the top and bottom bars of each segment should ideally be equal and at the 100 mark or above. This implies that you have an ideal amount of muscle mass based on your height/weight and you have good muscle balance throughout your body.

Segmental Lean Analysis

Based on ideal weight ▬▬ Based on current weight ▬▬

		40	60	80	100	120	140	160	180	200	220	240	%
Right Arm	(lbs) (%)			3.64 82.5									%
Left Arm	(lbs) (%)	40	60	80 3.44 77.8	100	120	140	160	180	200	220	240	%
Trunk	(lbs) (%)	70	80	90	100 35.5 88.7	110	120	130	140	150	160	170	%
Right Leg	(lbs) (%)	70	80	90 11.60 83.1	100	110	120	130	140	150	160	170	%
Left Leg	(lbs) (%)	70	80	90 11.55 82.8	100	110	120	130	140	150	160	170	%

% based on your weight   pound of muscle

4 BMR

Basal Metabolic Rate is the number of calories burned when you're at resting state the whole day.

Basal Metabolic Rate

1472 kcal

Your BMR number will increase as you gain more muscle because muscles burn more calories.