

# BODY COMPOSITION PROFILE-HYDRO

**PARTICIPANT:**

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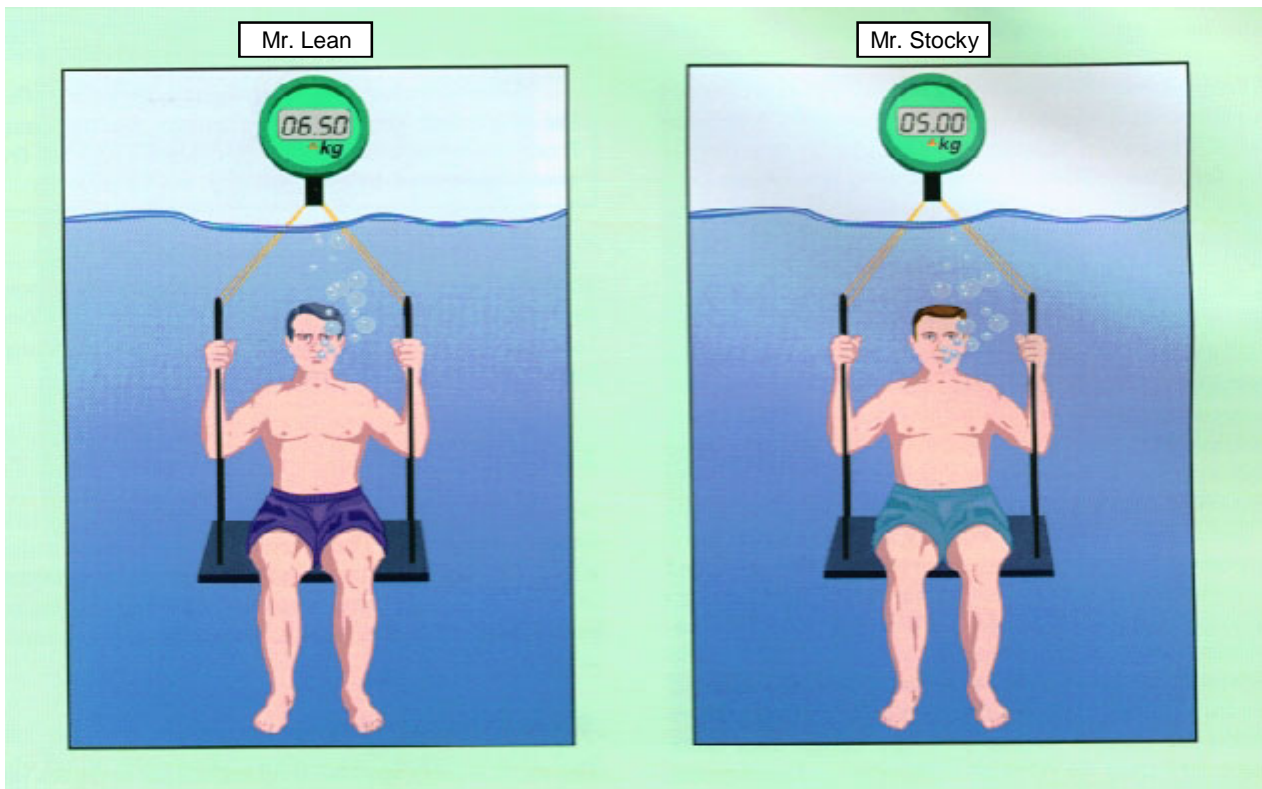
The Fit Stop Human Performance Lab

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## BODY COMPOSITION ANALYSIS

	SCORE	IDEAL	AVERAGE	LOW
Weight	145.0			
Body Fat Percentage	24.4		⊗	
Lean Body Weight	109.7		⊗	
Fat Weight	35.3			
Goal Body Fat Percentage	% Fat	18	20	0
Ideal Body Weight	lbs.	133.8	137.11	109.7



Drawing from *Physiology of Sport & Exercise* by Wilmore & Costill, 1999



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**CAUTION:** These statements have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult with your physician before starting any weight-loss or fitness program.