

**FITNESSWAVE®  
BODY COMPOSITION ANALYSIS**

Location: California LA/OC

Date: 01/13/2017

Time: 05:42 AM

Test Admin: Nhu Truong

Name: Jake Kinas

**Hydrostatic Evaluation:**

Body Fat %: 23.72 %

Fat Body Mass: 69.3 lbs

Lean Body Mass %: 76.28 %

Lean Body Mass: 222.9 lbs

Ideal Body Fat %: 15.0 %

Weight for Ideal: 262.24 lbs

Goal Body Fat %: 15.0 %

Weight for Goal: 262.2 lbs

**Metabolic Information:**

Activity Level: 6 to 12 hours

Maximum Exercising Pulse: 170 bpm



| lose 2 lbs/week | lose 1 lbs/week | maintain | gain 1 lbs/week | gain 2 lbs/week |
|-----------------|-----------------|----------|-----------------|-----------------|
| 3967            | 4467            | 4967     | 5467            | 5967            |

**Hydrostatic Test Data:**

Gender: MALE

Age: 23 yrs

Height: 74.38 in

Weight: 292.2 lbs

Ankle Circumference: 10.6 in

Resting Pulse: 65 bpm

Water Temperature: 32 C

Water Weight: 5760 grams

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Thanks for the opportunity to serve you. FitnessWave strives to be the leader in health and wellness services. If you need more information or have any questions please call 714-979-9283.

## 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%

## ADDITIONAL BODY FAT CALCULATIONS

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

|                  | Body Fat % | From Present Weight<br>Pounds of Fat to Lose | Weight at<br>Body Fat % |
|------------------|------------|--|-------------------------|
| Current Body Fat | 23.72 %    | 0 lbs  | 292.2 lbs               |
|                  | 23.0 %     | 2.7 lbs                                      | 289.5 lbs               |
|                  | 22.0 %     | 6.4 lbs                                      | 285.8 lbs               |
|                  | 21.0 %     | 10.0 lbs                                     | 282.2 lbs               |
|                  | 20.0 %     | 13.6 lbs                                     | 278.6 lbs               |
|                  | 19.0 %     | 17.0 lbs                                     | 275.2 lbs               |
|                  | 18.0 %     | 20.4 lbs                                     | 271.8 lbs               |
|                  | 17.0 %     | 23.6 lbs                                     | 268.6 lbs               |
|                  | 16.0 %     | 26.8 lbs                                     | 265.4 lbs               |
| Goal Body Fat    | 15.0 %     | 30.0 lbs                                     | 262.2 lbs               |