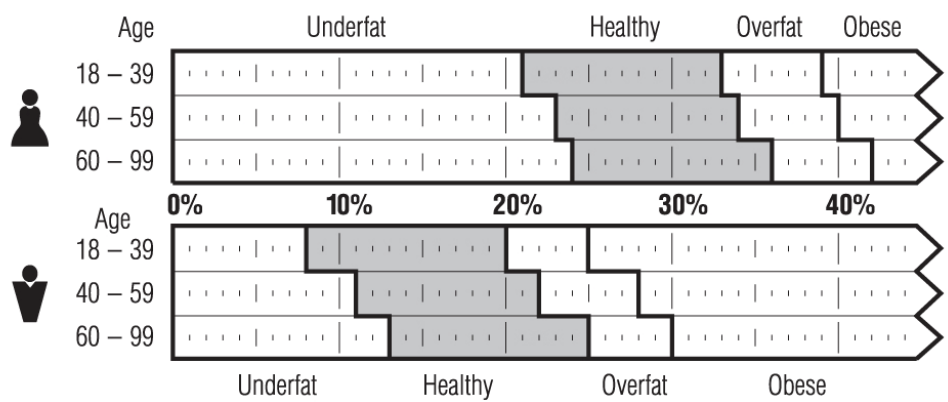




Healthy Body Fat % Ranges

- 0 + ++
 Under Healthy Over Obese



Healthy Body Water % Range

| | |
|-----------|-----------|
| 45 - 60 % | 50 - 65 % |
|-----------|-----------|



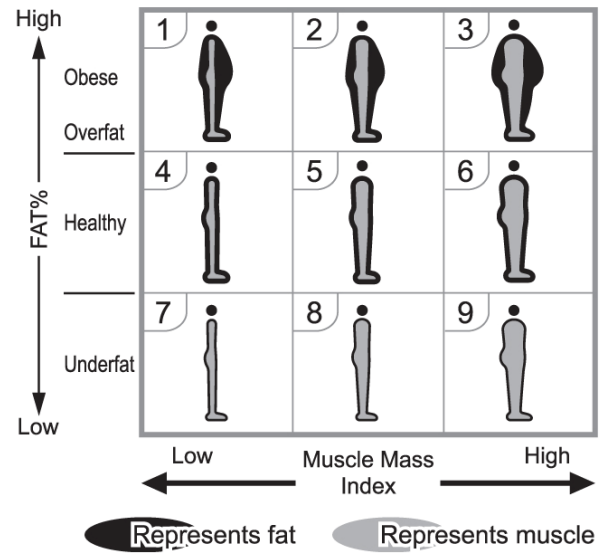
Bone Mass Ranges

Average of estimated bone mass

| | Weight | | |
|--|--------------------------|---------------------------------|------------------------------|
| | Less than 110 lb (50 kg) | 110 lb - 165 lb (50 kg - 75 kg) | 165 lb and up (75 kg and up) |
| | 4.3 lb (1.95 kg) | 5.3 lb (2.40 kg) | 6.5 lb (2.95 kg) |
| | Weight | | |
| | Less than 143 lb (65 kg) | 143 lb - 209 lb (65 kg - 95 kg) | 209 lb and up (95 kg and up) |
| | 5.9 lb (2.66 kg) | 7.3 lb (3.29 kg) | 8.1 lb (3.69 kg) |



Physique Ratings



Visceral Fat Rating

| | | | |
|---------------|---|---|----------------|
| Healthy level | 0 | : | 1 - 12 |
| Excess level | + | : | 13 - 59 |