



YOUR PRESCRIPTION FOR A HEALTHIER LIFE

Muscle Mass Balance Analysis

The table below regionalizes your arms and legs to assess muscle symmetry. Arms will often have tissue imbalances up to 0.5 lbs, while legs will have tissue imbalances up to 1.5 lbs. Live Lean Rx looks at movement efficiency because a better balanced body composition improves overall physical capability, especially relating to functional movements.

| Left / Right Side | Date | Lean Mass (lbs) | Lean % | Fat Mass (lbs) | Fat % | Total Mass (lbs) |
|------------------------|-------------------|-----------------|-------------|-----------------|--------------|------------------|
| Arms Total | 05/24/2019 | 28.0 | 87.0 | 2.9 | 9.1 | 32.2 |
| | 03/20/2019 | 27.3 | 86.3 | 3.0 | 9.6 | 31.6 |
| Right Arm | 05/24/2019 | 14.0 | 87.0 | 1.5 | 9.1 | 16.1 |
| | 03/20/2019 | 13.6 | 86.3 | 1.5 | 9.6 | 15.8 |
| Left Arm | 05/24/2019 | 14.0 | 87.0 | 1.5 | 9.1 | 16.1 |
| | 03/20/2019 | 13.6 | 86.3 | 1.5 | 9.6 | 15.8 |
| Arms Difference | 05/24/2019 | 0.0 lbs | 0.0% | 0.0 lbs | 0.0% | 0.0% |
| | 03/20/2019 | 0.0 lbs | 0.0% | 0.0 lbs | 0.0% | 0.0% |
| Legs Total | 05/24/2019 | 50.6 | 81.7 | 8.6 | 13.8 | 61.9 |
| | 03/20/2019 | 51.5 | 82.3 | 8.3 | 13.2 | 62.6 |
| Right Leg | 05/24/2019 | 25.7 | 81.7 | 4.3 | 13.8 | 31.4 |
| | 03/20/2019 | 26.3 | 83.1 | 3.9 | 12.5 | 31.6 |
| Left Leg | 05/24/2019 | 24.9 | 81.7 | 4.2 | 13.8 | 30.5 |
| | 03/20/2019 | 25.3 | 81.5 | 4.4 | 14.1 | 31.0 |
| Legs Difference | 05/24/2019 | 0.8 lbs | 3.1% | 0.1 lbs | 0.0% | 3.1% |
| | 03/20/2019 | 1.0 lbs | 3.9% | -0.4 lbs | -1.6% | 1.8% |