



BE COMPLEAT

Amadeusz Atleta

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tel.: **+48 668 596 444**

e-mail: **aleksandra.kluba@becompleat.pl**

www: **diagnostyka.becompleat.pl**

100% science
100% data
Zero guessing

Test, don't assume



Compleat BODY

Objective **monitoring of body composition and weight changes** is a key part of the process when working with dietitian.

What did we assess?

- skinfold thickness (sum of 6 and 8 sites, in mm)
- body circumferences
- height and weight
- arm span
- bone widths
- body fat % and muscle mass
- BIA analysis



ISAK protocol

	Value	Phantom Z-value
Mass	67.1 kg	-0.64
Stature	177.6 cm	
Sitting height	92.0 cm	-0.39
Arm span	178.5 cm	-0.18
Triceps sf	4.6 mm	-2.46
Subscapular sf	7.2 mm	-2.04
Biceps sf	2.1 mm	-2.99
Iliac crest sf	7.1 mm	-2.30
Supraspinale sf	5.1 mm	-2.35
Abdominal sf	9.2 mm	-2.13
Thigh sf	6.4 mm	-2.51
Calf sf	5.7 mm	-2.26
Arm girth relaxed	30.1 cm	0.84
Corrected arm girth	28.7 cm	2.83
Arm girth flexed and tensed	33.2 cm	1.01
Waist girth	75.8 cm	0.16
Hips girth	89.8 cm	-1.55
Thigh middle girth	50.9 cm	-0.97
Corrected thigh girth	48.9 cm	-0.14
Calf girth	35.1 cm	-0.70
Corrected calf girth	33.3 cm	0.86
Humerus breadth	6.8 cm	0.10
Bi-styloid breadth	5.1 cm	-1.15
Femur breadth	8.9 cm	-2.07

Somatotype	Endomorphy	1.5
(Heath-Carter)	Mesomorphy	4.1
	Ectomorphy	3.4
Body Mass Index (BMI)		21.3 kg/m ²
Waist/Hip ratio		0.84
Sum of 6 skinfolds		38.2 mm
Sum of 8 skinfolds		47.3 mm
Fat percentage	8.6 (Slaughter)	
	9.8 (Faulkner, from Yuhasz)	
	6.6 (Carter, from Yuhasz)	
Muscle percentage	48.3 (Lee)	
	46.8 (Poortmans)	
Bone percentage	15.6 (Rocha)	



Summary



Compleat BODY

- Body weight according to BMI - within the normal range.
- WHR (waist-to-hip ratio) - within the normal range.
- Muscle mass ~48%.
- Body fat ~8%.
- Higher fat distribution observed in the lower torso area (abdominal), with lower fat levels in the proximal upper limbs (biceps).
- Sum of 8 skinfolds = 47.3 mm
- Skeletal structure - large-framed (broad-boned).

Recommendations

- Body composition – maintain current body weight and composition, with the option of a slight muscle gain (target +1-2kg of muscle mass).