



SESSION 285

ASSESS + INDIVIDUALIZE TO THRIVE IN 2022

PRESENTED BY: BILLY POLSON + THE BUSINESS MOVEMENT™
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		7/2/22	/ /	/ /
BODY FAT	FULL BODY FAT MEASURE	32%		
	IMPEDANCE	455		
	FAT FREE MASS	123 LB		
	FAT MASS	59.2 LB		
	TOTAL BODY WATER	95 LB		
		7/2/22	/ /	/ /
BLOOD PRESSURE	BLOOD PRESSURE	120/80		
	RESTING HEART RATE (SEATED)	64 BPM		
SHIRTLESS OVERHEAD SQUAT		7/2/22	/ /	/ /
	RIGHT SHOULDER HIKE, LEFT KNEE NOT STABLE AND LEFT HIP HIKE AT LOW, LORDOSIS, KNEES AT 100 AT LOW			
	RIGHT FOOT EXTERNALLY ROTATED, RIGHT ARM INTERNALLY ROTATED WITH PALM FULLY PRONATED, LORDOSIS			

CIRCUMFERENCE MEASUREMENTS

		7/2/22	/ /	/ /
ABDOMEN (BELLY BUTTON)		39"		
	HIPS (LARGEST CIRUM. AT BUTT)	46.25"		
BICEPS (FLEXED AT PEAK)	R	13"		
	L	12.5"		
QUADS (PATELLA & HIP HINGE POINT)	R	24.5"		
	L	24.75"		
CALVES (LARGEST CIRUM. FLEXED)	R	15.5"		
	L	15.25"		
SHOULDERS (CIRCUM. AT ARMPITS)		44.75"		
CHEST (ARM PIT) (NIPPLE LINE)		40"		
		39"		
WEIGHT		182 LB		
HEIGHT		5' 8"		
AGE		47		

