

BODY COMPOSITION ASSESSMENT
administered by the
SCHOOL OF HUMAN KINETICS
JOHN M BUCHANAN
EXERCISE SCIENCE LABORATORY
UNIVERSITY OF BRITISH COLUMBIA

Name: Chris Ericksen

Age: 32 years

Height: 181.3 cm 71.4 inches

Weight: 81.1 kgs 178.4 lbs

Test Date: 03-Jul-03

HYDROSTATIC WEIGHT

Underwater Weight: 3.20 kgs

Water Temperature: 34.5 °C

Body Density: 1.057

BODY COMPOSITION RESULTS

Actual Body Weight = 178.4 lbs 81.1 kgs with 32.6 lbs Body Fat 18.3%

Lean Body Weight = 145.8 lbs 66.3 kgs with 0.0 lbs Body Fat 0.0%

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Name: Chris Ericksen

Age: 33 years

Height: 181.3 cm 71.4 inches

Weight: 75.7 kgs 166.5 lbs

Test Date: 04-Dec-03

HYDROSTATIC WEIGHT

Underwater Weight: 3.90 kgs

Water Temperature: 31.5 °C

Body Density: 1.074

BODY COMPOSITION RESULTS

Actual Body Weight = 166.5 lbs 75.7 kgs with 18.4 lbs Body Fat 11.1%

Lean Body Weight = 148.1 lbs 67.3 kgs with 0.0 lbs Body Fat 0.0%