



# SESSION 285

# ASSESS + INDIVIDUALIZE TO THRIVE IN 2022

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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		

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

ABDOMEN (BELLY BUTTON)		7/2/22	/ /	/ /
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		

