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|--|---|--|--|
| My body measurements (all flexed) | | | |
| | | | |
| Left Biceps - 14.2 inch | | | |
| | | | |
| Right Biceps - 14.5 inch | | | |
| | | | |
| Neck - 14.5 inch | | | |
| | | | |
| Forearms - 10.5 inch | | | |
| | | | |
| Chest - 42 inch | | | |
| | | | |
| Stomach (near belly button) - 37.5 Inch | | | |
| | | | |
| Hip - 34.5 Inch | | | |
| | | | |
| thigh - 21.5 inch | | | |
| | | | |
| calf - 14 inch | | | |
| | | | |
| My Height : 164 cm | | | |
| | | | |
| weight : 70kg. | | | |
| | | | |
| I want to increase my muscles, especially arms | | | |
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| | | | |
| | Curd / Greek yogurt | | |
| | Soya chunks (very high protein) | | |
| | Sprouts | | |
| | Groundnuts | | |
| | Ghee (small amount for hormones) | | |
| | 2900 kcal/day | | |
| | Protein: 120–140g/day | | |
| | Calories: Slight surplus (~200–300 extra) | | |

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|---|---|--|
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| <p>BODY WEIGHT</p> <p>67.85 Kg</p> <p>LOW</p> | <p>BODY MASS INDEX</p> <p>22.90</p> <p>OPTIMAL</p> | |
| <p>BODY FAT RATIO</p> <p>14.44 %</p> <p>OPTIMAL</p> | <p>MUSCLE RATE</p> <p>81.28 %</p> | |
| <p>BODY WATER</p> <p>61.77 %</p> <p>AVERAGE</p> | <p>BONE MASS</p> <p>2.90 Kg</p> <p>AVERAGE</p> | |
| <p>BASAL METABOLIC RATE</p> <p>1623.00 kcal</p> <p>EXCELLENT</p> | <p>METABOLIC AGE</p> <p>20.00</p> | |
| <p>VISCERAL FAT</p> <p>5.95 %</p> <p>NORMAL</p> | <p>SUBCUTANEOUS FAT</p> <p>12.63 %</p> <p>NORMAL</p> | |
| <p>PROTEIN MASS</p> <p>19.51 Kg</p> <p>EXCELLENT</p> | <p>MUSCLE MASS</p> <p>55.15 Kg</p> <p>NORMAL</p> | |
| <p>WEIGHT WITHOUT FAT</p> <p>58.05 Kg</p> <p>EXCELLENT</p> | <p>OBESITY LEVEL</p> <p>Ideal</p> | |
| <p>How do we measure?</p> <p> Learn more about how Dr. Trust measures your body composition</p> | | |