



# TRAINER REPORT

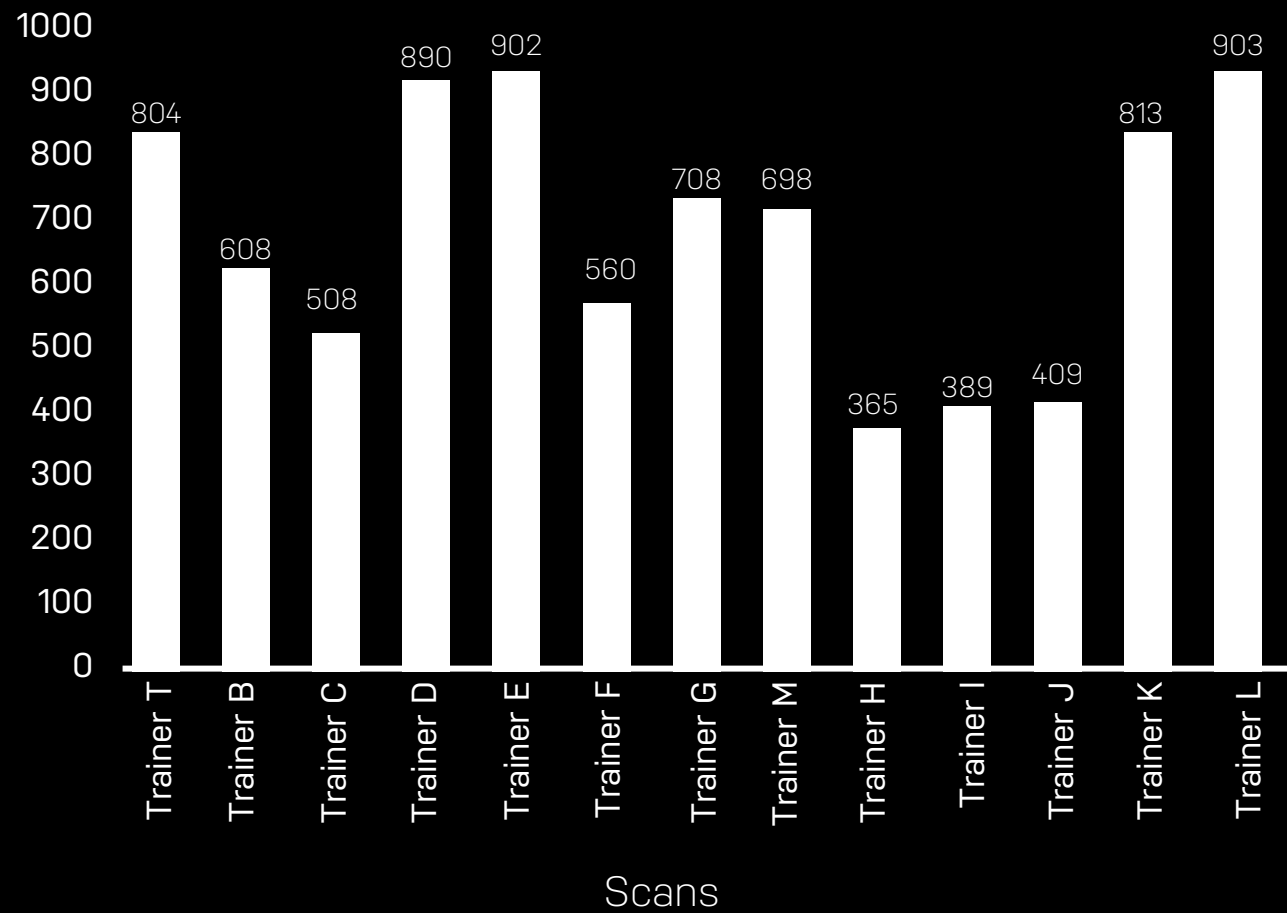
*EVOLT*

# TOP PERFORMING TRAINERS

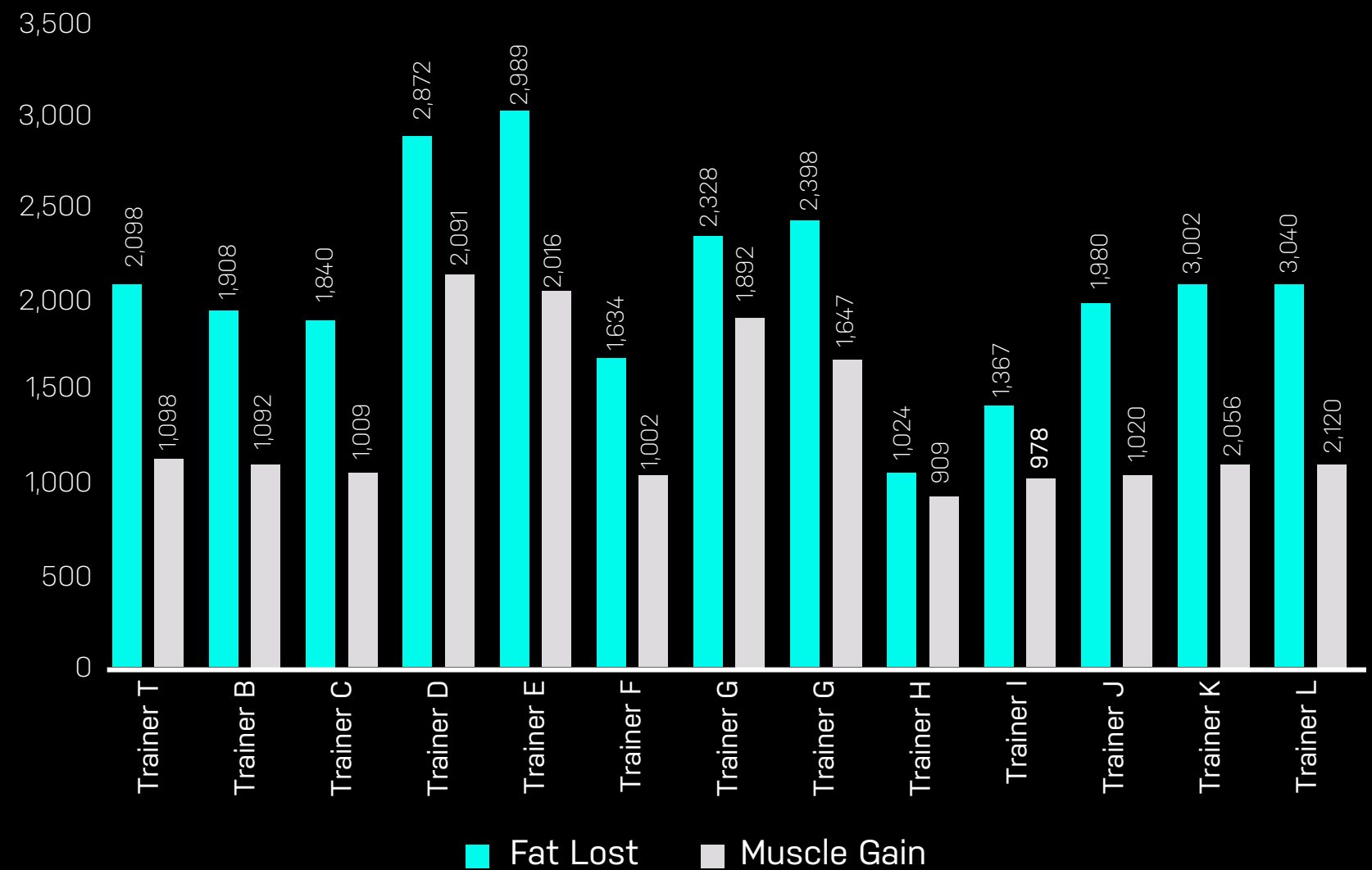


ORDER	TRAINER NAME	TOTAL FAT LOST LB	TOTAL MUSCLE LB	TOTAL VICERAL FAT LOST	AVE BWI	AVE FAT LOST LB	AVE MUSCLE GAINED LB	TOTAL SCANS
1	Trainer Name T	624	123	93	7.534	3.9	1.1	845
2	Trainer Name E	521	84	84	7.199	2.6	0.8	800
3	Trainer Name A	498	114	90	7.226	4.4	1.8	805
4	Trainer Name K	423	100	76	7.069	4.9	1.6	798
5	Trainer Name L	403	61	71	7.203	2.9	0.8	793
6	Trainer Name C	375	60	71	7.172	3.3	1.0	789
7	Trainer Name R	398	65	67	7.293	3.0	1.0	800
8	Trainer Name O	338	86	57	7.484	3.0	1.2	698
9	Trainer Name Q	300	60	60	7.044	3.2	1.0	504
10	Trainer Name S	299	38	56	7.165	3.5	0.9	603
11	Trainer Name F	298	64	55	7.456	3.4	1.2	576
12	Trainer Name N	289	74	58	7.358	3.4	1.5	563
13	Trainer Name W	291	55	54	7.314	2.8	0.8	498
14	Trainer Name J	267	47	51	7.201	3.0	0.8	478
15	Trainer Name V	265	33	45	7.390	3.0	0.8	467
16	Trainer Name P	260	39	47	7.338	3.0	1.0	398
17	Trainer Name U	244	27	47	7.151	3.3	0.9	387
18	Trainer Name G	243	36	42	7.342	3.2	0.9	390
19	Trainer Name I	239	44	46	7.337	2.4	0.8	402
20	Trainer Name N	231	54	42	7.680	2.5	0.8	409

# TOP PERFORMING TRAINERS



Scans



Fat Lost Muscle Gain

# TRAINER NAME - John Doe

# EVOLT

Total Scans - 44,438

Total Females - 29,833

Total Males - 14,605

## TOTAL



**7,369**  
TOTAL FAT LOSS



**1,396**  
TOTAL MUSCLE GAINED



**7.284**  
AVERAGE BWI®



**8.8**  
AVERAGE VISCERAL  
FAT LEVEL



**2.1%**  
AVERAGE BODY FAT  
PERCENTAGE

## FEMALE



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**2.1%**  
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PERCENTAGE

# TRAINER NAME - John Doe

# FEMALE

# STATISTICS



## STATISTICS - BY GOAL



**FAT LOSS**  
78.8%



**MUSCLE GAIN**  
78.8%



**BETTER HEALTH**  
78.8%



### ECTOMORPH

**38.5%**

Average Age: 34

Average Bio Age: 34

Average Body Fat Percentage: 27.5%

Average Visceral Fat Level: 6.4

Average BWI Score: 7.6

## STATISTICS - BY TRAINING TYPE



**STEADY  
CARDIO**  
78.8%



**RESISTANCE**  
78.8%



**HIIT**  
78.8%



**ENDURANCE**  
78.8%



**COMBO  
RESISTANCE/CARDIO**  
78.8%



**COMBO CARDIO/  
RESISTANCE/HIIT**  
78.8%



### MESOMORPH

**38.5%**

Average Age: 34

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### ENDOMORPH

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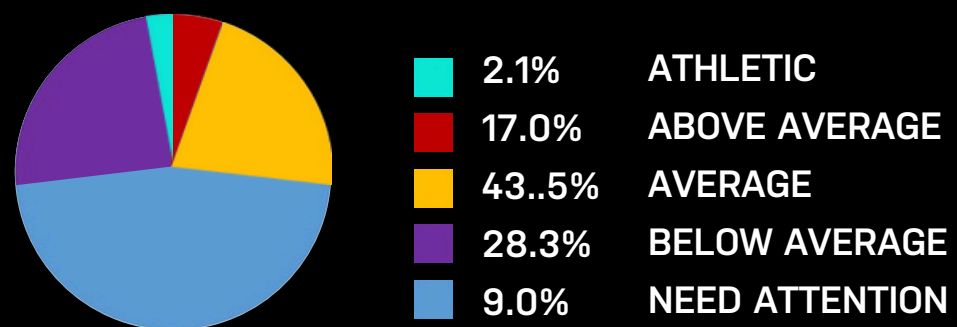
Average BWI Score: 7.6

# TRAINER NAME - John Doe

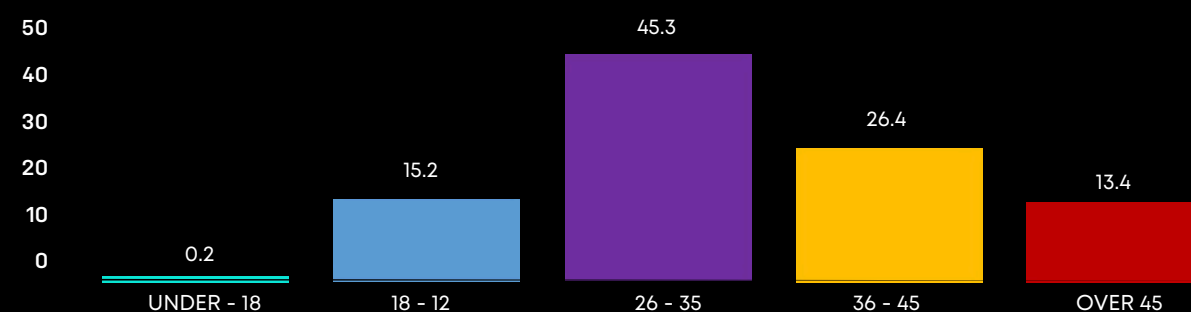
# FEMALE

# STATISTICS

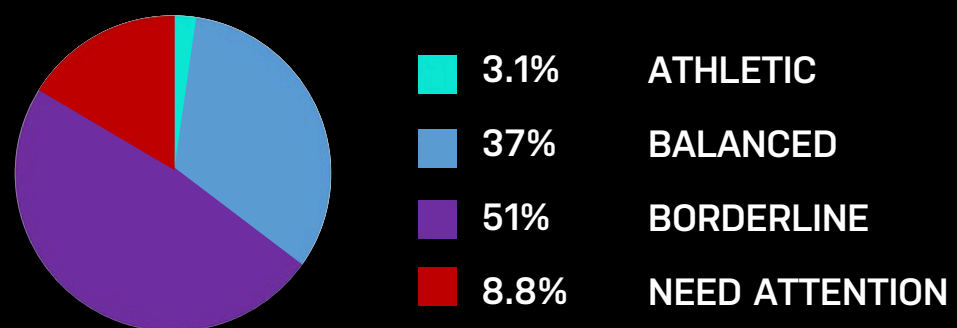
## BWI®



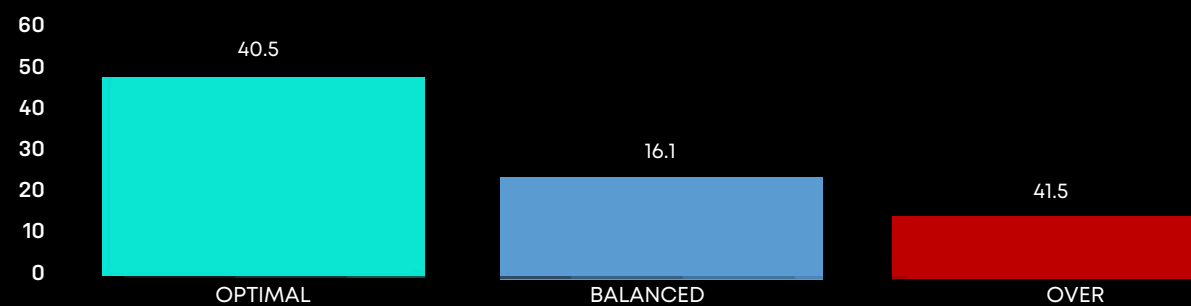
## AGE DEMOGRAPHICS



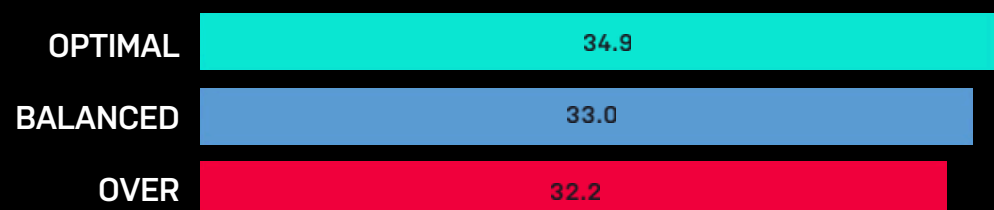
## BODY FAT PERCENTAGE FEMALE



## BIO AGE



## VISCERAL FAT LEVELS



# TRAINER NAME - John Doe

# MALE

# STATISTICS



## STATISTICS - BY GOAL



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78.8%



**MUSCLE GAIN**  
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**BETTER HEALTH**  
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**ENDURANCE**  
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**COMBO  
RESISTANCE/CARDIO**  
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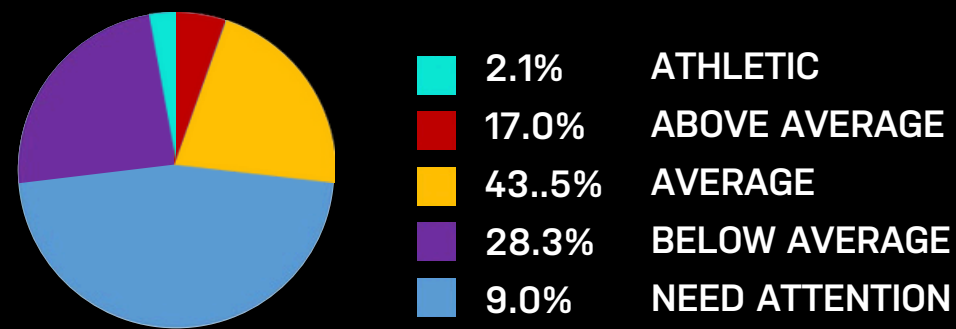
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# TRAINER NAME - John Doe

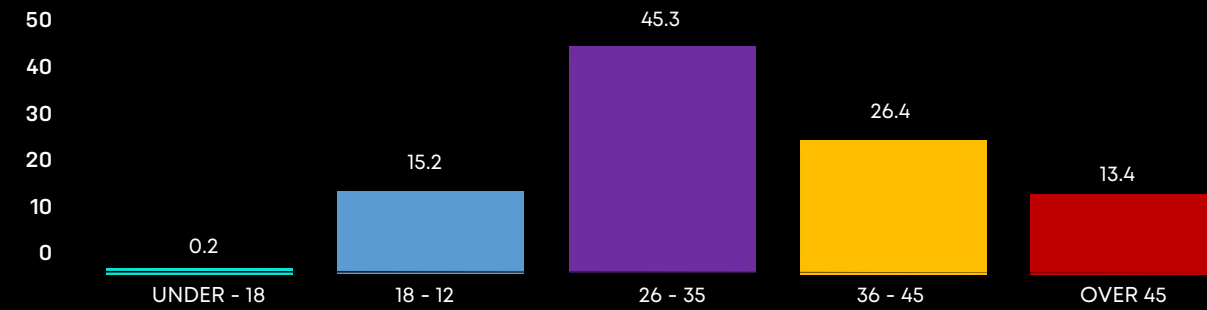
# MALE

# STATISTICS

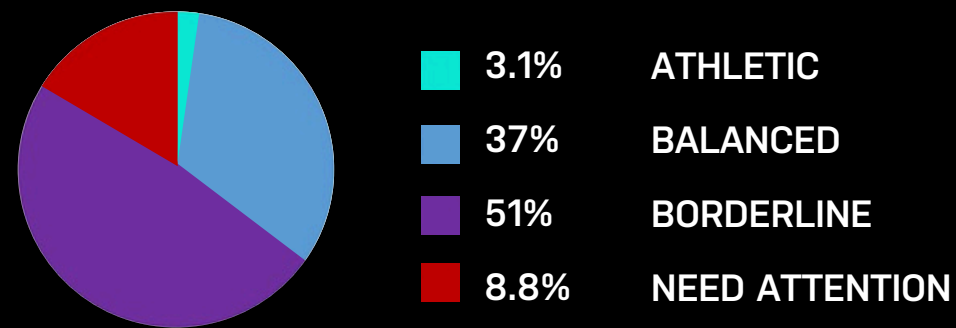
## BWI®



## AGE DEMOGRAPHICS



## BODY FAT PERCENTAGE MALE



## BIO AGE



## VISCERAL FAT LEVELS

