

Body Composition Models

- **Two-component** (2C) model
- Categorizes total body mass into fat and fat-free body (FFB)
 - Fat-free body is comprised of water, muscle (protein), and bone (mineral)
 - Serves as foundation of hydrodensitometry (under-water weighing)
 - Siri and Brozek are two popular formulas for converting body density (D_b) into %BF

Compsition Models And Exercises

Arturo Cuomo



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