

ID / NAME :

Height : Age : Gender: Test Date/Time :

Body Composition Analysis

	values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water (L)	46.4 (40.8 ~ 49.9)	46.4	59.0 (52.0 ~ 63.6)	63.4 (55.9 ~ 68.3)	78.1 (64.0 ~ 86.6)
Protein (kg)	12.6 (11.3 ~ 13.8)				
Minerals (kg)	4.4 (3.9 ~ 4.7)				
Body Fat (kg)	14.7 (10.6 ~ 15.8)				

Muscle/Fat Analysis [kg]

	Under	Normal	Over
Weight	50 70 85 100 115 140 160 180 200 220 240 260 [%]	78.1	
SMM Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 180 [%]	35.4	
Fat Mass	40 60 80 100 120 170 220 270 320 370 420 470 [%]	14.7	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0 60.0 [kg/m ²]	22.8	
PBF (%) Percentage of Body Fat	5.0 10.0 15.0 17.5 20.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0 [%]	18.8	

Abdominal Obesity Analysis

	Under	Normal	Over
WHR Waist to Hip Ratio	0.75 0.90	0.82	
VFL Visceral Fat Level	0 4 8 10 15	6	
VFA (cm ²) Visceral Fat Area	50 100	57	
Visceral Fat Mass	1.8 kg	Subcutaneous Fat Mass	12.9 kg

Segmental Lean Analysis

based on standard weight based on current weight [kg]

	Under	Normal	Over	ECW ratio
Right Arm	70 80 90 100 110 120 130 140 150 160 170 180 [%]	3.54 96%		0.372
Left Arm	70 80 90 100 110 120 130 140 150 160 170 180 [%]	3.48 95%		0.373
Trunk	70 80 90 100 110 120 130 140 150 160 170 180 [%]	27.45 99%		0.364
Right Leg	70 80 90 100 110 120 130 140 150 160 170 180 [%]	9.93 98%		0.364
Left Leg	70 80 90 100 110 120 130 140 150 160 170 180 [%]	9.85 97%		0.366

Body Water Analysis [L]

	Under	Normal	Over
ICW Intracellular Water	70 80 90 100 110 120 130 140 150 160 170 180 [%]	29.4	
ECW Extracellular Water	70 80 90 100 110 120 130 140 150 160 170 180 [%]	17.0	
ECW ratio	0.403 0.409	0.367	

Comprehensive Evaluation

Body Type	Standard
Biological Age	29 years
Basal Metabolic Rate(BMR)	1739 kcal
Total Daily Energy Expenditure	2678 kcal
Body Cell Mass	42.0 kg
Total Score	79 Points

Body Balance Assessment

Upper Body L/R balanced imbalanced I imbalanced II
 Lower Body L/R balanced imbalanced I imbalanced II

Control Guide

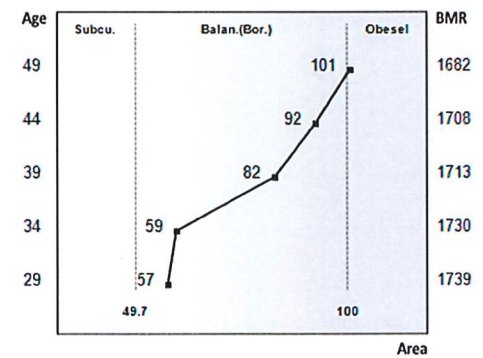
Target Weight	76.8	kg
Weight Control	-1.3	kg
Muscle Control	+0.0	kg
Fat Control	-1.3	kg

Obesity Assessment

BMI underweight normal overweight obese
 PBF low-fat normal over-fat obese

Obesity Degree **+3.7 (-10.0 ~ +10.0)** %
 Abdominal Circumference **85.3 (Less than 102cm)** cm

Predicted abdominal obesity



Phase Angle : **7.9°** (Normal Range : 6° ~ 8°)

Impedance (623)

Freq	1K	5K	50K	250K	550K	1M
RA.Imp.	364	358	313	275	266	260
LA.Imp.	363	356	311	274	265	259
Trunk	31	30	25	21	20	18
RL.Imp.	345	333	284	249	242	236
LL.Imp.	346	335	285	250	243	237

Xc.

Freq	RA.Xc.	LA.Xc.	Trunk	RL.Xc.	LL.Xc.
50K	42	42	3	38	39

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Segmental Lean Mass [kg]

	Under	Normal	Over
Right Arm	70 80 90 100 110 120 130 140 150 160 170 180 [%]	3.54	
Left Arm	70 80 90 100 110 120 130 140 150 160 170 180 [%]	3.48	
Trunk	70 80 90 100 110 120 130 140 150 160 170 180 [%]	27.45	
Right Leg	70 80 90 100 110 120 130 140 150 160 170 180 [%]	9.93	
Left Leg	70 80 90 100 110 120 130 140 150 160 170 180 [%]	9.85	

Body Type

Skinny fat class 2	Over fat class 3	Obesity class 1	Obesity class 2
Skinny fat class 1	Over fat class 2	Pre-obesity	Obesity class 1
Lack of muscle	Over fat class 1	Overweight	Pre-obesity
Underweight	Standard	Muscular overweight level 1	Muscular overweight level 2
Underweight low-fat	Fit	Muscular	Athlete

Segmental Fat Mass [kg]

	Under	Normal	Over
Right Arm	40 60 80 100 120 170 220 270 320 370 420 470 [%]	0.74	
Left Arm	40 60 80 100 120 170 220 270 320 370 420 470 [%]	0.76	
Trunk	40 60 80 100 120 170 220 270 320 370 420 470 [%]	7.85	
Right Leg	40 60 80 100 120 170 220 270 320 370 420 470 [%]	2.11	
Left Leg	40 60 80 100 120 170 220 270 320 370 420 470 [%]	2.07	

Segmental Body Water

Right Arm	2.78 L	[2.50 ~ 3.05]
Left Arm	2.76 L	[2.50 ~ 3.05]
Trunk	21.82 L	[18.77 ~ 22.95]
Right Leg	7.66 L	[6.89 ~ 8.42]
Left Leg	7.68 L	[6.89 ~ 8.42]

Segmental Intracellular Water

Right Arm	1.74 L	[1.56 ~ 1.91]
Left Arm	1.73 L	[1.56 ~ 1.91]
Trunk	13.86 L	[12.30 ~ 15.04]
Right Leg	4.86 L	[4.33 ~ 5.29]
Left Leg	4.86 L	[4.33 ~ 5.29]

Segmental Extracellular Water

Right Arm	1.04 L	[0.93 ~ 1.14]
Left Arm	1.03 L	[0.93 ~ 1.14]
Trunk	7.96 L	[7.34 ~ 8.97]
Right Leg	2.80 L	[2.58 ~ 3.15]
Left Leg	2.82 L	[2.58 ~ 3.15]

Segmental Extracellular Water ratio

	Normal	Boundary	Over
Right Arm	0.403	0.409	0.372
Left Arm	0.403	0.409	0.373
Trunk	0.403	0.409	0.364
Right Leg	0.403	0.409	0.364
Left Leg	0.403	0.409	0.366

Impedance (623)

Freq	1K	5K	50K	250K	550K	1M
RA.Imp.	364	358	313	275	266	260
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Blood Pressure Analysis

Systolic	mmHg
Diastolic	mmHg
Pulse	bpm

For history management, please upload this results at the website using QR code scanning.

History

Weight (kg)	78.1
SMM (kg) <small>Skeletal Muscle Mass</small>	35.4
Fat mass (kg)	14.7
PBF (%) <small>Percentage of Body Fat</small>	18.8
BMI (kg/m ²) <small>Body Mass Index</small>	22.8
WHR <small>Waist to Hip Ratio</small>	0.82
ECW ratio	0.357
Test date	