

ID / NAME : 9840757101 / karthikeyan

Height : 173.0 cm Age : 41 years Gender: Male Test Date/Time : 9/5/2024 05:58

Body Composition Analysis

	values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water (L)	38.2 (35.7 ~ 43.6)	38.2	49.1 (45.5 ~ 55.6)	53.0 (48.9 ~ 59.7)	68.9 (56.0 ~ 75.7)
Protein (kg)	10.9 (9.8 ~ 12.0)				
Minerals (kg)	3.9 (3.3 ~ 4.1)				
Body Fat (kg)	15.9 (9.2 ~ 13.8)				

Muscle/Fat Analysis [kg]

	Under	Normal	Over
Weight	50 70 85 100 115 140 160 180 200 220 240 260 [%]	68.9	
SMM Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 180 [%]	29.5	
Fat Mass	40 60 80 100 120 170 220 270 320 370 420 470 [%]	15.9	

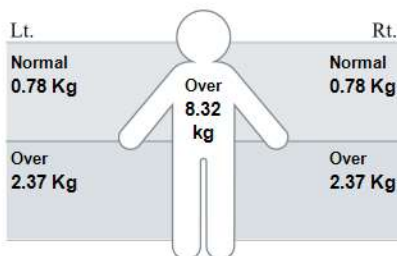
Obesity Analysis

	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]	23.0	
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 [%]	23.1	

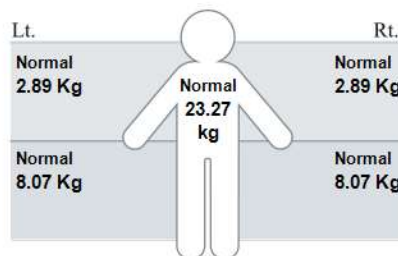
Abdominal Obesity Analysis

	Under	Normal	Over
WHR Waist to Hip Ratio	0.75 0.90	0.89	
VFL Visceral Fat Level	0 4 8 10 15	9	
VFA (cm ²) Visceral Fat Area	50 100	97	

Segmental Fat Mass



Segmental Lean Mass



Body Composition Change [kg]

	Test date	Weight	Fat Mass	Muscle Mass
Previous	8/19/2024	70.3	17.6	48.6
Present	9/5/2024	68.9	15.9	49.1

Comprehensive Evaluation

Body Type	Over fat class 1	
Biological Age	42	years
Basal Metabolic Rate(BMR)	1514	kcal
Total Daily Energy Expenditure	2331	kcal
Body Cell Mass	34.9	kg
Total Score	76	Points

Control Guide

Target Weight	65.9	kg
Weight Control	-3.0	kg
Muscle Control	+1.4	kg
Fat Control	-4.4	kg

Obesity Assessment

BMI	<input type="checkbox"/> underweight	<input checked="" type="checkbox"/> normal	<input type="checkbox"/> overweight	<input type="checkbox"/> obese
PBF	<input type="checkbox"/> low-fat	<input type="checkbox"/> normal	<input checked="" type="checkbox"/> over-fat	<input type="checkbox"/> obese
Obesity Degree	+4.6 (-10.0 ~ +10.0)		%	
Abdominal Circumference	87.0 (Less than 102cm)		cm	

Impedance (475)

Freq	5K	50K	250K
RA.Imp.	319	276	223
LA.Imp.	315	269	221
Trunk	11	10	8
RL.Imp.	224	197	156
LL.Imp.	221	190	154

Blood Pressure Analysis



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