ID / NAME : 3456 / SELVAS

Height : 187.5 cm Age : 47 years Gender: Male

Test Date/Time : 6/14/2017 15:34

1 Body Composition Analysis

	values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water	48.4 (45.1 ~ 48.0)	48.4			
Proteins	13.6 (12.4 ~ 13.9)		62.0 (53.3 ~ 65.1)		
Minerals	4.3 (4.5 ~ 4.6)			66.2 (51.8 ~ 65.7)	
Body Fat	19.0 (10.8 ~ 15.2)				85.2 (65.7 ~ 88.9)

2 Muscle/Fat Analysis

	Under	Normal	Over
Weight	65 75 85 100 115 125 135 145 155 165 175 185 [%]	85.2	
SMM Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 180 [%]	37.2	
Fat Mass	40 60 80 100 120 170 220 270 320 370 420 470 [%]	19.0	

3 Obesity Analysis

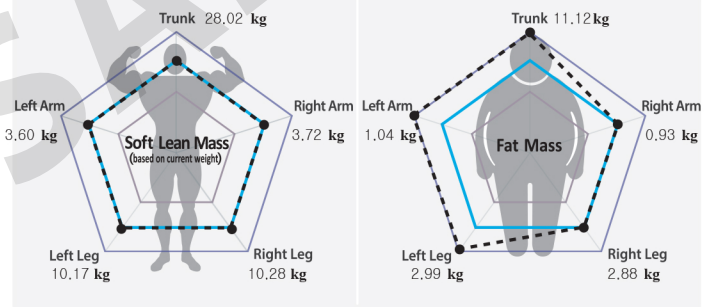
	Under	Normal	Over
BMI Body Mass Index kg/m²	14.50 16.50 18.50 21.75 25.00 27.21 29.42 31.64 33.85 36.07 38.28 40.50 [kg/m²]	24.2	
PBF Percentage of Body Fat %	10.0 12.5 15.0 17.5 20.0 26.4 32.8 39.2 45.7 52.1 58.5 65.0 [%]	22.3	

4 Abdominal Obesity Analysis

	Under	Normal	Over
WHR Waist to Hip Ratio	0.75	0.90	0.90

	Subcutaneous	Balanced	Boundary	Visceral Obesity I	Visceral Obesity II
VFL Visceral Fat Level	1 5 9 11 16	12			
VFA Visceral Fat Area cm²	50	100	114		

5 Segmental Lean and Fat Analysis



6 Body Composition Change

	2017.04.17 (14:00)	2017.05.13 (12:10)	2017.06.12 (15:46)	2017.06.14 (15:34)
Weight	81.8	83.5	85.2	85.2
SMM Skeletal Muscle Mass	37.4	37.8	37.1	37.2
PBF Percentage of Body Fat %	18.8	19.6	22.5	22.3

7 Comprehensive Evaluation

Body Type	over fat class 1	
Biological Age	47	years
Basal Metabolic Rate(BMR)	1800	kcal
Total Daily Energy Expenditure	2772	kcal
Body Cell Mass	45.6	
Visceral Fat Mass	2.7	
Obesity Degree	+10.2 (–10.0 ~ +10.0)	%
Abdominal Circumference	114 (Less than 102cm)	cm
Total Score	78	Points

8 Body Balance Assessment

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

9 Control Guide

Target Weight	79.7	kg
Weight Control	–5.5	kg
Muscle Control	+0.0	kg
Fat Control	–5.5	kg
ECW ratio	0.386 (Optimal)	

10 Segmental Lean Mass (Based on standard weight)

Right Arm	3.72 kg	[3.12 ~ 3.81]	/ Fit
Left Arm	3.60 kg	[3.12 ~ 3.81]	/ Fit
Trunk	28.02 kg	[23.46 ~ 28.67]	/ Fit
Right Leg	10.28 kg	[8.61 ~ 10.52]	/ Fit
Left Leg	10.17 kg	[8.61 ~ 10.52]	/ Fit

11 Impedance

Freq	5K	50K	250K
RA_Imp.	275	243	207
LA_Imp.	281	254	214
Trunk	36	33	28
RL_Imp.	185	163	139
LL_Imp.	189	174	144

12 Blood Pressure Analysis

Systolic 125 mmHg / Diastolic 85 mmHg

Pulse 76 bpm

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

SAMPLE ONLY