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Body Composition Analysis

*Values range displayed is based on gender of same age group

Name	Height	Age	Gender	Measurement Date & Time
Monica Leslie	162cm	52	Female	03 Mar 2023 08:16 AM

Body Composition Analysis

Weight	57.80kg (48.55~60.33kg)	Total body weight is determined by the sum of Body Water, Protein, Bone Mass and Body Fat Mass.		Normal
Body Water	27.99ℓ (21.38~28.32ℓ) 48.40%	Protein	7.70kg (7.57~9.25kg) 13.30%	Bone Mass 2.90kg (2.40kg) 5.00%	Body Fat Mass 19.24kg (13.29~20.23kg) 33.30% PBF
Hydrated		Normal		Above Average	Healthy
Muscle Mass Skeletal Muscle Mass	20.10kg (24.10~30.10kg) 34.78%				Low
Visceral Fat	8 (0~9)	1 3 5 7 9 11 13 15 17 19 21 23 25 27 29 31 — 8			Healthy / Excessive

Muscle-Fat Analysis

Weight	57.80kg (48.55~60.33kg)	18.5 33.5 48.5 54.4 60.3 62.2 64.2 66.2 68.2 70.1 72.1 — 57.80kg	Under	Normal	Over
Muscle Mass Skeletal Muscle Mass	20.10kg (24.10~30.10kg)	8.0 16.0 24.1 27.1 30.1 31.7 33.4 35.1 41.3 47.5 53.7 — 20.10kg	Low	Normal	High	Very High
Body Fat Mass	19.24kg (13.29~20.23kg)	4.4 8.8 13.2 16.7 20.2 21.1 22.1 23.1 43.5 64.0 84.5 — 19.24kg	Underfat	Healthy	Overfat	Obese

Obesity Analysis

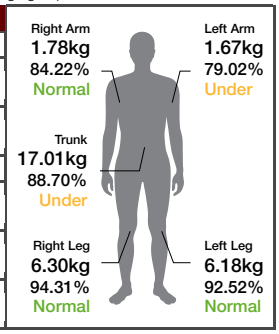
Percent Body Fat (%) is in relation to the total body weight.

BMI Body Mass Index	22.00kg/m² (18.50~22.99kg/m²)	6.1 12.3 18.5 20.0 21.5 23 24.5 26.0 27.5 29.3 31.1 32.9 34.7 36.5 — 22.00kg/m²	Light	Average	Heavy	Obese
PBF Percent Body Fat	33.30% (23.00%~35.00%)	19.0 21.0 23.0 27.0 31.0 35.0 36.6 38.3 40.0 43.6 47.2 50.8 54.4 58.0 — 33.30%	Underfat	Healthy	Overfat	Obese

Segmental Lean Analysis

The % reading is in comparison with the ideal weight in a sample group of the same gender and your age group. 100% is defined as most ideal.

		Under / Normal / Over
%		40 60 80 100 120 140 160 180 200
Right Arm	1.78kg	84.22%
Left Arm	1.67kg	79.02%
%		70 80 90 100 110 120 130 140 150
Trunk	17.01kg	88.70%
Right Leg	6.30kg	94.31%
Left Leg	6.18kg	92.52%



Body Balance Evaluation

Upper	Balanced	Slightly Unbalanced	Extremely Unbalanced
Lower	Balanced	Slightly Unbalanced	Extremely Unbalanced
Upper-Lower	Balanced	Slightly Unbalanced	Extremely Unbalanced

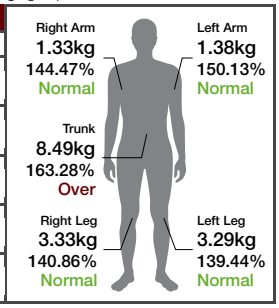
Weight Control

Target Weight	54.44kg
Weight Control	-3.36kg
Fat Control	-2.48kg
Muscle Control	7.00kg

Segmental Fat Analysis

The % reading is in comparison with the ideal weight in a sample group of the same gender and your age group. 100% is defined as most ideal.

		Under / Normal / Over
%		40 80 120 140 160 200 240 280 320
Right Arm	1.33kg	144.47%
Left Arm	1.38kg	150.13%
Trunk	8.49kg	163.28%
Right Leg	3.33kg	140.86%
Left Leg	3.29kg	139.44%



Body Composition History

	22 Oct 22 07:53 AM	16 Nov 22 08:27 AM	29 Dec 22 08:28 AM	08 Jan 23 10:42 AM	16 Feb 23 08:59 AM	27 Feb 23 08:17 AM	28 Feb 23 08:01 AM	01 Mar 23 06:39 AM	02 Mar 23 08:10 AM	03 Mar 23 08:16 AM
Weight	56.85kg	57.05kg	58.45kg	57.80kg	58.95kg	60.00kg	59.35kg	58.65kg	58.10kg	57.80kg
Muscle Mass Skeletal Muscle Mass	19.49kg	19.80kg	20.10kg	20.29kg	20.20kg	21.40kg	20.70kg	19.80kg	20.10kg	20.10kg
PBF Percent Body Fat	33.90%	32.70%	33.40%	32.80%	34.20%	31.40%	33.10%	35.20%	33.50%	33.30%

Explanation Notes:

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BMI	Body Mass Index (BMI) is a measure of relative size based on mass and height of individual.
Body Fat Mass	Body Fat Mass reveals how much body fat, both surface level (subcutaneous) and internal (visceral), makes up your weight. Percent Body Fat (PBF) is the percentage of your total body mass that is made of fat.
Body Water	Body water is the total amount of fluid in a human body, held within (intracellular) and outside (extracellular) of the body's cells. Body Water % is the percentage of your total body mass that is made of water.
Bone Mass (Minerals)	Bone Mass is the estimated weight of bone mineral in your body. Bone Mass % is the percentage of your total body mass that is made of minerals.
Muscle Mass	Muscles Mass here refers to the Skeletal Muscle Mass (SMM) which is the muscle that can be grown and developed through exercise. As your muscle mass increases, it accelerates the rate of fat burn and helps you reduce excess body fat and lose weight in a healthy way. Skeletal Muscle Mass % is the percentage of your total body mass that is made of SMM.
Protein	Protein makes up most of your muscles. High level of protein indicates good levels of muscle mass and general health whereas low level implies a low level of muscle mass and may be indicative of poor nutrition and malnourishment. Protein Mass % is the percentage of your total body mass that contains protein.
Visceral Fat	Visceral fat is the fat that is in the internal abdominal cavity, surrounding your organs. A visceral fat level of 9 and below is considered as healthy level, where 10 and above indicates an excess level of visceral fat.
Body Composition Analysis	This section displays the breakdown of your weight into Body Water, Protein, Bone Mass and Body Fat Mass.
Muscle-Fat Analysis	This section focuses on the 3 most common body compositions that are important for tracking progress, namely, weight, Skeletal Muscle Mass (SMM) and Body Fat Mass. The shape of the chart indicates whether you have a healthy balance of SMM and Body Fat Mass in respect to your weight. • C-shape body type is when you have shorter bar for SMM than for weight and Body Fat Mass, a likely indication of overweight or obese. It is also possible for those who are underweight or with normal weight to have this body type. • I-shape body type is when your Weight, Skeletal Muscle Mass, and Body Fat Mass bars formed a straight line, an indication of a balanced body composition. • D-shape body type is when you have longer SMM bar, an indication of an ideal body composition shape found mostly in people who are athletic.
Obesity Analysis	This section focuses on Percentage Body Fat (PBF) in comparison with BMI to give a better indicator of your risk of obesity.
Segmental Lean Analysis	This section shows how much Fat Free Mass is contained in each of the 5 body segment, namely left arm, right arm, left leg, right leg and trunk. Fat Free Mass is the sum of all the non-fat components in the body which includes Body Water, Protein and Bone Mass. The segmental readings are useful for you to monitor the muscle balance of left and right side of your body or when you are trying to target a particular part of your body. The reading in percentage is comparing your Fat Free Mass against the ideal expected amount of Fat Free Mass based on your height and gender, where 100% or higher is ideal.
Segmental Fat Analysis	This section shows how much Body Fat Mass is contained in each of the 5 body segment, namely left arm, right arm, left leg, right leg and trunk. The segmental readings are useful for you to monitor the fat balance of left and right side of your body or when you are trying to target a particular part of your body. The reading in percentage is comparing your Body Fat Mass against the ideal expected amount of Body Fat Mass based on your height and gender, where 100% is ideal. If you have reading that is more than 100%, it means you have more body fat than the average person with the same height and gender.
Body Composition History	The section trends your 10 most recent measurements of weight, SMM and PBF.
Body Balance Evaluation	This section evaluates whether your upper, lower and upper-lower body are balanced.
Weight Control	This section provides guidelines to help your reach your ideal body composition, where + indicates to increase and – indicates to reduce. • Target Weight • Weight Control • Fat Control • Muscle Control