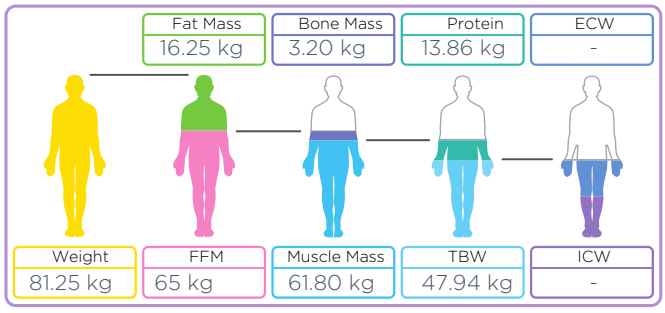
Body Composition Analyzer

Date	06/8/2019 19:12		
ID	1433484		
Name	go	Height	170 cm
Age	26	Type	PT

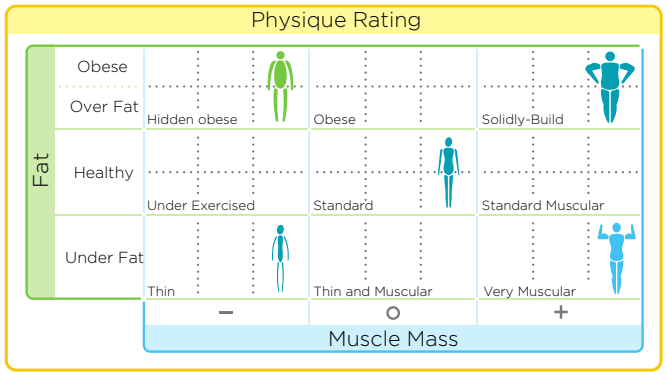
Details

	Result	Desirable	Target	
Weight	81.25 kg		-	
Fat	20.00 %		-	
Fat Mass	16.25 kg		-	
FFM	65 kg		-	
Muscle Mass	61.80 kg		-	
BMI	24.30		-	
Metabolic Age	34.00		-	

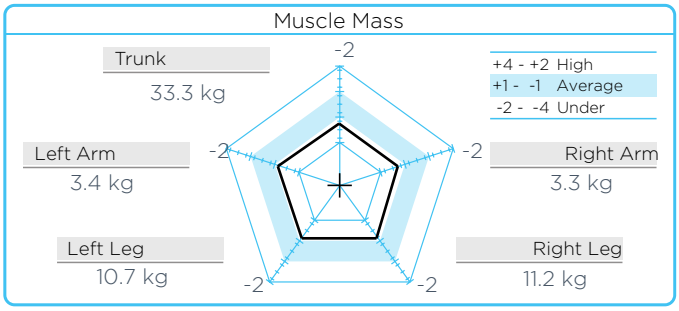


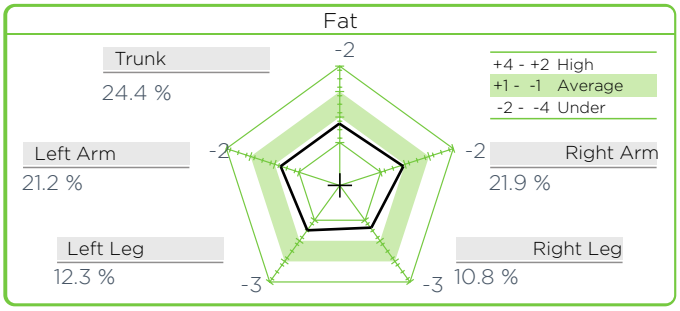
BMR VFA TBW

BMR	7950 kJ	
	1900 kcal	
Visceral Fat Rating	6	Average / High / Very High
TBW	59.00%	
	47.94 kg	
ECW	-	
ICW	-	

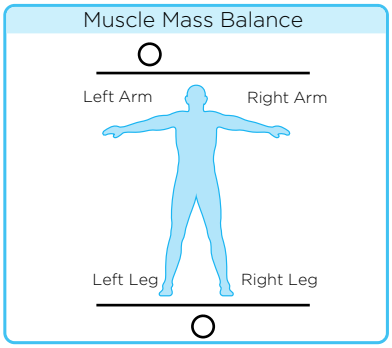


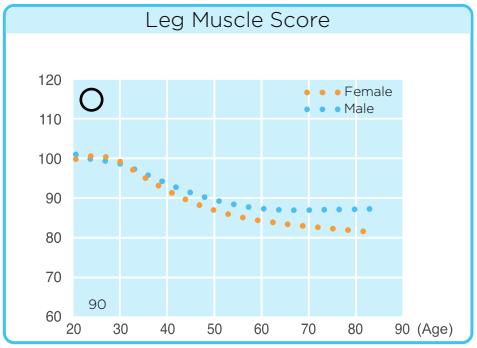
Segmental Analysis

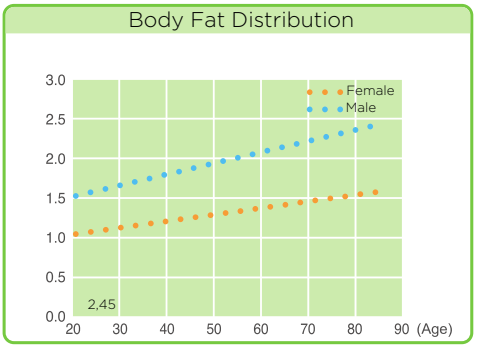




Balance

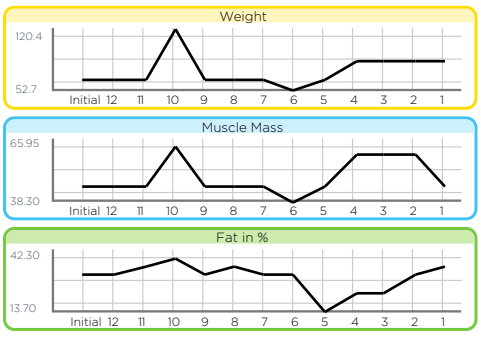






History

	Weight	Muscle Mass	Fat in %
1	75.4	45.25	36.80
2	81.05	58.70	23.80
3	79.85	58.70	22.60
4	81.25	61.80	20.00
5	54.9	44.95	13.70
6	52.7	38.30	23.40
7	56	38.55	27.50
8	68.75	42.60	34.70
9	57.6	39.40	27.90
10	120.4	65.95	42.30
11	66.9	41.20	35.10
12	58.1	38.50	30.20
Initial	58.1	38.50	30.20



Recommendations

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