

Report

The Summary Body Composition Analysis

User Information

* User : www.numed.me

Personal Information

* Name : Mabelle i20 test * AGE : 29 * SEX : F
* I D : 456456 * Test Date : 2021/06/11 09:43

Measurement Data

* Height : 165.0 cm
* Weight : 54.5 kg
* Total Body Water : 30.2 kg (55.4% of Weight)
 * Intracellular Fluid - N/C (N/C% of TBW) * Extracellular Fluid - N/C (N/C% of TBW)
* Protein Mass : 8.3 kg (15.2% of Weight)
* Mineral Mass : 2.77 kg (4.2% of Weight)
* Muscle Mass : 38.9 kg (71.4% of Weight)
* Fat Mass : 13.3 kg (24.4% of Weight)
* Extracellular Fluid Rate : N/C% of Total Body Fluid

* Segmental Fat Mass		* Segmental Muscle Mass	
* Left Arm	: 0.8 kg	* Left Arm	: 2.20 kg
* Right Arm	: 0.7 kg	* Right Arm	: 2.00 kg
* Left Leg	: 2.3 kg	* Left Leg	: 6.36 kg
* Right Leg	: 2.4 kg	* Right Leg	: 6.43 kg
* Trunk	: 5.7 kg	* Trunk	: 18.34 kg

Reference Data

* Ideal Weight	: 58.5 kg	* Standard FAT	: 20.0% - 30.0%
* Ideal Muscle Mass	: 41.3 kg	* Standard TBW	: 51.3% - 58.5%
* Ideal FAT Mass	: 14.6 kg	* Standard ECF Rate	: 36.0% - 39.0%

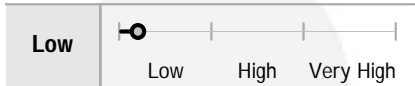
Conclusions

ID	456456	Gender	Female	Height	165.0cm	Age	29
Name	Mabelle i20 test	Current	2021/06/11 09:43				

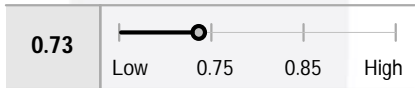
Weight Control

BMI	20.0	(18.5~25.0)
Obesity Degree (%)		93.2
Desirable Weight (kg)		58.2
Weight Control (kg)		+3.7
Fat Control (kg)		+1.3
Muscle Control (kg)		+2.4

Visceral Fat Level



Abdominal Fat Ratio



Intake&Consumed Calories

BMR (kcal)	1259.0
Total Energy Expenditure (kcal)	1861.0

Impedance

kHz	LA	RA	TR	LL	RL
10	381.1	408.8	30.5	333.2	336.7
100	328.0	352.1	25.9	273.3	272.4

Body Composition History

Date	Weight (kg)	Muscle (kg)	Body Fat (%)
21.05.05	53.4	38.3	24.2
21.05.12	53.9	38.5	24.3
21.05.18	54.2	39.3	23.2
21.06.11	54.5	38.9	24.4

"Please refer to the manufacturer's manual for explanation of measurement results or Contact your administrator."

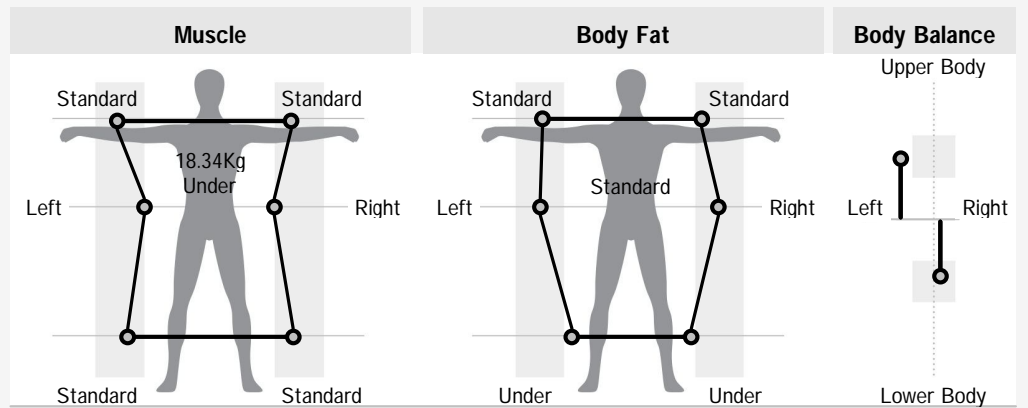
Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	30.2 (30.0~34.2)	8.3 (8.1~9.2)	2.77 (2.87~3.27)	13.3 (11.7~17.5)
Total Body Water (L)	30.2 (30.0~34.2)	38.9 (38.2~44.4)		
Muscle Mass (kg)				
Fat Free Mass (kg)			41.2 (41.0~46.8)	
Weight (kg)				54.5 (50.3~68.0)

Muscle & Body Fat Analysis

	Under	Standard	Over
Weight (kg)	32.6 41.4 50.3	59.2 68.0	76.8 85.7 94.5 103.4 112.2 121.1
Muscle Mass (kg)	32.0 35.1 38.2	41.3 44.4	47.5 50.6 53.7 56.8 59.9 63.0
Body Fat Percentage (%)	10 15 20.0	25 30.0	35 40 45 50 55 60

Segmental Analysis & Body Balance



Blood Pressure

Systolic (mmHg)	Diastolic (mmHg)	Mean BP (mmHg)	Pulse rate (bpm)
0	0	0	0

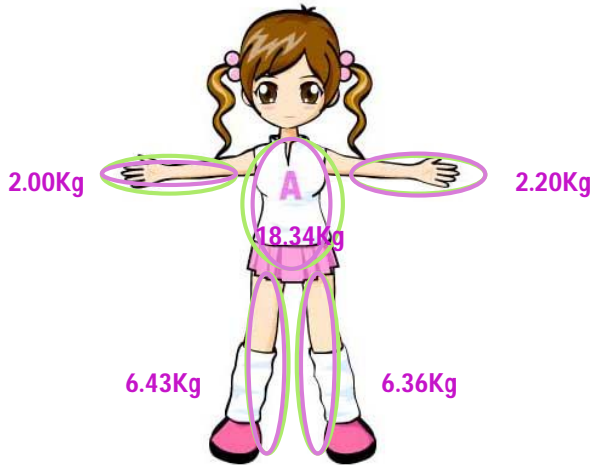
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Segmental Analysis

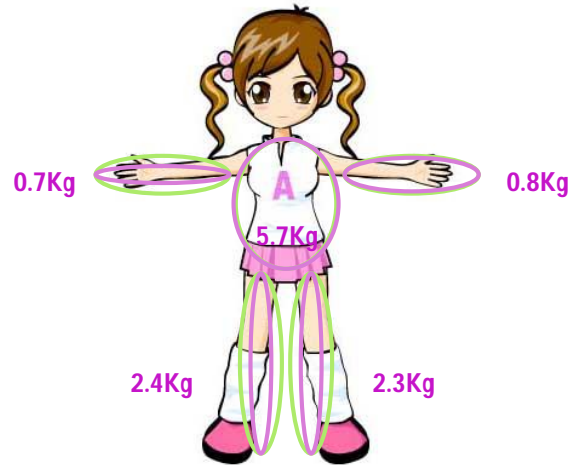
ID : 456456

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Muscle Mass



Fat Mass



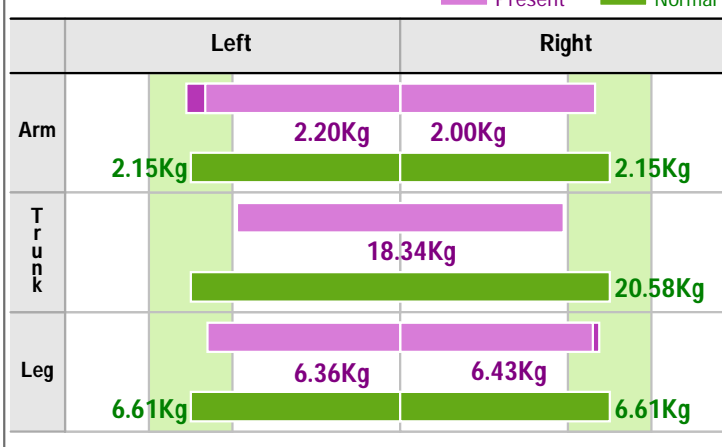
Balance

Upper Balance	52 : 48	Lower Balance	50 : 50
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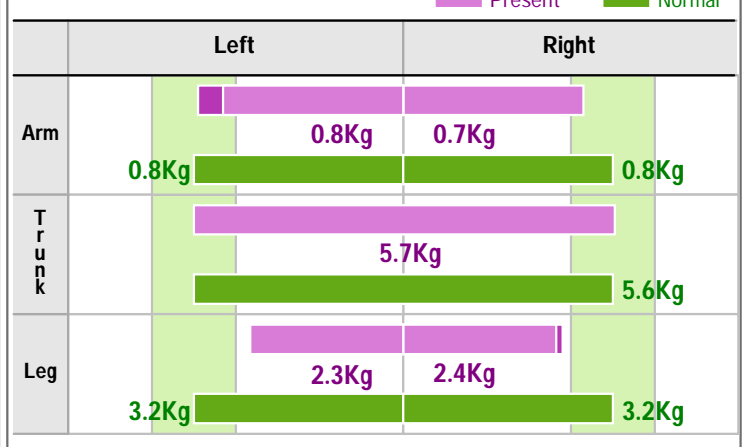
Balance

Upper Balance	53 : 47	Lower Balance	49 : 51
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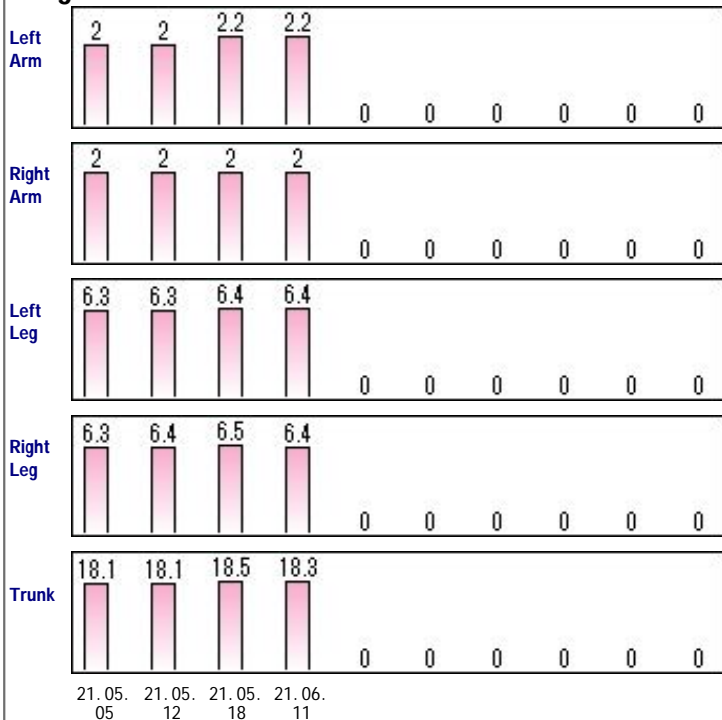
Segmental Muscle Mass



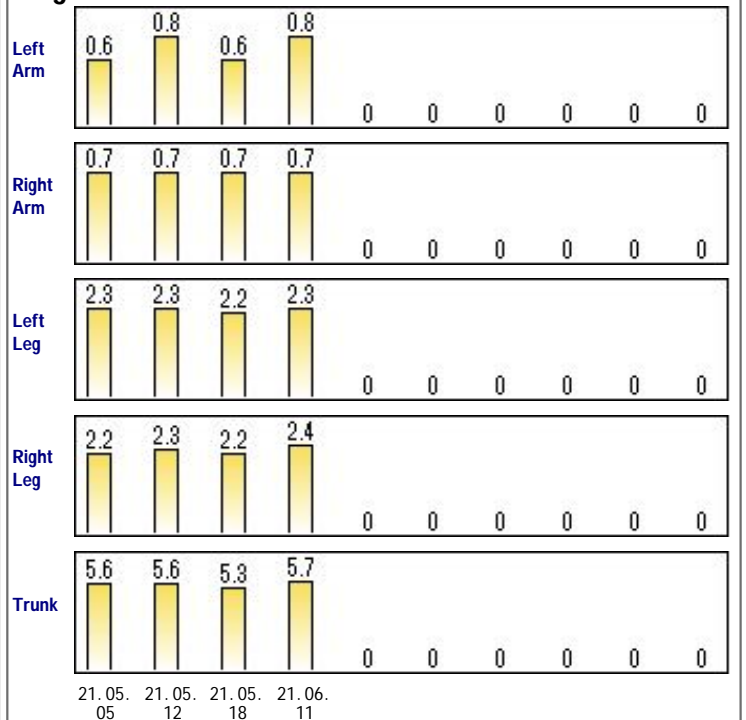
Segmental Fat Mass



Segmental Muscle Evolution



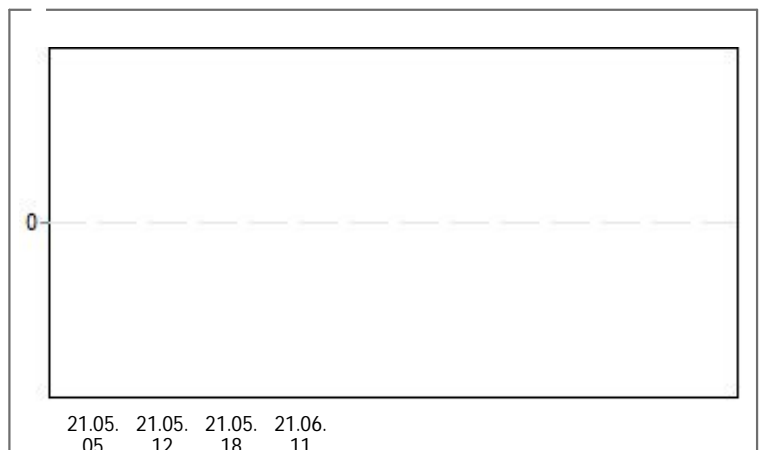
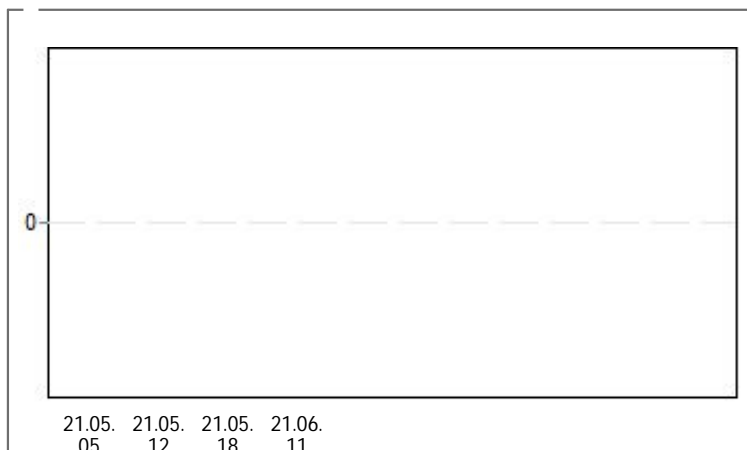
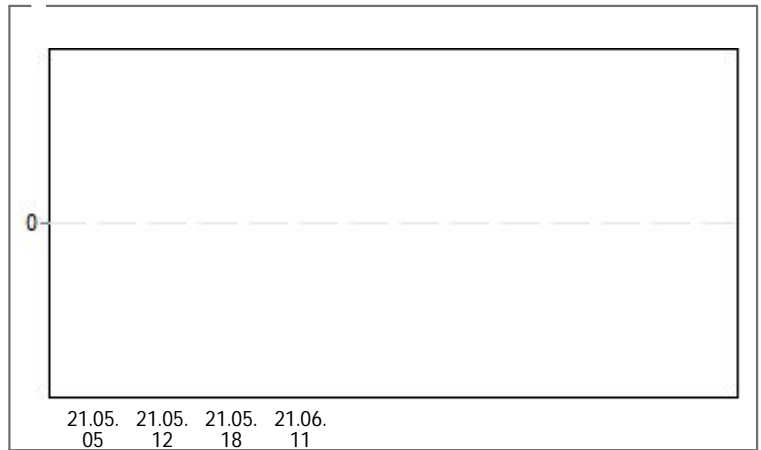
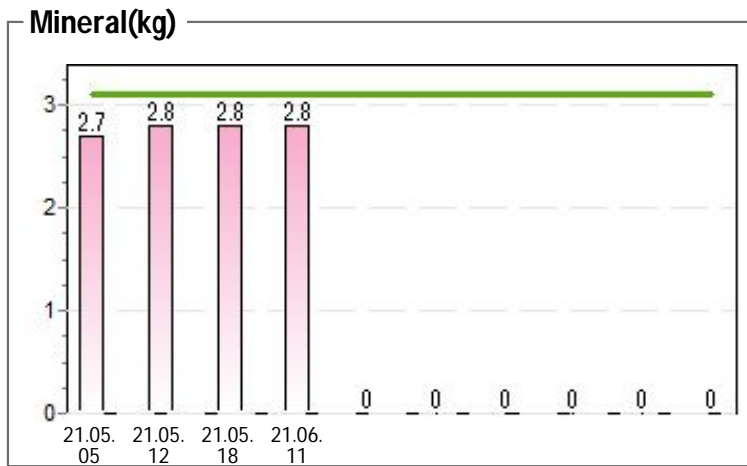
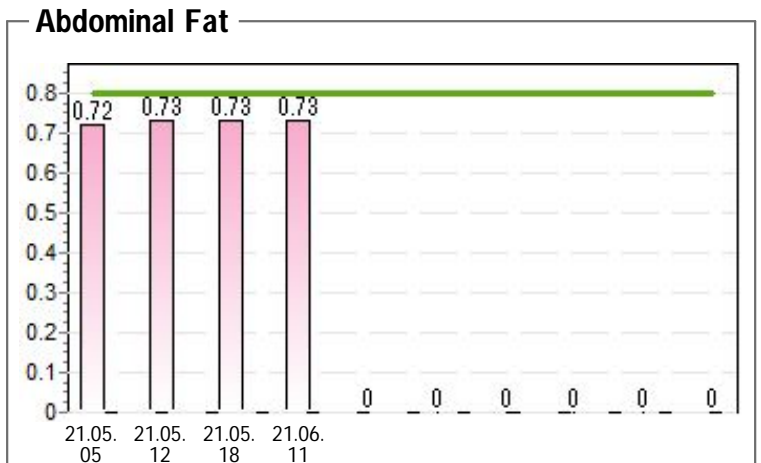
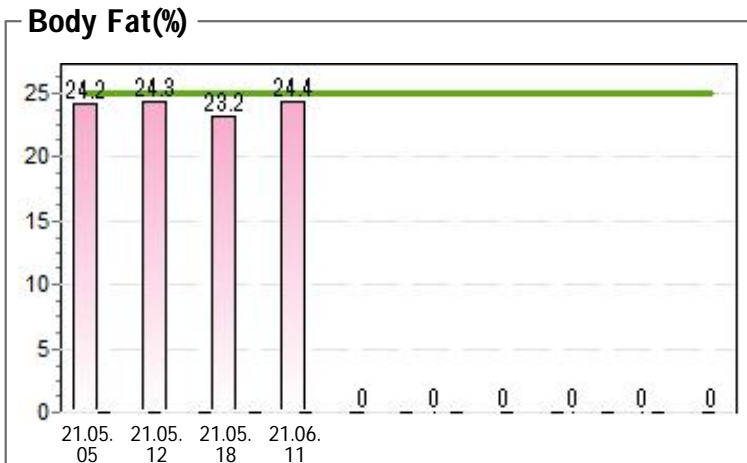
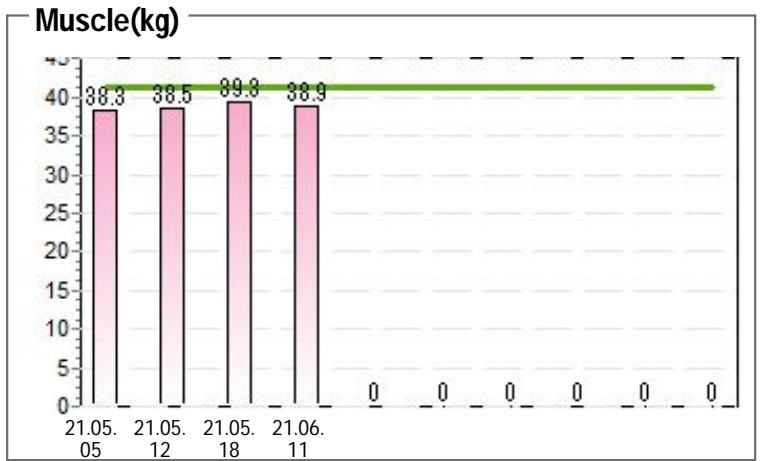
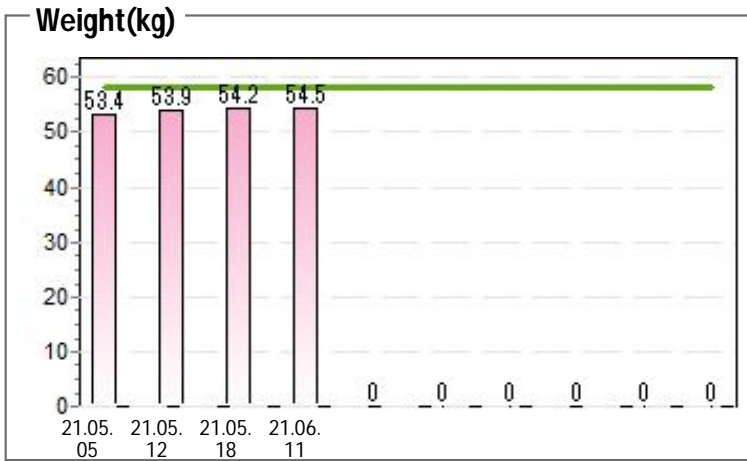
Segmental Fat Evolution



Evolution

ID : 456456

Name : Mabelle i20 test



Exercise Menu

ID : 456456

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Recommended Menu

Event	Characteristic
Cycling	Cycling is good for muscular strength of the lower body and cardiorespiratory endurance.
Walking	Walking is good for men and women of all ages because it is low impact on ankles, knees and other lower body joints.
Stepper	Stepper is good for hip and leg's muscular strength.
Tennis	Tennis is good for cardiorespiratory functional capacity improvement by exercising the whole body.
Pac Dec Fly	Pac dec fly is good to improve chest muscle's mass and definition.
Bent-over lateral raise	Bent-over lateral raise is good for shoulder and arm's balance by exercising with dumbbells.
Leg extension	Leg extension is simple articular exercise to improve thigh muscle strength and volume.

Sports Supplement Menu

Aerobic Exercise Menu

NO	Event	Calories	Time	Characteristic
1	Treadmill(Running)	0.289	10	Treadmill is good for improving the cardiorespiratory system, burning calories and increasing lower limbs strength.
2	Cycling(Training Machine)	0.127	10	Cycling is good for muscular strength of the lower body and cardiorespiratory endurance.
3	Stepper	0.036	10	Stepper is good for hip and leg's muscular strength.
4	Swimming	0.156	10	Swimming is good for exercising most of body muscles as well as burning energy without stressing the articulations and bones.
5	Tennis	0.109	10	Tennis is good for cardiorespiratory functional capacity improvement by exercising the whole body.
6	Aerobic dance	0.105	10	Aerobic dance is good for developing the cardiovascular system.
7	Badminton	0.097	10	Badminton is good for maintain health and improving overall fitness by exercising the whole body.
8	Jogging	0.135	10	Jogging is good for increasing energy expenditure while developing endurance.
9	Walking	0.08	10	Walking is good for men and women of all ages because it is low impact of ankle, knee and waist.

Weight Training Menu

Body part	Event	Calories	Time
Upper Body	Abs - Crunches		
Upper Body	Abs - Leg twist		
Upper Body	Biceps - Cable curl		
Whole Body	Dead lift		
Whole Body	Bridge exercise for the core		
Lower Body	Leg press		
Lower Body	Leg curls		
Lower Body	Calf Raise		

Exercise Plan

I D : 456456

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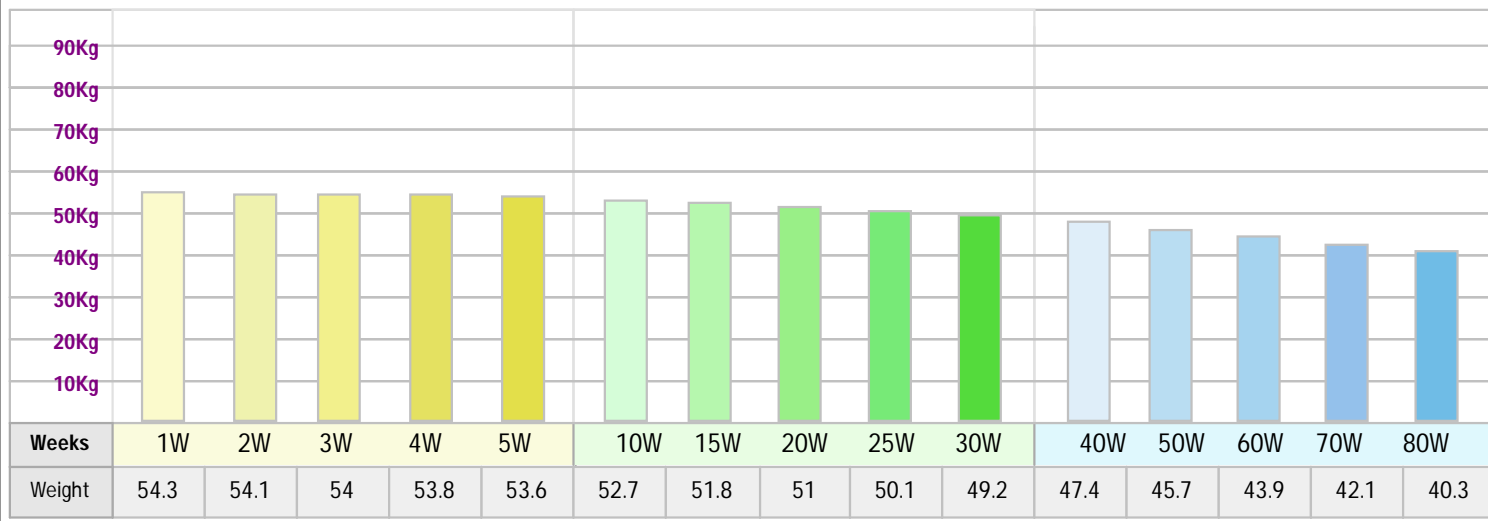
Exercise Goal

Calorie consumption	Exercise Num.	1 week consumed calories	1 week fat burning amount(g)
300kcal	3 times/week	900kcal	177g
		4 weeks consumed calories	4 weeks fat burning amount(g)
		3600kcal	708g

Exercise Time(minutes) : Time to consume 300kcal at a time.

Walking 5.6km/h	83	Walking 9km/h	35	Stepper	44	Cycling 10km/h	83
Cycling 19km/h	48	Rope Skipping 80/m	42	Jogging 9km/h	41	Mountain climbing	43
Trunk Raise	56	Golf	76	Tennis	55	Shuttlecock	76
Swimming 18m/m	88	Swimming 46m/m	39	Aerobic	45	Rowing	41
Circuit training	55						

Simulation



Weight Control

Classification	Weight	Fat Mass	Body Fat Percentage	Target Fat Control
Current	54.5 Kg	13.3 Kg	24.4 %	+1.3 Kg
Target	58.2 Kg	14.6 Kg	25.1 %	

Total Energy Expenditure	Recommended Calorie Intake	Calorie consumption	Weight Target Time
1861 Kcal	1795 Kcal	300Kcal	-

Your weight is within the standard range.








Take appropriate exercise and food intake to maintain the balance of fat and muscle.

Dietary Plan

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Recommended Food

Food Name	Quantity	Kcal	Characteristic
 Hamburger bun	Half a bun, 9cm Dia., 30g	80	1 Exchange of Starch
 Soft white toast	2 toasts, thin, 7.5cm, 30g	80	1 Exchange of Starch
 Beef steak, grilled	30g	55	1 Exchange of Lean Meat
 Hamburger meat, grilled	30g	100	1 Exchange of High Fat Meat
 Beef, lean, grilled	5 small pieces, 30g	37	1 Exchange of Very Lean Meat, good source of vitamin B12
 Hot dog	2, 58g	176	1 Exchange of Very High Fat Meat + 1.5 Exchange of Fat, high in fat and saturated fat
 Tuna, canned in water	1/4 big can, 30g	37	1 Exchange of Very Lean Meat
 Falafel	1 piece, 42g	140	1 Exchange of Starch, 0.7 Exchanges Very Lean Meat, 1.2 Exchanges of Fat, good source of vitamin B9
 Manoushe with 1 tsp of thyme in olive oil	1 slice, dough (23cm dia., 1/4 (30g))	108	1 Exchange of Starch + 0.8 Exchanges of Fat
 Fatayer	1, 7cm, 15g	33	0.3 Exchanges of Starch + 0.2 Exchanges of Fat

Nutrients (daily intake standard)

Basal Metabolic Rate	Total Energy Expenditure		Recommended Calorie Intake	
1259.0 Kcal	1861.0 Kcal		1795.0 Kcal	
Macronutrient	Breakfast	Lunch	Dinner	Sum
Carbohydrate	296.2	365.3	325.8	987.3 Kcal
Protein	96.9	119.5	106.6	323.1 Kcal
Lipid	145.4	179.3	159.9	484.6 Kcal
Total	538.5	664.2	592.4	1795.0 Kcal



