

Report

The Summary Body Composition Analysis

User Information

* User :

Personal Information

* Name : mediana * Age : 48 * Sex : Male
* ID : L D G X O W * Record Date : 2022/03/11 14:56

Result Data

* Height : 178.0 cm
* Weight : 76.1 kg
* Total Body Water : 44.3 L (58.2% of Weight)
* Intracellular Water - N/CL (N/C% of TBW) * Extracellular Water - N/CL (N/C% of TBW)
* Protein Mass : 12.0 kg (12.0% of Weight)
* Mineral Mass : 3.97 kg (4.5% of Weight)
* Muscle Mass : 56.9 kg (74.8% of Weight)
* Fat Mass : 15.8 kg (20.8% of Weight)
* Extracellular Water Ratio : N/C of TBW
* Segmental Fat Mass * Segmental Muscle Mass
* Left Arm : 1.0 kg * Left Arm : 3.24 kg
* Right Arm : 0.9 kg * Right Arm : 3.46 kg
* Left Leg : 2.3 kg * Left Leg : 9.69 kg
* Right Leg : 2.3 kg * Right Leg : 9.72 kg
* Trunk : 7.7 kg * Trunk : 27.36 kg

Reference Data

* Ideal Weight : 69.7 kg * Standard FAT : 10.0% - 20.0%
* Ideal Muscle Mass : 55.8 kg * Standard TBW : 58.5% - 65.9%
* Ideal FAT Mass : 10.4 kg * Standard ECW Ratio : 36.0% - 39.0%

Conclusions

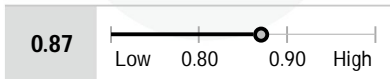
Weight Control

BMI (kg/m ²)	24.0 (18.5~25.0)	
Obesity Degree (%)		109.2
Desirable Weight (kg)		70.6
Weight Control (kg)		-5.5
Body Fat Control (kg)		-5.5
Muscle Control (kg)		0.0

Visceral Fat Grade



Abdominal Fat Ratio



Mediana Score

75

Segmental Mass (kg)

	LA	RA	TR	LL	RL
Current	4.4	4.5	36.6	12.5	12.5

Intake & Consumed Calories

BMR (kcal)	1670
Total Energy Expenditure (kcal)	2375
•Calorie Consumption (kcal/h)	532
•Expected Fat Burning (kg)	-1.2

* Based on Jogging (1hour/day, 4weeks)

Calorie Consumption

	kcal / 30min		*By Current Weight	
Gate ball	125	Swimming	266	
Walking	133	Aerobics	277	
Yoga	152	Tennis	277	
Table Tennis	152	Bicycle	285	
Golf	182	Football	304	
Badminton	209	Climb	304	
Basketball	247	Jump rope	334	
Jogging	266	Boxing	391	

Impedance

kHZ	LA	RA	TR	LL	RL
5	326.3	310.0	26.1	244.0	244.0
50	291.9	271.0	22.5	215.0	216.4
100	279.1	256.7	20.1	203.6	205.0

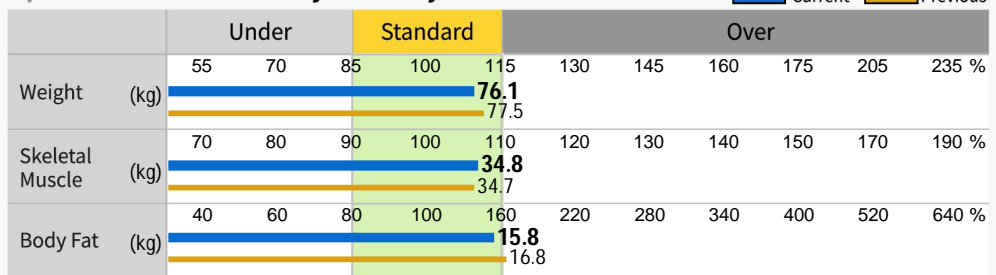
Blood Pressure

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

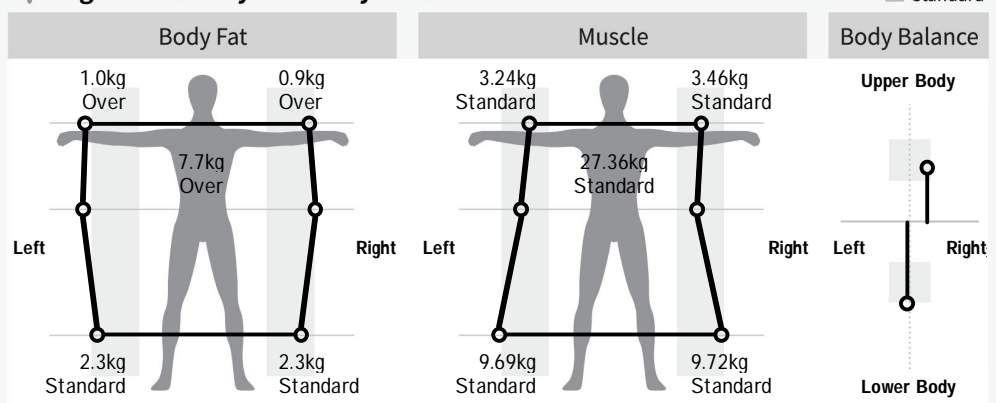
Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	44.3 (39.1~47.7)	12.0 (11.0~12.4)	3.97 (3.90~4.39)	15.8 (8.3~16.6)
Total Body Water (L)	44.3 (39.1~47.7)	56.9 (50.2~61.4)		
Muscle Mass (kg)		Skeletal Muscle : 34.8(29.4~35.9)		
Fat Free Mass (kg)			60.3 (55.8~62.8)	
Weight (kg)				76.1 (59.2~80.2)

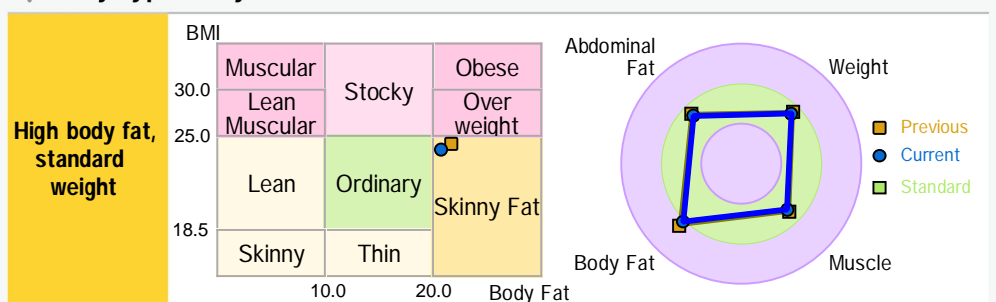
Skeletal Muscle & Body Fat Analysis



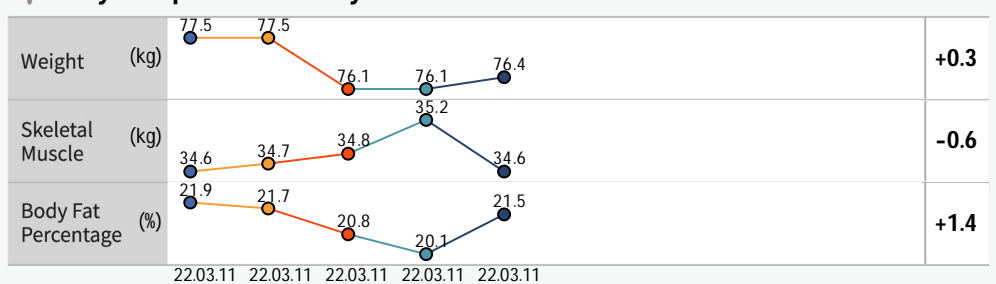
Segmental Analysis & Body Balance



Body Type Analysis



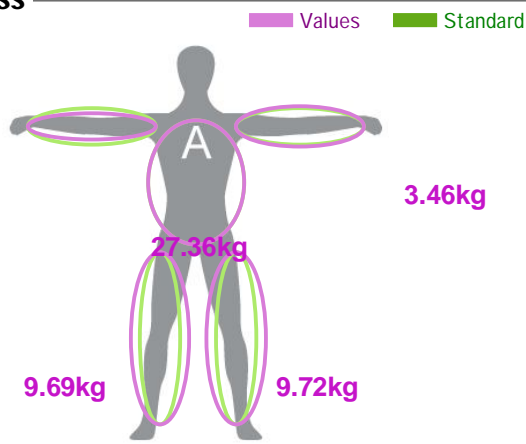
Body Composition History



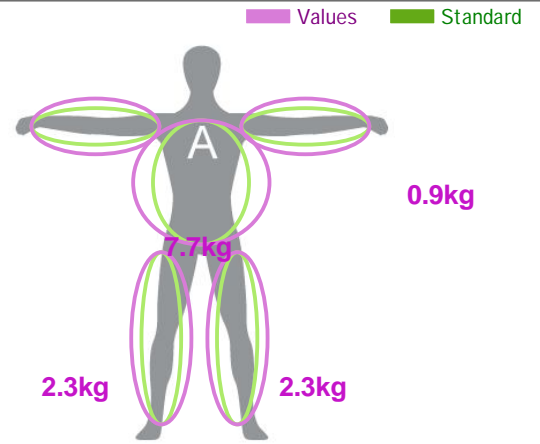
Segmental Analysis & Body Balance

ID i20i25i30i35
Name mediana

Muscle Mass



Fat Mass



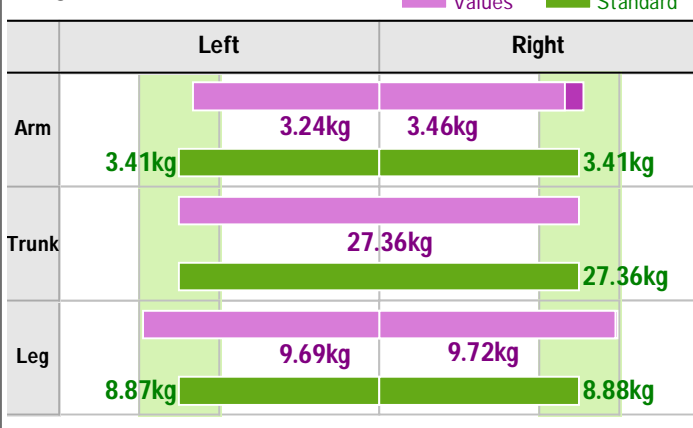
Balance

Upper Balance	48 : 52	Lower Balance	50 : 50
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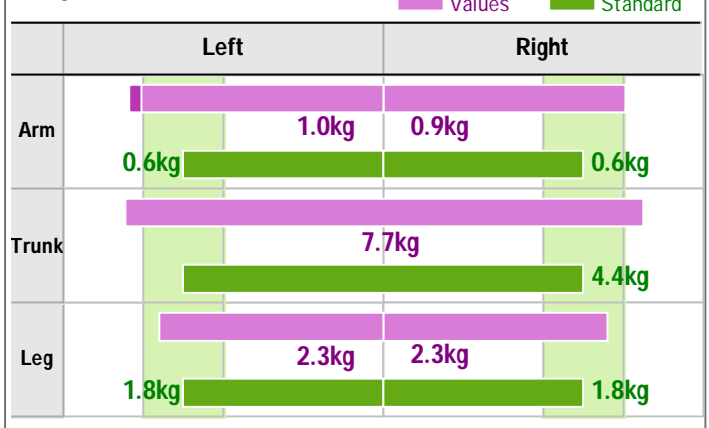
Balance

Upper Balance	53 : 47	Lower Balance	50 : 50
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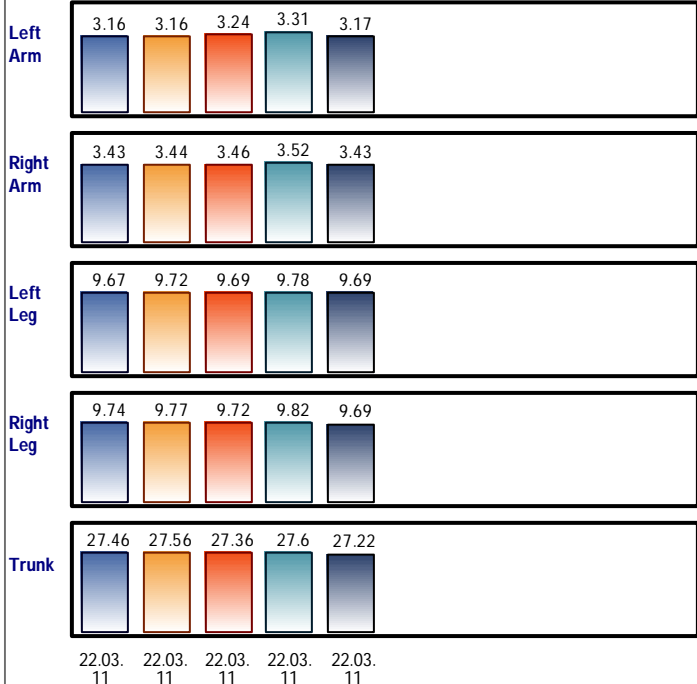
Segmental Muscle Mass



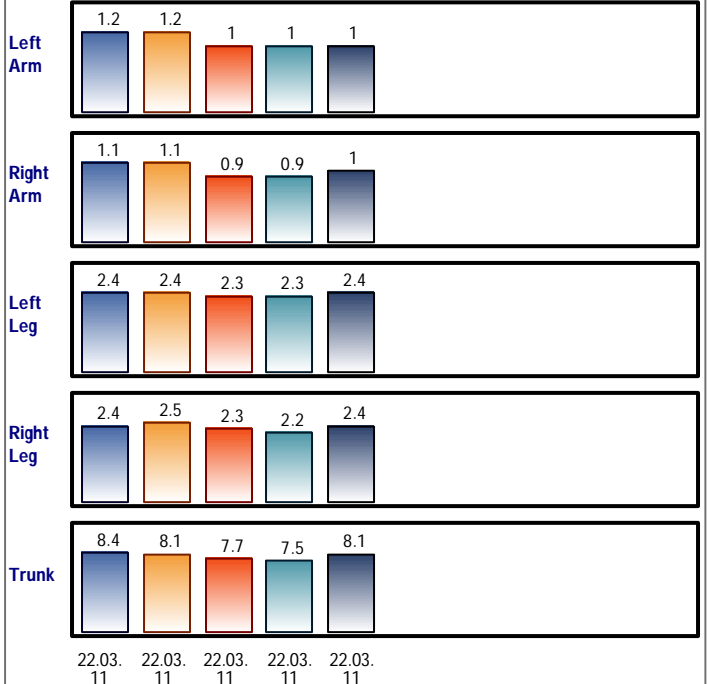
Segmental Fat Mass



Evolution

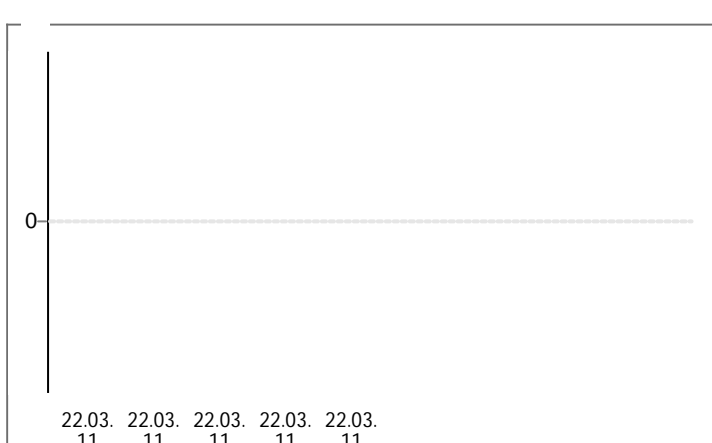
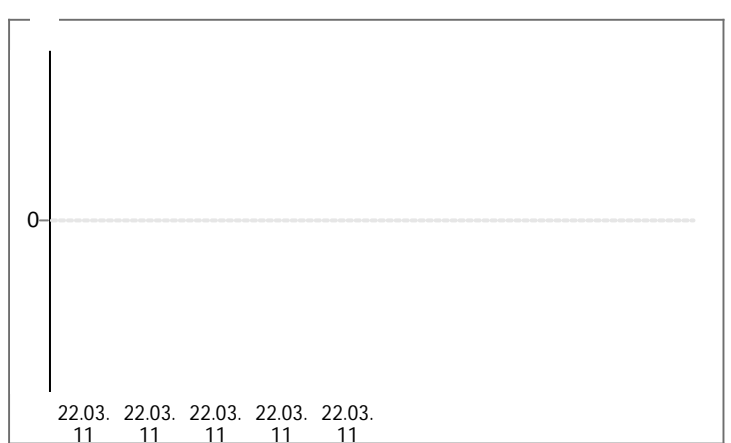
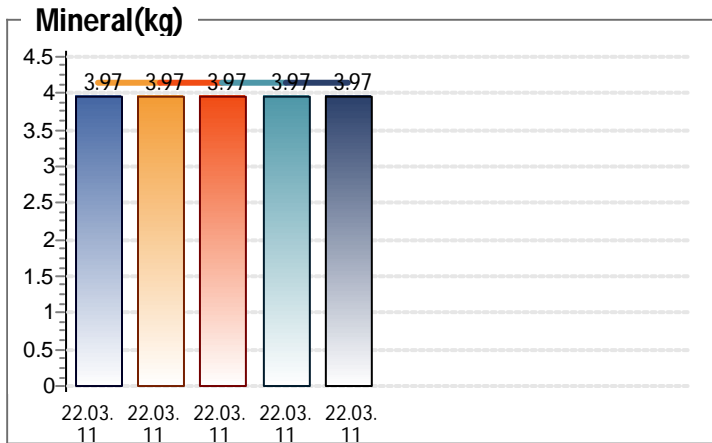
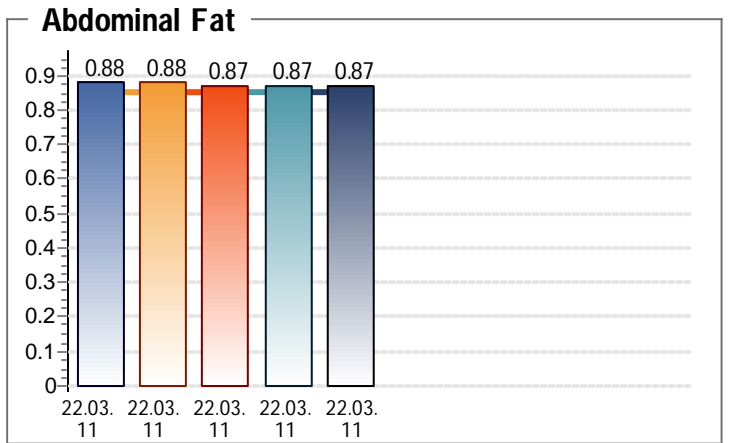
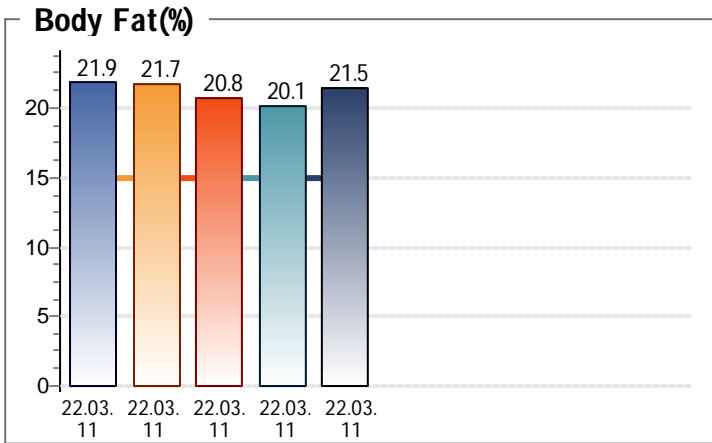
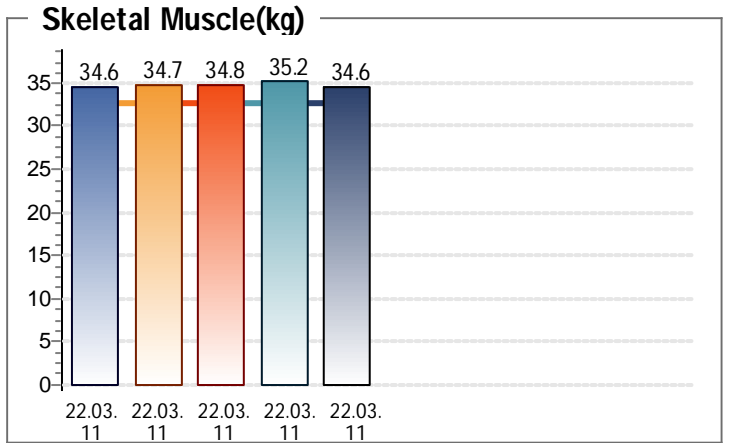
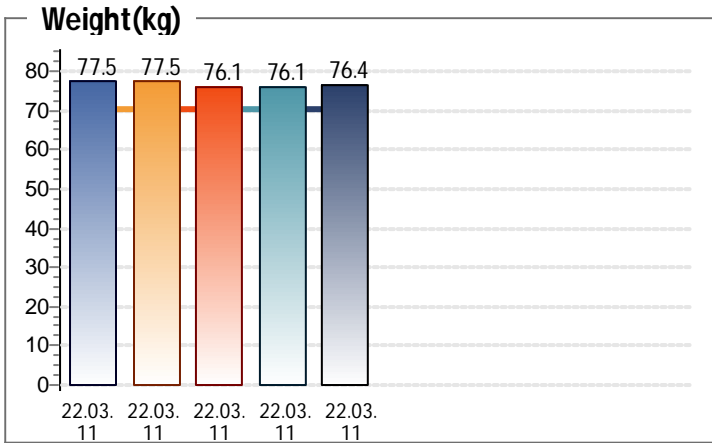


Evolution



Evolution

ID i20i25i30i35
Name mediana



Exercise Plan

ID i20i25i30i35
Name mediana

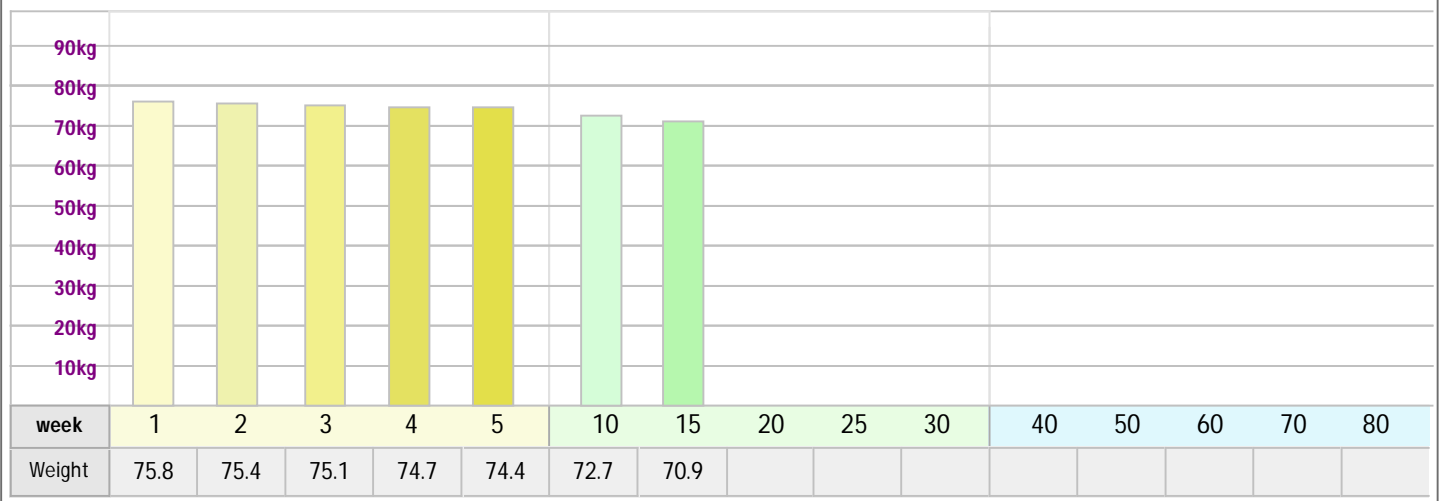
Exercise goal

Calorie consumption	Exercise Num.	1 week consumed calories	1 week fat burning amount
300kcal	3 times/week	900kcal	344g
		4 weeks consumed calories	4 weeks fat burning amount
		3600kcal	1377g

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

Gateball	72	Walking	68	Yoga	59	Table Tennis	59
Golf	49	Badminton	43	Basketball	36	Jogging	34
Swimming	34	Aerobics	32	Tennis	32	Bicycle	32
Football	30	Climb	30	Jump rope	27	Boxing	23

Simulation



Weight Control

Classification	Weight	Fat Mass	Body Fat	Target body fat control
Current	76.1 kg	15.8 kg	20.8 %	-5.5 kg
Target	70.6 kg	10.3 kg	14.6 %	

Total Energy Expenditure	Recommended Calorie Intake	Calorie consumption	Estimated Completion Period
2375 Kcal	2125 Kcal	300Kcal	About 15week

30-minute per day of jogging for about 151days is recommended.

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






Exercise Menu

ID i20125i30i35
Name mediana

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 articulatory exercise to improve thigh muscle strength and volume.

Sports Supplement Menu

Fat Down It decompose body fat	
WEIDER SUPER CARBO carbohydrate supplementation food	
POWER GLTAMINE 5000 It is protein synthetic food for the strengthening of basal physical strength.	
POWER TANK 5000 High protein food	
MEGAMASS 4000 It is carbohydrate supplementation food for a gain in weight and muscular strength.	

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	Declined Bench Press	0.1	10
Upper Body	Side lateral raise	0.1	10
Upper Body	Cable curl	0.1	10
Whole Body	Twisting Crunch	0.1	10
Whole Body	Dead lift	0.1	10
Lower Body	Leg press	0.1	10
Lower Body	Lying leg curl	0.1	10
Lower Body	Machine Calf Raise	0.1	10

Dietary Plan

ID i20i25i30i35
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Recommended Food

Name	Quantity	Calories	Characteristic
 BARUN UNCOOK FOOD	powder 40g	140.0	Low Calorie
 PRUNE JUICE	240ml	170.0	Low Calorie
 CALORIE BALANCE	powder 38g	165.0	Low Calorie
 KIMSOYOUNG UNCOOK FOOD	powder 40g	140.0	Low Calorie
 ULIGHT4	400mg	0.0	Vitamin nutritious food
 CALCIUM-K	powder	0.0	Calcium, vitamin D3/K, fiber
 APHRODITE		0.0	nutritious food
 MIZ MILK	200ml	90.0	liquid 3g, calcium 300mg
 SHYLP	120g	60.0	protein 5g, liquid 0g, calcium 210mg
 MIERO FIBER	100ml	50.0	cellulose 5g

Nutrients (daily intake standard)

Basal Metabolic Rate	Total Energy Expenditure			Recommended Calorie Intake
1670 Kcal	2375 Kcal			2125 Kcal
Nutient	Breakfast	Lunch	Dinner	Sum
Carbohydrate	385	409	374	1168 (55%) Kcal
Protein	126	134	123	383 (18%) Kcal
Lipid	189	201	184	574 (27%) Kcal
Total	700 (33%)	744 (35%)	681 (32%)	2125 (100%) Kcal

