

Report

The Summary Body Composition Analysis

User Information

* User :

Personal Information

* Name : Mediana i35 child * Age : 10 * Sex : Female
* ID : i35child * Record Date : 2023/01/27 11:54

Result Data

* Height : 100.0 cm
* Weight : 54.4 kg
* Total Body Water : 16.7 L (30.7% of Weight)
* Intracellular Water - 10.3L (61.7% of TBW) * Extracellular Water - 6.4L (38.3% of TBW)
* Protein Mass : 4.3 kg (4.3% of Weight)
* Mineral Mass : 1.10 kg (1.8% of Weight)
* Muscle Mass : 21.1 kg (38.8% of Weight)
* Fat Mass : 32.3 kg (59.4% of Weight)
* Extracellular Water Ratio : 0.383 of TBW
* Segmental Fat Mass * Segmental Muscle Mass
* Left Arm : 3.1 kg * Left Arm : 0.41 kg
* Right Arm : 3.0 kg * Right Arm : 0.39 kg
* Left Leg : 4.5 kg * Left Leg : 3.06 kg
* Right Leg : 4.4 kg * Right Leg : 3.06 kg
* Trunk : 16.3 kg * Trunk : 8.70 kg

Reference Data

* Ideal Weight : 16.9 kg * Standard FAT : 15.0% - 25.0%
* Ideal Muscle Mass : 13.1 kg * Standard TBW : 56.8% - 64.5%
* Ideal FAT Mass : 3.3 kg * Standard ECW Ratio : 36.0% - 39.0%

Conclusions

ID .	i35child	Gender .	Female	Height .	100.0cm	Age .	10
Name .	Mediana i35 child	Current .	2023/01/27 11:54	Previous .	None		

Weight Control

BMI (kg/m ²)	54.4 (14.5~18.7)	
Obesity Degree (%)		321.9
Desirable Weight (kg)		25.4
Weight Control (kg)		-29.0
Body Fat Control (kg)		-29.0
Muscle Control (kg)		0.0

Mediana Score

26

Growth Evaluation

Muscle	Caution	Good
Skeletal	Caution	Good
Obesity	Under Good	Over

Body Balance

Upper Body	Caution	Good
Lower Body	Caution	Good

Body Composition History

Date	Height (cm)	Weight (kg)
23.01.27	100.0	54.4

Date	Skeletal Muscle (kg)	Body Fat (%)
23.01.27	9.2	59.4

Impedance

kHz	LA	RA	TR	LL	RL
5	430.1	420.2	26.2	311.5	331.2
50	391.6	379.7	22.6	279.6	297.1
100	369.8	358.7	19.1	259.7	277.3
250	339.1	330.2	18.4	227.4	246.1

Blood Pressure

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

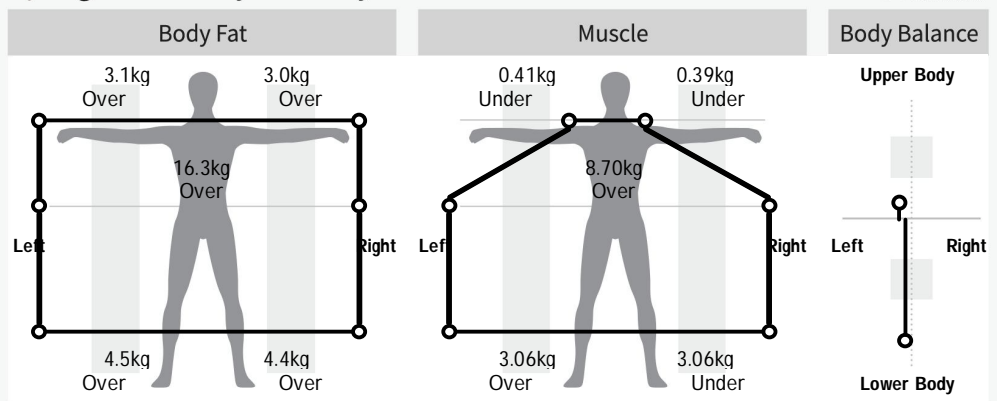
Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	16.7 (9.3~11.3)	4.3 (2.4~2.7)	1.10 (0.63~0.72)	32.3 (2.6~5.3)
Total Body Water (L)	16.7 (9.3~11.3)	21.1 (11.8~14.4)		
Muscle Mass (kg)		Skeletal Muscle : 9.2 (6.8~8.3)		
Fat Free Mass (kg)			22.1 (12.7~14.4)	
Weight (kg)				54.4 (14.4~19.4)

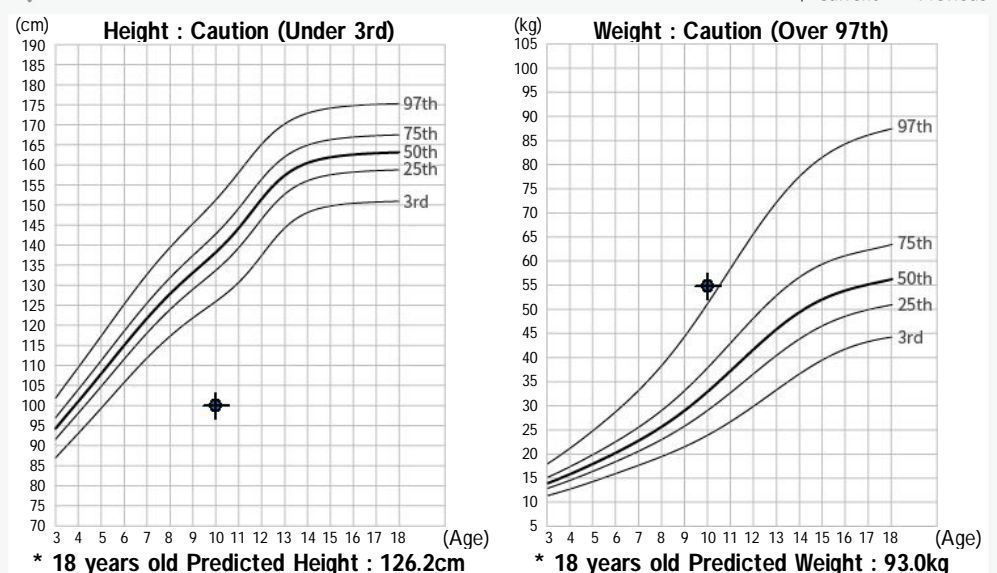
Skeletal Muscle & Body Fat Analysis

	Under	Standard	Over
Weight (kg)	55 70 85	100 115	130 145 160 175 205 235 %
Skeletal Muscle (kg)	70 80 90	100 110	120 130 140 150 170 190 %
Body Fat (kg)	40 60 80	100 160	220 280 340 400 520 640 %

Segmental Analysis & Body Balance



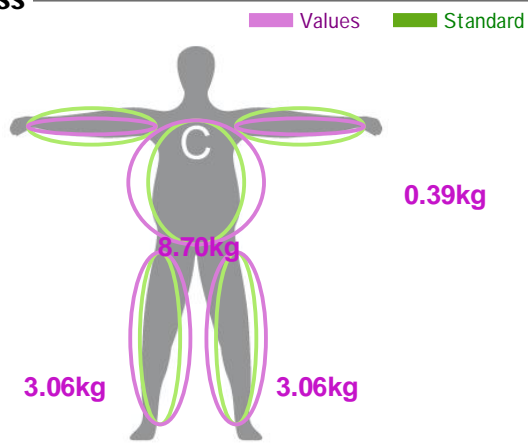
Growth Chart



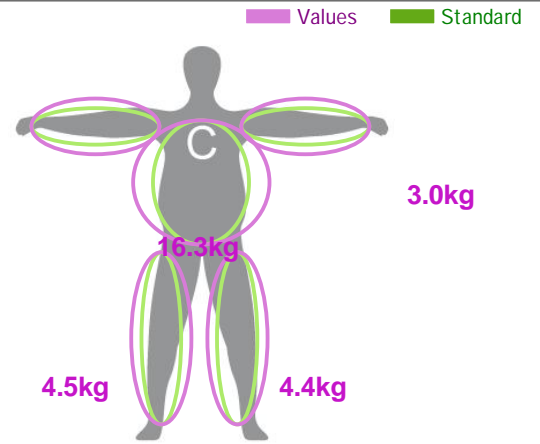
Segmental Analysis & Body Balance

ID i35child
Name Mediana i35 child

Muscle Mass



Fat Mass



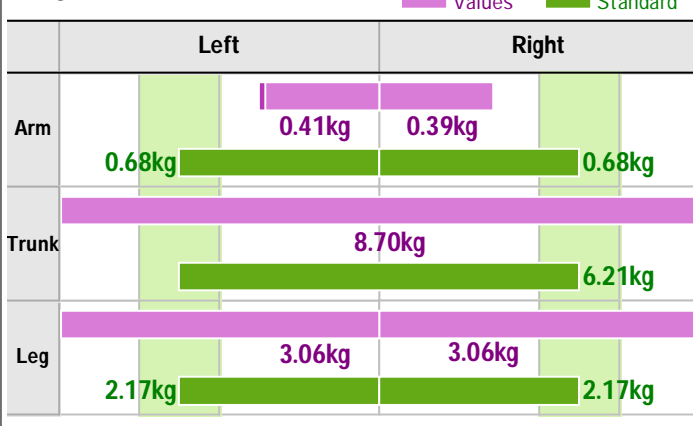
Balance

Upper Balance	51 : 49	Lower Balance	50 : 50
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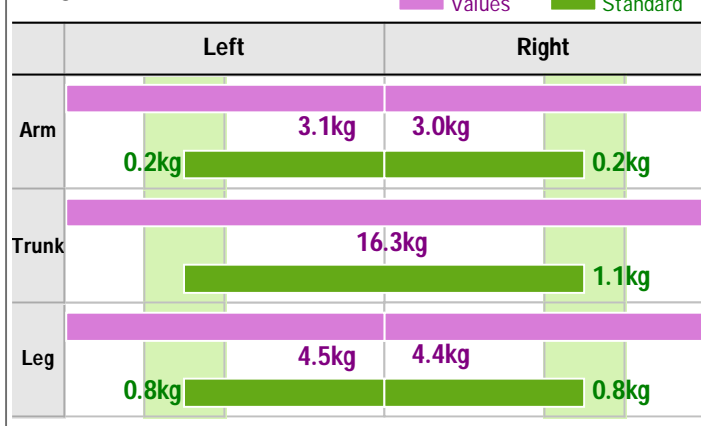
Balance

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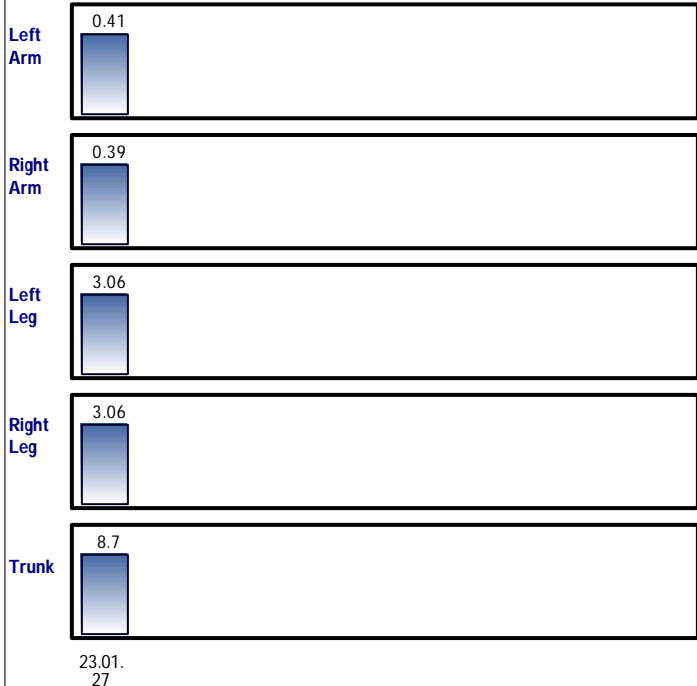
Segmental Muscle Mass



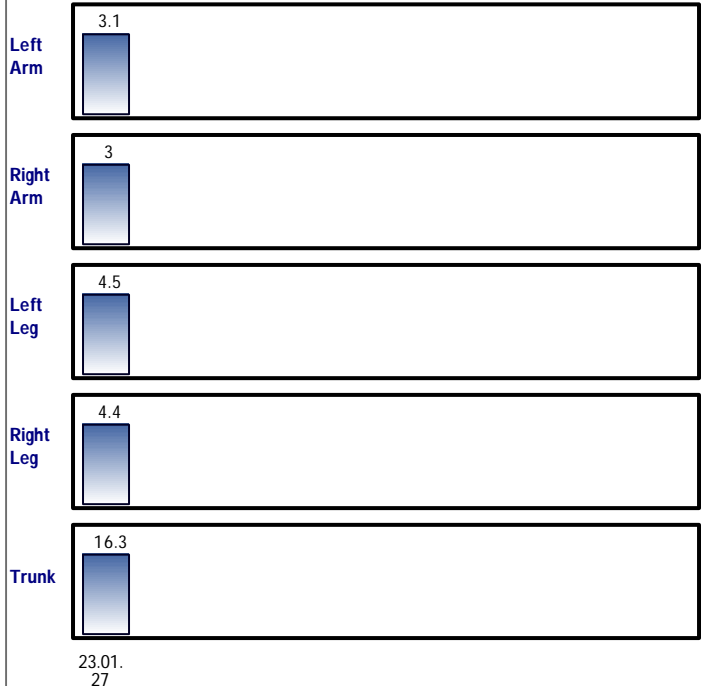
Segmental Fat Mass



Evolution

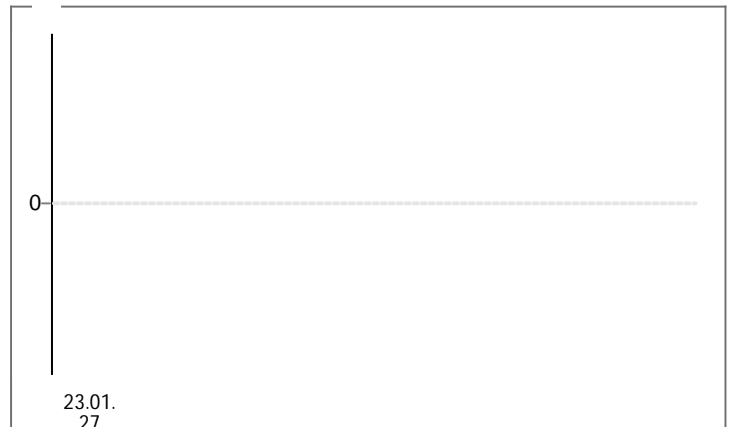
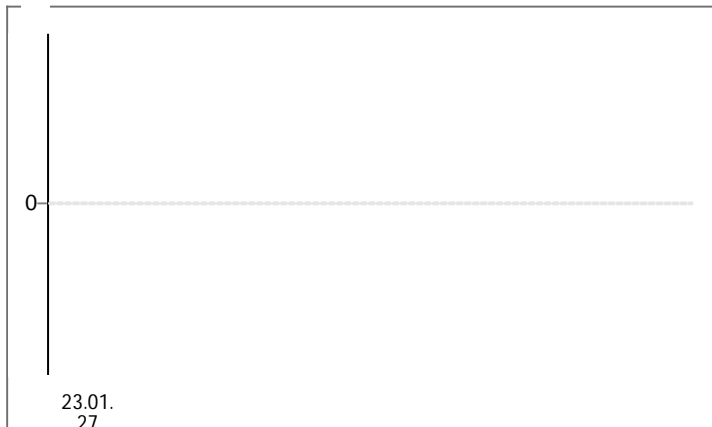
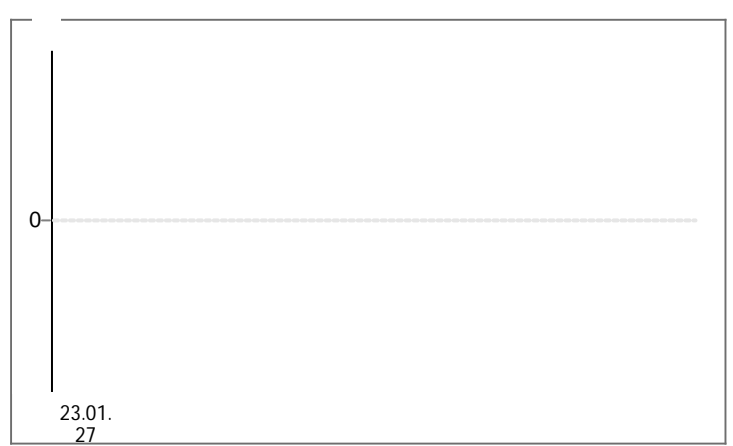
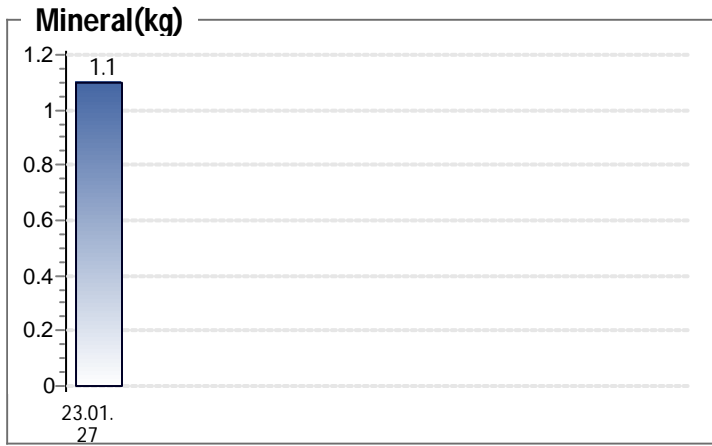
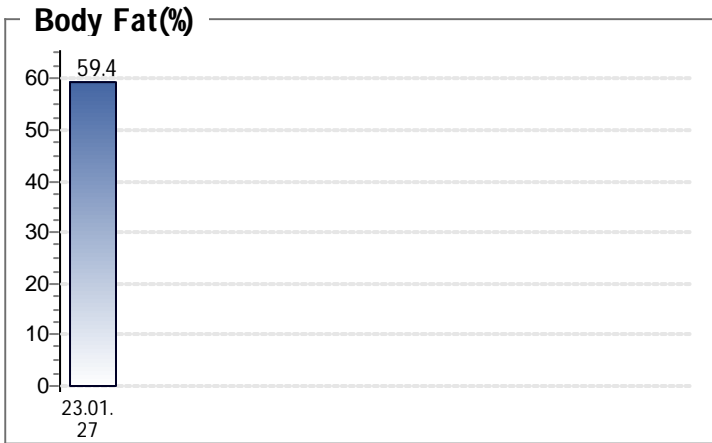
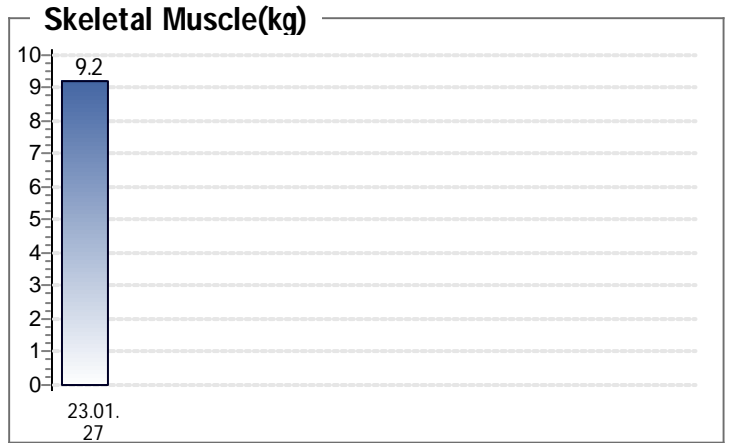
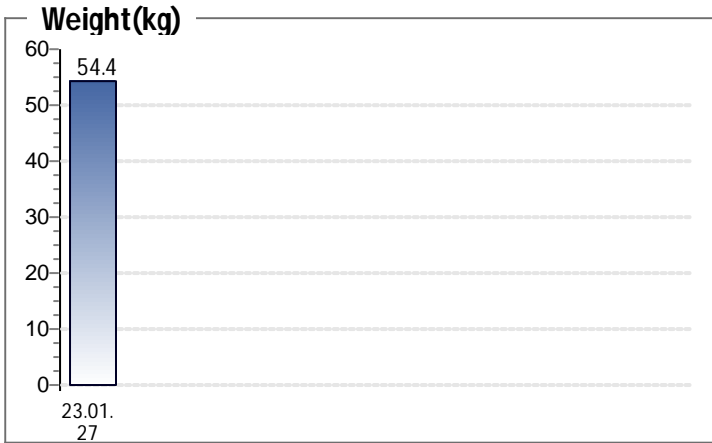


Evolution



Evolution

ID i35child
Name Mediana i35 child



Exercise Plan

ID i35child
Name Mediana i35 child

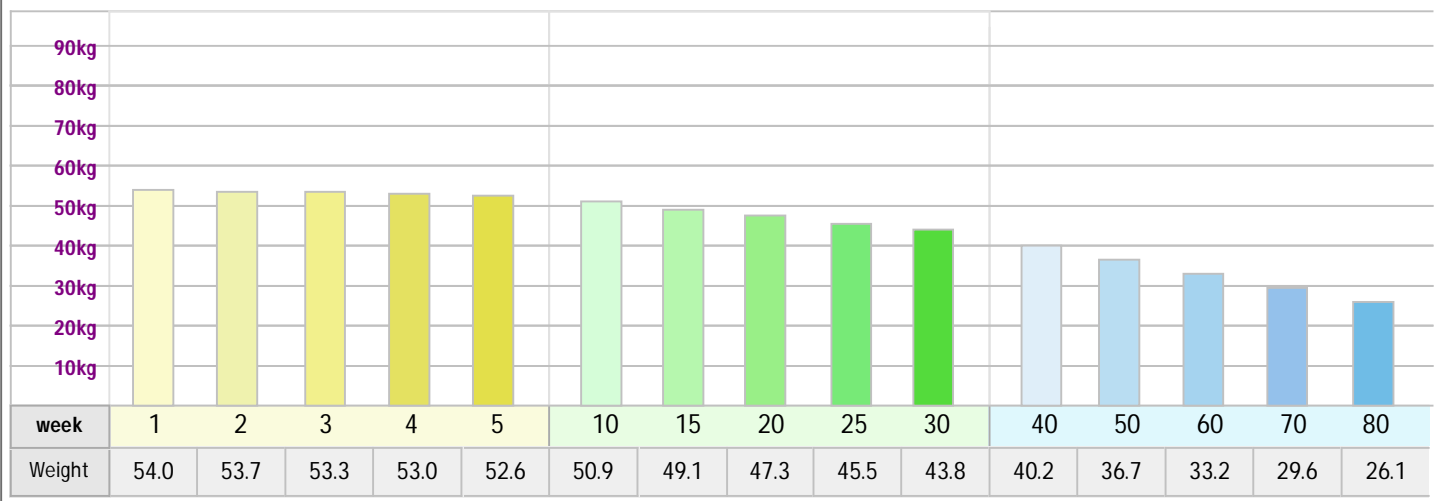
Exercise goal

Calorie consumption	Exercise Num.	1 week consumed calories	1 week fat burning amount
300kcal	3 times/week	900kcal	354g
		4 weeks consumed calories	4 weeks fat burning amount
		3600kcal	1417g

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

Gateball	100	Walking	95	Yoga	83	Table Tennis	83
Golf	69	Badminton	60	Basketball	51	Jogging	47
Swimming	47	Aerobics	45	Tennis	45	Bicycle	44
Football	41	Climb	41	Jump rope	38	Boxing	32

Simulation



Weight Control

Classification	Weight	Fat Mass	Body Fat	Target body fat control
Current	54.4 kg	32.3 kg	59.4 %	-29.0 kg
Target	25.4 kg	3.3 kg	13.0 %	

Total Energy Expenditure	Recommended Calorie Intake	Calorie consumption	Estimated Completion Period
1305 Kcal	1044 Kcal	300Kcal	-

30-minute per day of jogging for about 1113days is recommended.

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






Exercise Menu

ID i35child
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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 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

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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
 SHYLPH	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	
1067 Kcal		1305 Kcal		1044 Kcal	
Nutient	Breakfast	Lunch	Dinner	Sum	
Carbohydrate	172	212	190	574 (55%) Kcal	
Protein	56	70	62	188 (18%) Kcal	
Lipid	85	104	93	282 (27%) Kcal	
Total	313 (30%)	386 (37%)	345 (33%)	1044 (100%) Kcal	

