



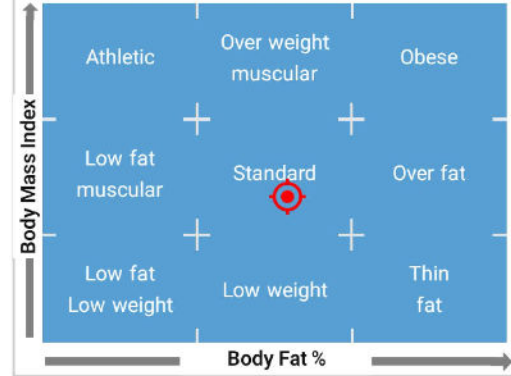
Anea BIA		Age	Gender	Height	Reg No
		37	Female	160 Cm	
First analysis:	2023/9/3	Last analysis:	2023/12/27	Date of Print:	2024/1/18
				Number of analysis:	8



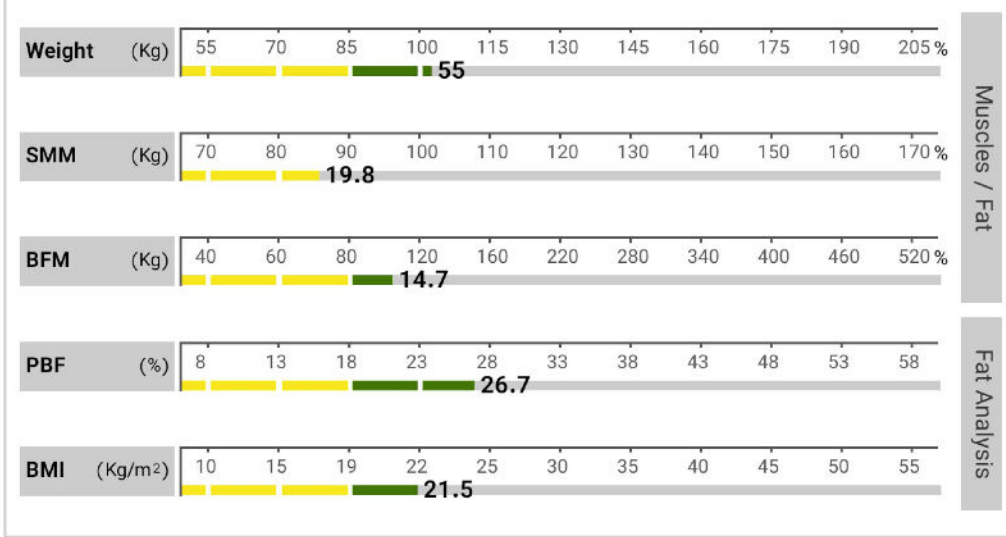
Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Intracellular Water(L)	16.7	26.9 ▲ 4.3	37.7 36.2~44.2	40.3 ■ 0 38.3~46.8 Ⓢ 0	55 ▼ -1.1 47.4~64.0 Ⓢ 53.9
Extracellular Water(L)	10.1	28.1~34.3 Ⓢ 31.2			
Protein (kg)	7.2 ▲ 1.1 7.5~9.1 Ⓢ 8.3	non-osseous			
Minerals (kg)	2.8 2.6~3.2				
Body Fat Mass (kg)	14.7 ▼ -0.4 11~17.7 Ⓢ 14.3				

Body Type



Body Composition Chart

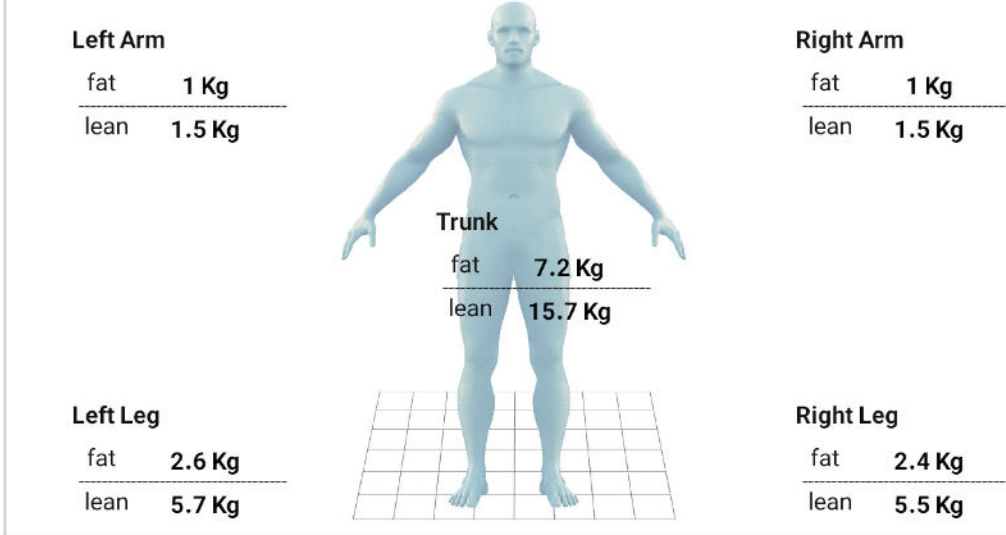


Research Parameters

Basal Metabolic Rate:	1163.9	kcal
Visceral Fat Area:	89.9	cm ²
Fat Free Mass:	40.3	Kg
Extracellular Water:	10.1	L
Intracellular Water:	16.7	L

	Impedance (Ω)				
Frequency (Hz)	1 K	5 K	50 K	100 K	200 K
Right arm	544.3	515.6	458.7	434.8	410
Right leg	363.9	359.1	337.1	332	344.6
Torso	45.3	26.5	21.1	20.9	22.7
Left arm	562.1	508.3	455.7	435.9	416.5
Left leg	340.7	329.7	296.8	282.9	271.2

Segmental Fat/Lean Analysis



Calorie Expenditure of Exercise

Badminton:	202.1	Jogging:	202.1
Basketball:	173.3	Rope jumping:	288.8
Cycling:	144.4	Soccer:	231
Callisthenics:	129.9	Swimming:	173.3
Golf:	144.4	Tennis:	202.1
Gymnastics:	158.8	Volleyball:	115.5
Handball:	231	Walking:	101.1
Hockey:	231	Weightlifting:	129.9

Based on your current weight
Based on your 30 minute duration

Body Composition History

	2023/9/21	2023/10/30	2023/11/12	2023/11/28	2023/12/27
Weight (Kg)	54.1	53.6	53.9	55.4	55
SMM (Kg)	19.8	19.6	19.5	20.1	19.8
PBF (%)	27	29.1	28.4	28.3	26.7

Visceral Fat

