

Body composition analysis report

ID:Ashley

Gender:Female

Age:40

Height:5'7"

Testing time:Apr.28,2025 11:25:03

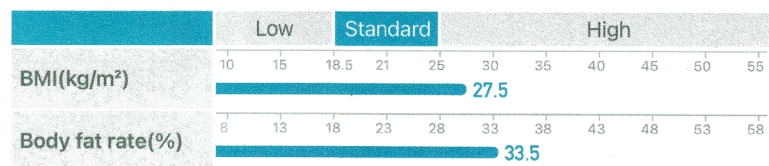
Body composition analysis

	Measurement(lb)	Proportion of weight(%)	Evaluation
Weight	175.4 (113.8-153.9)	100.0	High
Body fat	58.9 (26.9-43.0)	33.5	High
Inorganic salt	7.7 (5.7-7.5)	4.4	Excellent
Protein	23.4 (17.4-22.3)	13.3	High
Body water	85.5 (63.7-81.1)	48.8	Excellent
Muscle	108.9 (81.1-103.4)	62.1	Excellent
Skeletal muscle	65.7 (51.1-62.6)	37.4	Excellent

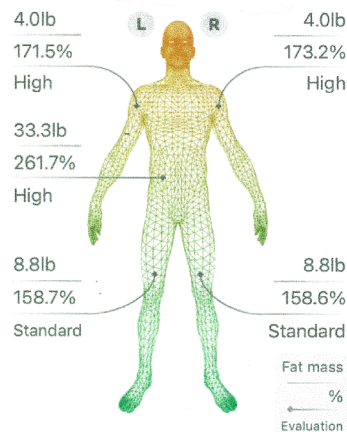
Muscle fat analysis



Obesity analysis

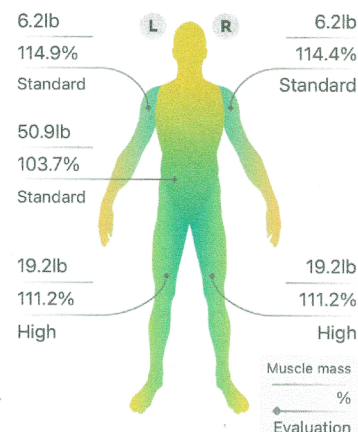


Segmental fat analysis



Standard range: 80%-160%
segmental fat analysis is an inferred value

Muscle balance



Standard range:
Left and right upper limbs (80%-160%)
Trunk, left and right lower limbs (90%-110%)

Bioelectrical impedance

Z(Ω)	Right Arm	Left Arm	Trunk	Right Leg	Left Leg
20(kHz)	355.8	356	19.4	278.2	270.9
100(kHz)	320.1	317.9	9.3	252.2	245.5

Body score

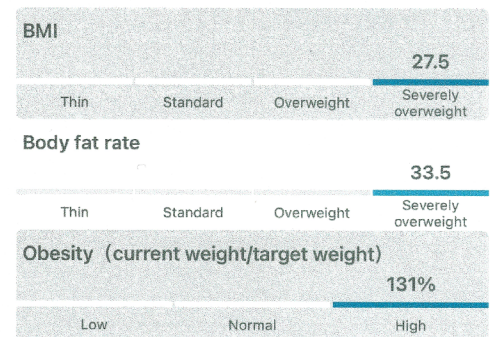
74/100Points

*The total score reflects the evaluated value of body composition.
A muscular person may get more than 100 points.

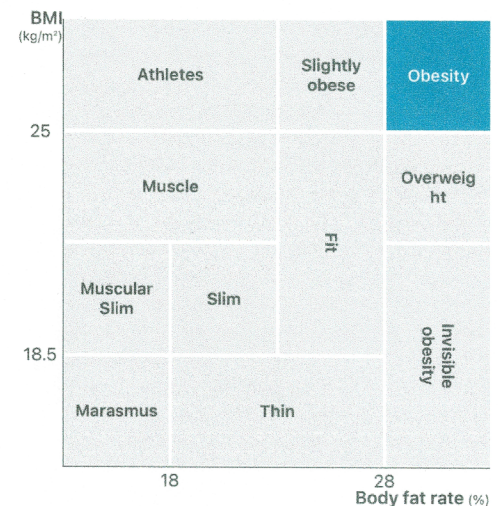
Weight control

Target weight	147.7lb
Weight control	-27.8lb
Fat control	-27.8lb
Muscle control	+0.0lb

Obesity assessment



Body type assessment



Other indicators

Visceral fat grade	11
Basal metabolic rate	1514kcal
Fat-free body weight	116.6lb
Subcutaneous fat	23.9%
SMI	7.9kg/m²
Body age	41
Waist-to-Hip Ratio	0.94