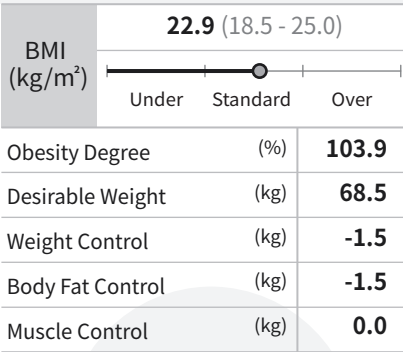
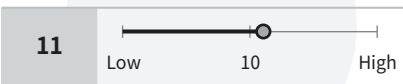


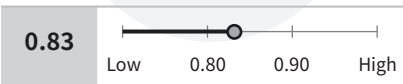
### Weight Control



### Visceral Fat Grade



### Abdominal Fat Ratio



### Mediana Score

**98**

### Segmental Mass (kg)

LA	RA	TR	LL	RL
3.6	3.6	34.0	11.2	11.3

### Intake & Consumed Calories

BMR (kcal)	<b>1623</b>
Total Energy Expenditure (kcal)	<b>2434</b>
*Calorie Consumption (kcal/hour)	<b>490</b>
*Expected Fat Burning (kg)	<b>-1.1</b>

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

### Calorie Consumption

	kcal / 30min *By Current Weight	
Gateball	<b>116</b>	Swimming <b>245</b>
Walking	<b>123</b>	Aerobics <b>256</b>
Yoga	<b>140</b>	Tennis <b>256</b>
Table tennis	<b>140</b>	Bicycle <b>263</b>
Golf	<b>168</b>	Football <b>280</b>
Badminton	<b>193</b>	Climb <b>280</b>
Basketball	<b>228</b>	Rope Jumping <b>308</b>
Jogging	<b>245</b>	Boxing <b>361</b>

### Impedance

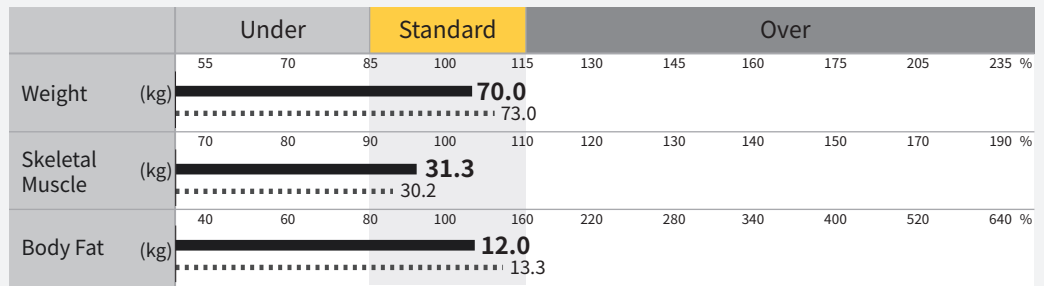
kHz	LA	RA	TR	LL	RL
5	321.4	321.5	27.4	246.4	257.5
50	280.7	282.8	22.4	218.3	227.7
100	272.3	272.7	20.5	208.7	209.1



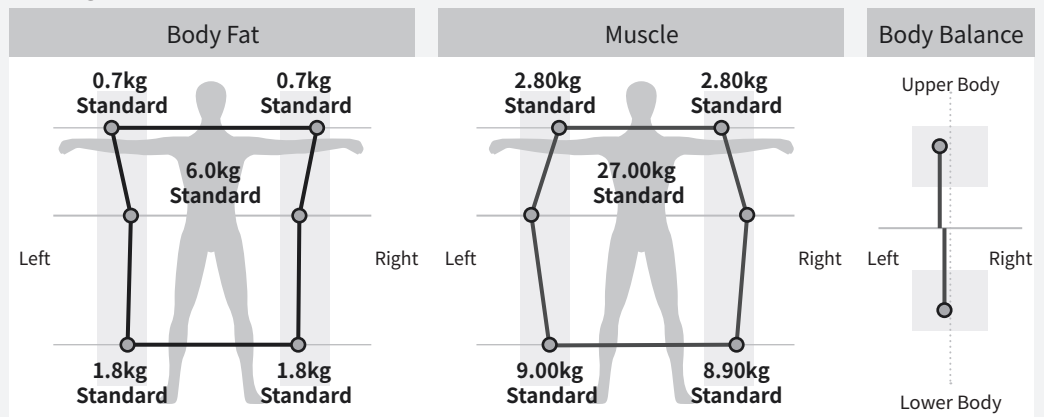
### Body Composition Analysis

	Total Body Water (L)	Protein (kg)	Mineral (kg)	Body Fat (kg)
Values (Standard)	<b>45.7</b> (35.3 - 47.6)	<b>9.5</b> (9.5 - 12.9)	<b>2.80</b> (3.37 - 4.56)	<b>12.0</b> (6.7 - 13.5)
Total Body Water (L)	<b>45.7</b> (35.3 - 47.6)	<b>55.8</b> (50.9 - 57.3)		
Muscle Mass (kg)	<b>Skeletal Muscle : 31.3</b> (29.1 - 35.6)			
Fat Free Mass (kg)	<b>58.0</b> (53.9 - 60.6)			
Weight (kg)	<b>70.0</b> (56.7 - 76.6)			

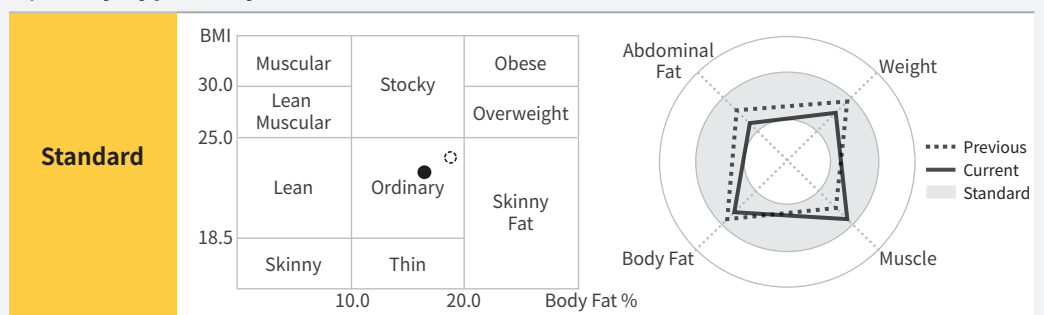
### Skeletal Muscle & Body Fat Analysis



### Segmental Analysis & Body Balance



### Body Type Analysis



### Body Composition History

