

ID / NAME : LWC005 / AUGUSTA CHIJINDU MARTINS

Height: 5 ft 0.6 in Age: 54 years Gender: Female Test Date/Time: 14/04/2021 09:27



Body Composition Analysis

[lb]

	values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water	69.0 (58.6 ~ 67.0)	69.0	86.6 (71.9 ~ 87.7)	93.9 (80.5 ~ 91.9)	152.3 (97.7 ~ 132.1)
Proteins	17.9 (15.2 ~ 18.7)				
Minerals	7.3 (5.7 ~ 7.1)				
Body Fat	58.4 (22.9 ~ 34.4)				

Muscle/Fat Analysis

[lb]

	Under	Normal	Over
Weight	65 75 85 100 115 125 135 145 155 165 175 185 [%]	152.3	
SMM Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 180 [%]	52.0	
Fat Mass	40 60 80 100 120 170 220 270 320 370 420 470 [%]	58.4	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	14.50 16.50 18.50 21.75 25.00 27.21 29.42 31.64 33.85 36.07 38.28 40.50 [kg/m ²]	29.2	
PBF (%) Percentage of Body Fat	10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0 60.0 65.0 [%]	38.3	
Obesity Degree	+32.6 (-10.0 ~ +10.0) %	Abdominal Circumference	34.3 (Less than 35inch) in

Abdominal Obesity Analysis

	Under	Normal	Over
WHR Waist to Hip Ratio	0.70 0.85	0.92	
VFL Visceral Fat Level	Subcutaneous 0 4 8 10 15	15	
VFA (cm ²) Visceral Fat Area	40 80	130	

Control Guide (Target Weight : 122.5)

[lb]

	Measured data	Control	Goal to Control
Fat Mass	58.4	-29.8	Target to Control -29.8
Muscle Mass	86.6	+0.0	Control/week 1.1
Weight	152.3	-29.8	Duration to Control 27 week

Extracellular Water Ratio

	Optimal	Boundary	Over
ECW ratio	0.337 0.374 0.411 0.414 0.418 0.424 0.430 0.436 0.442 0.448 0.454 0.460	0.380	

Body Composition Change

[lb]

Weight	152.3				
SMM Skeletal Muscle Mass	52.0				
Fat Mass	58.4				
Test date	14/04/2021 (9:27)				

Comprehensive Evaluation

Biological Age	56	years
Basal Metabolic Rate(BMR)	1290	kcal
Total Daily Energy Expenditure	1986	kcal
Body Cell Mass	60.4	lb
Total Score	69	Points

Body Balance Assessment

Upper Body L/R	☒ balanced ☐ imbalanced I ☐ imbalanced II
Lower Body L/R	☒ balanced ☐ imbalanced I ☐ imbalanced II

Segmental Lean Mass

Right Arm	4.94 lb [4.21 ~ 5.14]	/Fit
Left Arm	5.16 lb [4.21 ~ 5.14]	/Well
Trunk	42.84 lb [31.59 ~ 38.62]	/Well
Right Leg	13.65 lb [11.60 ~ 14.18]	/Fit
Left Leg	14.00 lb [11.60 ~ 14.18]	/Fit

Segmental Fat Mass

Right Arm	3.68 lb [1.79 ~ 2.69]	/Over
Left Arm	3.48 lb [1.79 ~ 2.69]	/Over
Trunk	26.46 lb [14.22 ~ 21.32]	/Over
Right Leg	8.07 lb [4.52 ~ 6.79]	/Over
Left Leg	7.76 lb [4.52 ~ 6.79]	/Over

Impedance (607)

Freq	5K	50K	250K
RA.Imp.	372	347	316
LA.Imp.	356	332	305
Trunk	9	9	8
RL.Imp.	286	267	241
LL.Imp.	274	252	232

Blood Pressure Analysis



For history management, please upload this results at the website using QR code scanning.