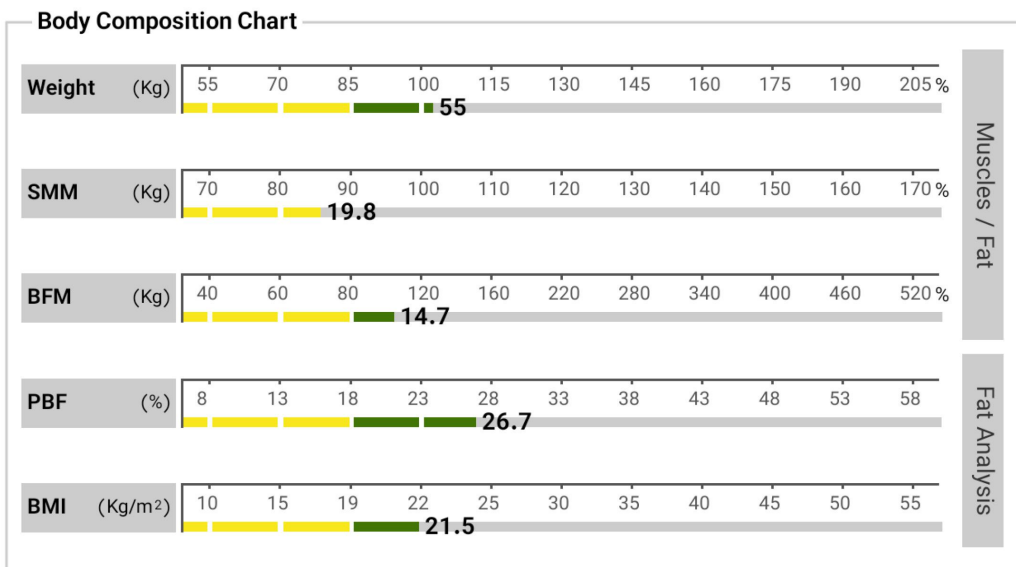
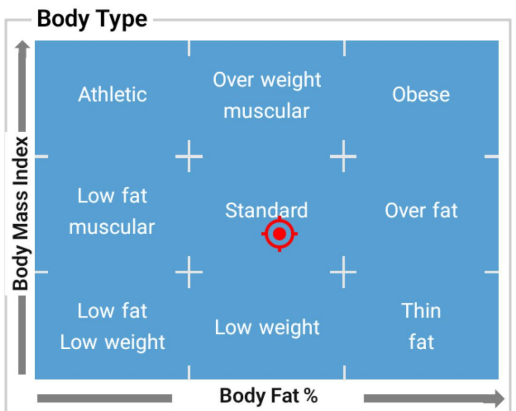




Anea BIA		Age	Gender	Height	Reg No
		37	Female	160 Cm	
First analysis:	2023/9/3	Last analysis:	2023/12/27	Date of Print:	2024/1/18
		Number of analysis:		8	

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  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					

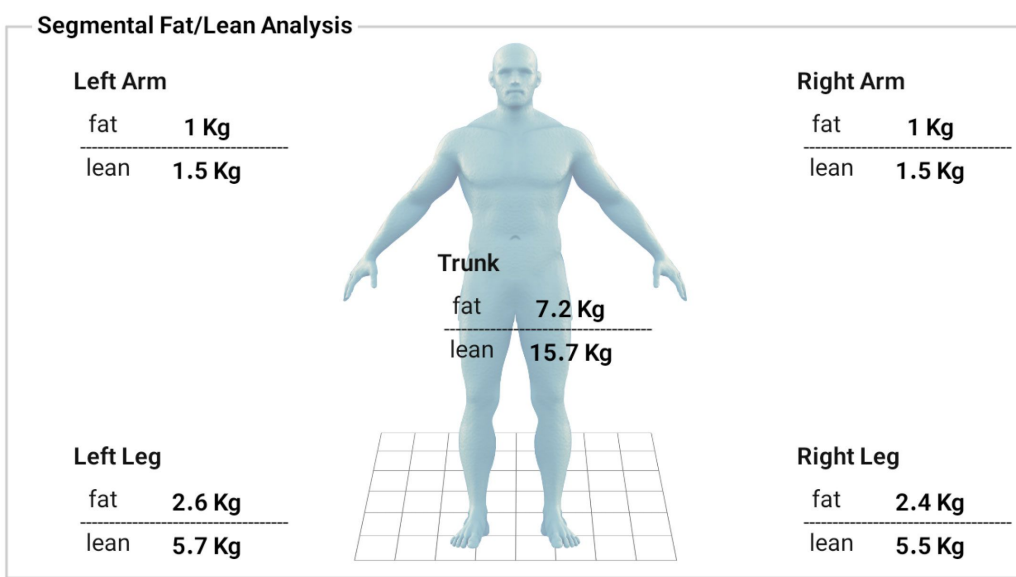


Research Parameters

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



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			

