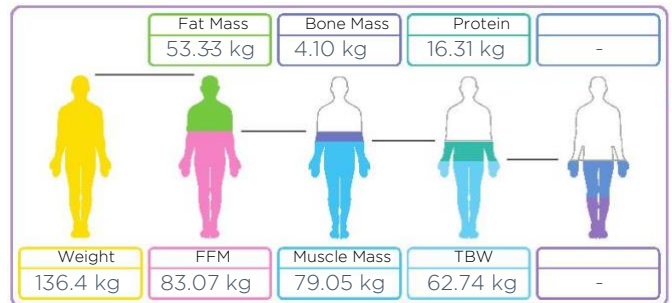




ID	15868192				
Name	Mark			Height	186 cm
Age	37		Type	PT	

	Result	Normal	Target	
Weight	136.4 kg	64-86 kg	-	
Fat	39.10 %	11-21%	-	
Fat Mass	53.33 kg		-	
Fat Free Mass	83.07 kg		-	
Muscle Mass	79.05 kg		-	
BMI	39.40	18.5-25	-	
Metabolic Age	52.00		-	



BMR	10816 kJ	
	2585 kcal	



	Obese					
	Over Fat	Hidden obese	Obese		Solidly-Build	
Fat	Healthy					
		Under Exercised	Standard		Standard Muscular	
	Under Fat					
		Thin	Thin and Muscular		Very Muscular	
		-	○		+	
		Muscle Mass				

Muscle Mass

Trunk
39.6 kg

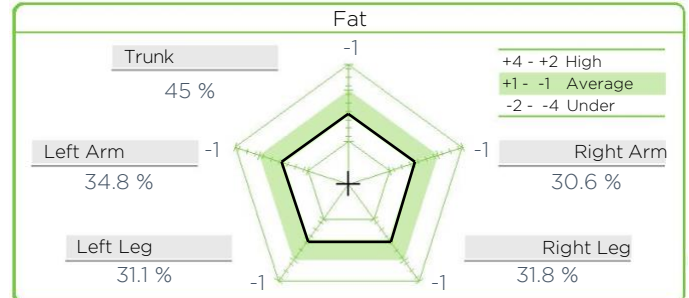
Left Arm
5.2 kg

Left Leg
14.6 kg

Right Arm
5.4 kg

Right Leg
14.4 kg

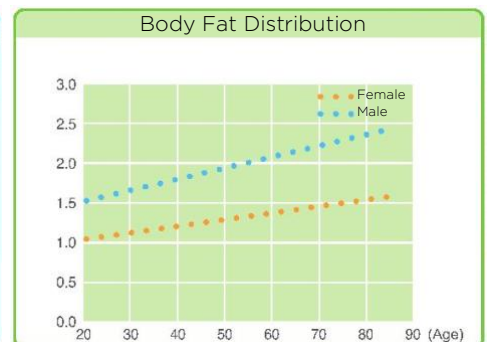
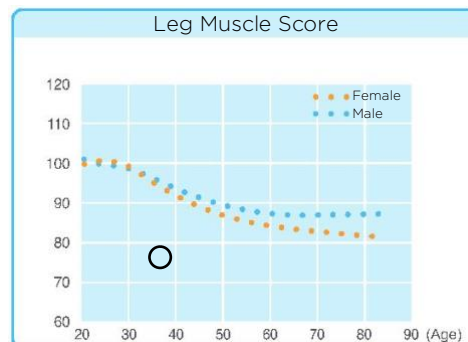
Legend:
+4 - +2 High
+1 - -1 Average
-2 - -4 Under



Muscle Mass Balance

Left Arm Right Arm

Left Leg Right Leg



	Weight	Muscle Mass	Fat in %
08.02.2023	136.4	79.05	39.10
Initial	136.4	79.05	39.10