ID:

Name:

Date: 2022-08-15 14:16

Height: 164.0 cm Weight: 87.6 kg Age: 30 yrs Gender: Female

Index : 002247

Pulse wellbeing

PH...0417457374

GBX PRODIGY

Body Composition

Weight
87.6 / Over
[53.2-65.1]

Std.wt.
59.2

L.B.M.
59.8 / Over
[41.4-47.3]

M.B.F.
27.8 / Over
[11.8-17.8]
31.7%

S.L.M.
54.9 / Over
[38.1-43.8]

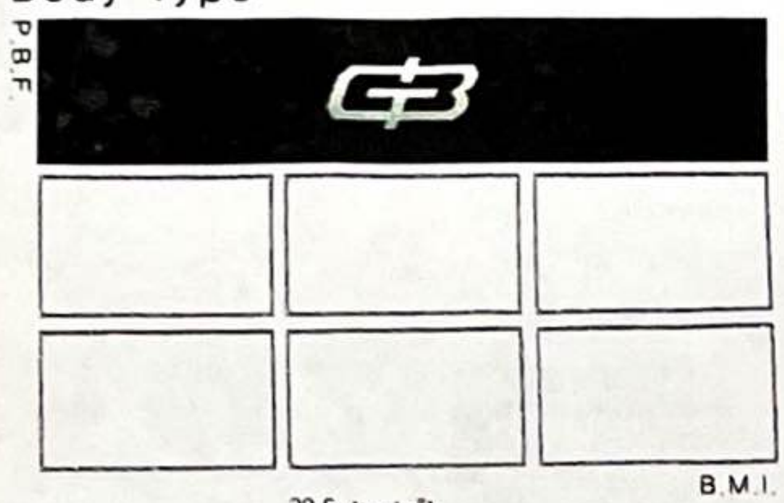
S.M.M.
32.9 / Over
[22.8-26.2]

Mineral
4.9 / Over
[3.2-3.5]

T.B.W.
43.1 / Over
[29.8-34.0]

Protein
11.8 / Over
[8.2-9.4]

Body Type



Body Status

	Under	Optimal	Over		
Weight	70 80 90	100 110 120 130 140	150	87.6	[%]
B.M.I. kg/m²	14.50 16.50 18.50	21.75 25.00 27.50 30.00	32.50 35.00	32.6	[kg/m²]
P.B.F.	10.0 15.0 20.0	25.0 30.0 35.0 40.0	45.0 50.0	31.7	[%]
S.L.M.	70 80 90	100 110 120 130 140	150	54.9 (92 %)	[%]
S.M.M.	70 80 90	100 110 120 130 140	150	32.9	[%]

Abdominal Analysis

	Subcut-aneous	Balanced	Border-line	Visceral I	Visceral II	
V.F.L.	1 5	9	11	16		9
V.F.A.	40	80				64
	Under	Optimal	Over			
W.H.R.	0.70	0.85				0.80
A.C.	88.6 (Less than 88cm)					

Control Guide

	Measured data	Control		Goal to Control
M.B.F. kg	27.8	+ 10.0	Target to Control	+ 10.0
S.L.M. kg	54.9	+ 11.1	Control / Week	0.5
Weight kg	87.6	+ 28.4	Duration to Control	20 week

You need to control	550	kcal from T.E.E. 2156	kcal
By diet	Reduce 220kcal	Diet prescription	1936kcal
By exercise	Consume 330kcal	exercise prescription	330 kcal

Body Composition Change

	Date	Weight	P.B.F.	S.L.M.
Previous		kg	%	kg
Present	22.08.15	87.6 kg	31.7 %	54.9 kg

※This result consists of the calculated values by using measured weight and impedance and entered height, age and gender.

Segmental S.L.M.

Lt. Arm: 4.00 Kg[2.53~ 2.91] /Well
Rt. Arm: 4.10 Kg[2.53~ 2.91] /Well
Lt. Leg: 9.97 Kg[7.00~ 8.03] /Well
Rt. Leg: 10.26 Kg[7.00~ 8.03] /Well
Trunk: 26.56 Kg[19.09~21.90] /Well

Segmental M.B.F.

Lt. Arm: 1.58 Kg[1.18~ 1.78] /Optimal
Rt. Arm: 1.48 Kg[1.18~ 1.78] /Optimal
Lt. Leg: 5.21 Kg[3.23~ 4.85] / Over
Rt. Leg: 5.12 Kg[3.23~ 4.85] / Over
Trunk: 14.41 Kg[8.67~13.01] / Over

Balance

Upper-Lower ☐ Balanced ☐ Unbalanced
Left-Right ☐ Balanced ☐ Unbalanced

E.C.W./T.B.W. (0.382)
☐ Optimal ☐ Borderline ☐ Edema

B.C.M.: 40.3 Kg[26.0~33.1]
B.M.R.: 1400 Kcal
T.E.E.: 2156 Kcal
A.M.B.: 31 yrs

72 / 100

Impedance (404 Ω)*

Freq.	5K	50K	250K
RA.Imp	248	206	179
LA.Imp	251	226	184
Trunk	60	52	43
RL.Imp	156	126	112
LL.Imp	157	146	115

SYS mmHg / DIAS mmHg
PULSE bpm

Scan the left QR code with a smart phone to see the result on the website.

GBX PRODIGY RESULTS SHEET

BODY COMPOSITION

1. WEIGHT: Overall body weight in kilograms

2. STANDARD WEIGHT: A basic guide to see whether you are an ideal weight for your height. We now know there is far more to understanding ones body composition. This is why it is important to read on to discover what your body is made up of.

3. L.B.M (LEAN BODY MASS): Soft Lean Mass + Mineral = Lean Body Mass
Mass which excludes the body fat, it consists of muscle and mineral. Represents the weight of your muscle, bones, ligaments, tendons and internal organs.

4. S.L.M (SOFT LEAN MASS): Body water + Protein = Soft Lean Mass
Soft Lean Mass consists of the Skeletal Muscle Mass and Internal organs.

5. S.M.M (SKELETAL MUSCLE MASS): Muscles that are attached to your bones i.e. Quads, Hamstrings, Biceps etc. (kg). It is recommended to always maintain or increase this muscle; this can be done through exercise and diet. Ideally your SMM should reach or surpass the optimal range (indicates high muscle mass).

6. T.B.W (TOTAL BODY WATER): This consists of intra-cellular and extra-cellular water. Healthy adults body water should be approx. 45-65% of the total body weight.

7. PROTEIN: Protein consists of nitrogen & a high protein content indicates good muscle mass and health. Your protein content should be within or exceed the optimal range. Low protein levels suggest low muscle mass/ poor nutrition.

8. MINERAL: This is your bone mineral density. If you have more lean mass, the weight of bones strengthens, therefore increases the bone mineral. This is important to monitor, as we age there is approximately a 2% loss of bone mass per decade in older populations. Bone density can be increased through resistance training.

9. M.B.F (BODY FAT): Your lean body mass subtracted from your overall weight gives you your total body fat (kg).

BODY STATUS

10. B.M.I (BODY MASS INDEX): The weight is divided into the square of height. [Kg/m²]. BMI does not take into account individuals with high muscle mass.

11. P.B.F (BODY FAT PERCENTAGE): The percentage of body fat compared to body weight. For optimal health the range is 10~20% for male, 18~28% for female.

ABDOMINAL ANALYSIS

12. VISCERAL FAT LEVEL: The hidden fat stored around the internal organs. The fat you cant see is the fat you should worry about, a high visceral fat level can have health risks associated such as heart disease & diabetes. Level 1-9 is considered healthy.

13. V.F.A (VISCERAL FAT AREA): Visceral fat area is indicated in cm². The optimal range is 50-100 cm sq. (male) and 40-80 cm sq. (female) Men tend to have more visceral fat, while women carry more subcutaneous fat.

14. W.H.R (WAIST HIP RATIO): An indicator of your internal fat distribution. The higher the number the more uneven the distribution can become between the waist & the hip. Calculated by dividing waist girth by hip girth.

15. A.C (ABDOMINAL CIRCUMFERENCE): This is an estimated measurement of your navel circumference.

16. CONTROL GUIDE: This shows a guideline of the amount of weight, body fat, soft lean mass that needs to be controlled.

17. SEGMENTAL S.L.M: This is your soft lean mass of 5 body parts (left/ right arms, left/ right legs & trunk). This is a great way to discover the presence of any muscular imbalances as well as track muscular increases in a specific body part

18. SEGMENTAL M.B.F: this is your fat mass of 5 body parts (left/ right arms, left/ right legs & trunk). This is a great way to track fat loss in a specific body part.

19. BALANCE: This shows how your upper body is balanced compared to your lower body.

20. E.C.W/T.B.W: Extra Cellular Water/ Body Water is the index evaluating the water balance of the ratio of extra-cellular water to the total body water.

21. B.C.M: Body cell mass is the sum of cells containing intracellular water & protein found in the organs.

22. B.M.R (BASAL METABOLIC RATE): The minimum amount of energy required sustaining vital functions whilst at rest. Increase muscle mass for a higher BMR.

23. T.E.E (TOTAL ENERGY EXPENDITURE): This is the sum of the Basal Metabolic Rate & calories needed for daily activity (calculated by multiplying the B.M.R Physical activity level).

24. A.M.B (AGE MATCH TO BODY): Your Fitness Age based on your internal health i.e. Muscle mass, body fat etc. If you are younger than you are, you're on the right track, if not, healthy eating and training will help improve this.