VISBODY

Body Composition Report

ID : pzk777@qq.com   Gender : Male
Height : **176 cm**   Age : **36**   Test Date/ Time : **Mar 15,2024,09:32**
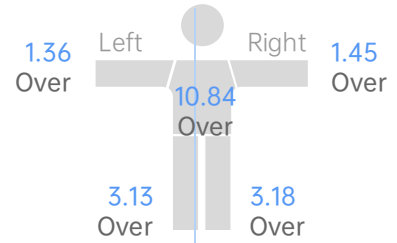
Score 69
Compared to The Last Score   -2

Body Composition Overview

	Values	Body Fat Mass	Inorganic Salts	Protein
Weight kg	80.1 [59.1~80.0]	22.0 [8.2~16.4]		
Lean Body Mass kg	58.1 [52.2~63.8]		4.1 [3.5~4.3]	
Muscle Mass kg	55.6 [49.2~60.1]			11.6 [10.3~12.6]
Body Water kg	42.4 [38.4~46.9]			

Muscle-Fat Analysis

	Under	Normal	Over	Standard Range	Net
Weight kg			80.1	[59.1~80.0]	⬇ 1.2
SMM kg		33.3		[29.2~36.2]	⬇ 1.0
Body Fat Mass kg			22.0	[8.2~16.4]	⬆ 0.8

Obesity Analysis

	Under	Normal	Over	Standard Range	Net
BFP %			27.4	[10.0~20.0]	⬆1.4
BMI kg/m²		25.9		[18.5~24.0]	⬇0.3
WHR		0.94		[0.80~0.90]	⬆0.02

	Under	Normal	Over	Standard Range	Net
Basal Metabolism Rate kcal/ d		1652.8		[1460.2~1784.6]	⬇38.4

	Normal	Over	Standard Range	Net
Visceral Fat Level	8.0		[1.0~10.0]	⬆0.0

	Under	Normal	Over	Standard Range	Net
ICW kg		26.9		[23.8~29.1]	⬇ 0.7
ECW kg		16.2		[14.6~17.8]	⬇ 0.7

	Values	Obesity Assessment	Gold Standard	Net
Weight kg	80.1	⚠ Over	69.6	-10.5
Body Fat Mass kg	22.0	⚠ Over	12.0	-10.0
Muscle Mass kg	55.6	☑ Normal	55.6	0.0

Body Composition History

Weight kg					
79.6	79.5	80.3	79.7	81.3	80.1
02/22 2024	02/27 2024	03/05 2024	03/08 2024	03/14 2024	03/15 2024

Muscle Mass kg					
56.7	55.9	56.7	55.9	57.2	55.6
02/22 2024	02/27 2024	03/05 2024	03/08 2024	03/14 2024	03/15 2024

BFP %					
26.8	25.8	25.6	26.7	26.0	27.4
02/22 2024	02/27 2024	03/05 2024	03/08 2024	03/14 2024	03/15 2024

* Body composition score standard has been updated on 28/04/2022.

Segmental Fat Analysis kg

	Left	Right	
1.36 Over			1.45 Over
	10.84 Over		
3.13 Over			3.18 Over

Segmental Lean Analysis kg

	Left	Right	
3.18 Normal			3.08 Normal
	25.95 Normal		
9.48 Normal			9.34 Normal

Weight: Weight is the sum of body water, protein, inorganic salt and body fat.

Lean Body Mass: Lean Body Mass is the total body weight without fat.

Muscle Mass: Soft lean mass is the lean body mass, which includes skeletal muscle, smooth muscle, and cardiac muscle.

Body Water: Most of the human body is water with an amount of 50%-70% of body weight. And body water is mainly in human cells and body fluids, most of which is in muscle cells.

Body Fat Mass: Body Fat mass is the sum of subcutaneous fat, visceral fat and muscle fat.

Inorganic Salts: The human body is composed of organic matter, inorganic matter and water. The inorganic matter here is inorganic salts which amounts to 5% of the body weight.

Protein: Protein is a solid substance with ammonia, which exists in all cells of the human body. It is the main component of muscle mass.

SMM (Skeletal Muscle Mass): Skeletal muscle mass, also known as striated muscle, is a type of muscle attached to bones. This data contains the amount of Skeletal Muscle.

BFP (Body Fat Percentage): BFP is a measurement of body composition telling how much of the body weight is fat.

BMI: BMI is mainly used to assess the appearance of obesity, and it is a common standard for measuring body fatness.

WHR (Waist-Hip Ratio): The ratio of waist to hip circumference, it is an important indicator for determining central obesity.

Basal Metabolism Rate: Basal Metabolism rate is the total energy consumed in a day when the body is at rest, not affected by exercise, physical objects, nervousness, external temperature changes, etc.
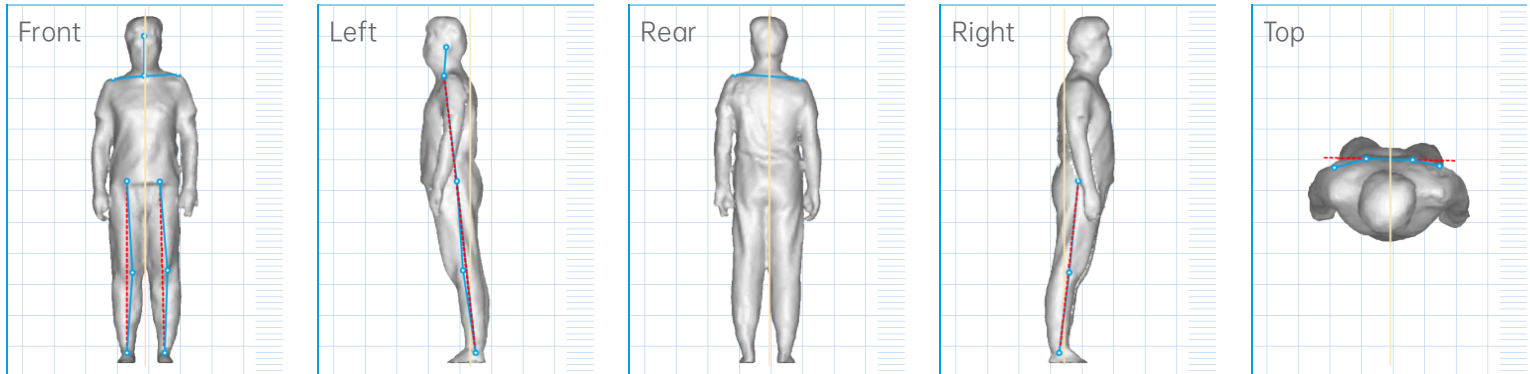
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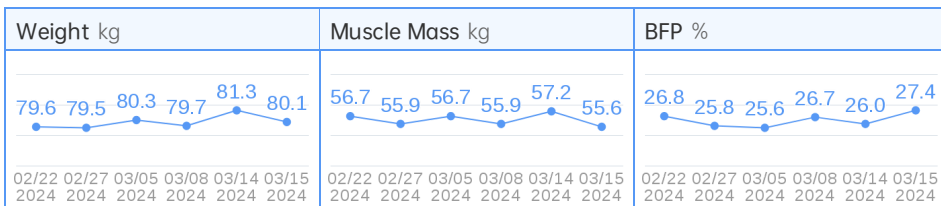
Posture Analysis Report

ID : pzk777@qq.com   Gender : Male
Height : 176 cm   Age : 36   Test Date/ Time : Mar 15,2024,09:32

Score 89

Compared to The Last Score +9

Front	Left	Rear	Right	Top

Posture Evaluation Overview * To ensure the data's accuracy, please wear tight clothes

	Values	Evaluation Conclusion	Risk Warning
Forward Head Posture	-3.8°	Normal	--
Head Tilt	0.5°	Possible Head tilt (Left Side)	Head tilt may lead to unilateral neck discomfort, migraine and the numbness and weakness of the arms.
Rounded Shoulders Posture(left side)	12.2°	Normal	Rounded shoulders posture may reduce the chest volume, restrict the diaphragm movement, affect the respiratory, cardiovascular systems and the absorption. It may lead to symptoms such as chest distress, dizziness and shortness of breath.
Rounded Shoulders Posture(right side)	17.1°	Possible Rounded Shoulders (Right Side)	
Uneven Shoulders	2.5cm	Possible Uneven Shoulders (Left High)	Uneven shoulders may lead to chronic pain of neck and shoulders, accompanied by the symptoms such as scoliosis, pelvic displacement and leg length discrepancy
Pelvic forward/Pelvic posterior displacement	180.5°	Normal	--
Left Knee Evaluation	175.3°	Normal	--
Right Knee Evaluation	178.7°	Normal	
Leg Type	Left leg:187.0° Right leg:172.7°	Normal	--

Body Circumference Report

ID : pzk777@qq.com   Gender : Male
Height : 176 cm   Age : 36   Test Date/ Time : Mar 15,2024,09:32

	Present	Last
Positive		

	Present	Last
Left profile		

	Present	Last
Right profile		

Body Circumferences cm
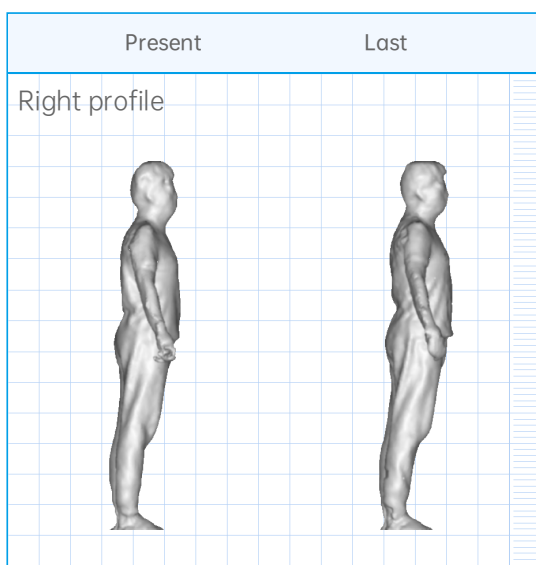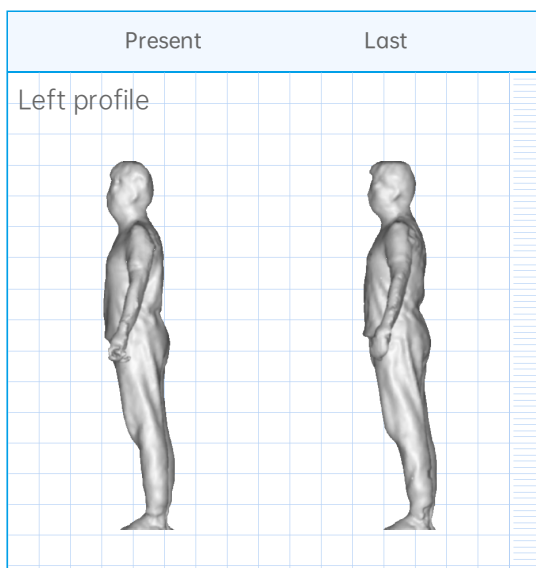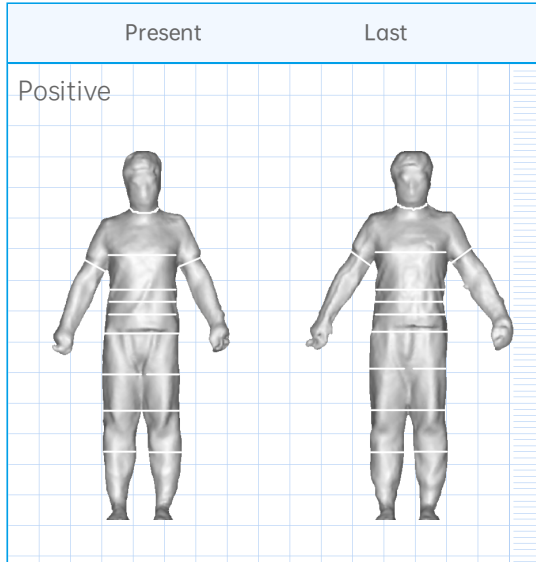
Item	Present	Last	Net
Neck circumference	42.7	42.9	⬇ 0.2
Left upper arm	33.0	34.0	⬇ 1.0
Right upper arm	34.5	34.5	⬆ 0.0
Chest	103.6	104.4	⬇ 0.8
High Waist	95.8	93.7	⬆ 2.1
Mid Waist	95.3	94.0	⬆ 1.3
Low waist	99.6	99.1	⬆ 0.5
Hipline	104.4	103.1	⬆ 1.3
Left thigh	61.0	63.0	⬇ 2.0
Minimum circumference of left thigh	56.1	57.2	⬇ 1.0
Right thigh	63.5	64.5	⬇ 1.0
Minimum circumference of right thigh	55.4	56.9	⬇ 1.5
Left calf circumference	45.5	46.0	⬇ 0.5
Right calf circumference	47.2	48.0	⬇ 0.8

Shoulder Function Report

ID : pzk777@qq.com   Gender : Male
Height : 176 cm   Age : 36   Test Date/ Time : Mar 15,2024,09:32

Shoulder Function Assessment

	Item	Values	Standard Range	Evaluation Conclusion	Net
	Abduction and Upthrow - Left Hand	177.2°	[150.0°~180.0°]	Normal	↑ 1.3 °
	Abduction and Upthrow - Right Hand	175.0°	[150.0°~180.0°]	Normal	↓ 5.9 °
	Anteflexion and Upthrow - Left Hand	175.1°	[120.0°~180.0°]	Normal	↑ 0.3 °
	Anteflexion and Upthrow - Right Hand	172.7°	[120.0°~180.0°]	Normal	↓ 2.5 °

Shoulder Function Assessment Result

No significant abnormalities in shoulder function have been detected.