



Body Composition Analysis

Name: _____

Body mass: _____

BMI: _____

Fat tissue: _____ %

Total body water: _____ %

Muscle mass: _____ kg

Body type: _____

Bone mass: _____ kg

BMR: _____ kcal

Metabolic age: _____

Visceral fat: _____

Recommended range: 18.5-25

Females

Males

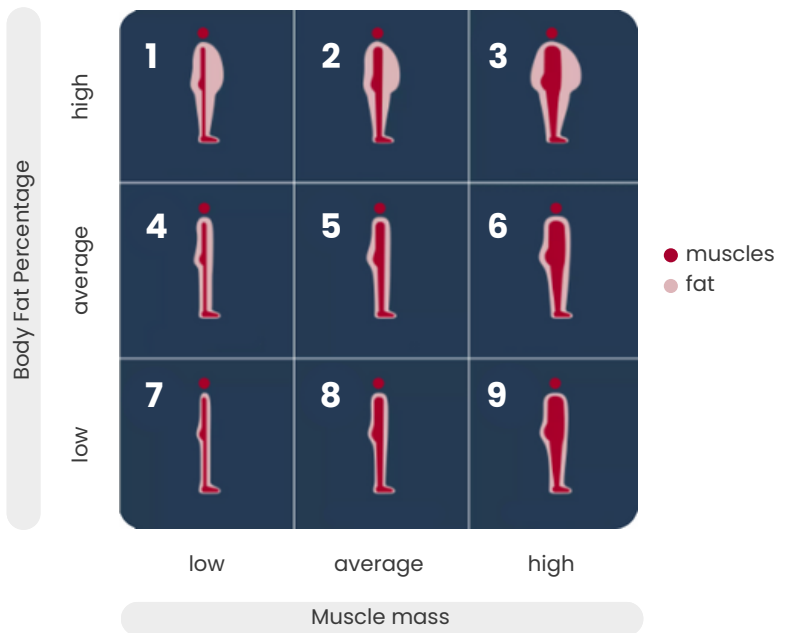
21-33 % 18-39 years old

8-20%

23-34 % 40-59 years old

11-22%

F 45-60% **M** 50-65%



F 1.95 - 2.95 **M** 2.66 - 3.69

Norm: 1-12

Recommendations
