

# ALZI systems Human Body Composition Analysis Report

ID : 123456789012 Gender: Female Type: Athlete size

Login way: Guest

Name: Reduan Ziani Age: 32 Height: 175.5 cm

Date: 2020-11-22 10: 21

## 1 Body Composition Analysis

Weight	59.1 kg (43.9-59.5)	
Non-fat mass	37.3 kg (35.8-43.7)	Body fat mass
Muscle mass	35.1 kg (33.8-41.7)	Skeletal muscle
Body water	27.5 L (26.3-32.1)	19.6 kg (19.5-23.9)
Intracellular fluid=ICF	16.6 L (16.3-19.9)	Inorganic salt
Extracellular fluid=ECF	10.9 L (10.0-12.2)	2.63 kg (2.44-2.98)
	Protein	
	7.2 kg (7.0-8.6)	

## 2 Muscle Fat Analysis

	Low standard	Standard	Super standard	Standard Value
Weight (Kg)	75.6			68.2-79.5
Skeletal muscle (kg)	31.8			18.8-29.5
Body fat mass (Kg)	27.8			18.5-39.6

## 3 Obesity Analysis

	Low standard	Standard	Super standard	Standard Value
BMI	22.6			18.5-23.9
Body fat (%)	25.3			16.8-23.5
Visceral fat	Standard	Height	Very high	Standard Value
	12			1-9

## 4 Extracellular water ratio analysis

	Low standard	Standard	Super standard	Standard Value
Extracellular water ratio(%)	0.397			0.360-0.390

## 5 Segmental Lean Analysis

Segment	Muscle mass	Fat mass	Fat ratio
1 Right Arm	2.9 Kg	1.0 Kg	25.2 %
2 Left Arm	3.1 Kg	1.0 Kg	23.8 %
3 Trunk	30.5 Kg	18.1 Kg	36.1 %
4 Right Leg	11.9 Kg	5.2 Kg	29.3 %
5 Left Leg	11.8 Kg	5.3 Kg	29.7 %

## 6 Recent change trend of body indexes



## 7 Overview

Physical examination score	69 points
Body age	45 years old

## 8 Other Items

Body water rate	32.8 % (30.5-38.6%)
Intracellular fluid=ICF	16.6 L (16.3-19.9)
Extracellular fluid=ECF	10.9 L (10.3-12.2)
Basal metabolic rate	1176 kcal
Protein ratio	25.2 % (18.2-30.1%)

## 9 Body type analysis result

- Invisible obese  
  Obese  
  Over obese  
 Insufficient type  
  Standard type  
  Standard muscle type  
 Thin  
  Lean muscle type  
  Muscular

## 10 Nutrition analysis

- Protein**  
 Insufficient  
  Normal  
  Overdose  
**Fat**  
 Insufficient  
  Normal  
  Overdose  
**Inorganic salt**  
 Insufficient  
  Normal  
  Overdose

## 11 Weight control

Target weight	75.2	kg
Weight control	- 1.4	kg
Fat control	- 8.6	kg
Muscle control	+ 6.9	kg

## 12 Bioelectrical impedance

	RA	LA	TR	RL	LL
5KHz	372.2	372.2	26.2	372.2	372.2
50KHz	357.8	357.8	25.8	357.8	357.8
250KHz	313.2	313.2	20.2	313.2	313.2
500KHz	321.3	321.3	19.3	321.3	321.3
1000KHz	321.3	321.3	17.3	321.3	321.3

## 13 Expert's comments