

ID / NAME : serwis / Serwis Vbody

Height : 189,0 cm Age : 42 years Gender: Male Test Date/Time : 05.02.2026 11:53

Body Composition Analysis

	values	Body Water	Soft Lean Mass	Fat-Free Mass	Weight
Body Water (L)	53,6 (Over)	53,6	68,1 (Over)	73,0 (Over)	88,3 (Normal)
Protein (kg)	14,5 (Over)				
Minerals (kg)	4,9 (Normal)				
Body Fat (kg)	15,3 (Normal)				

Muscle/Fat Analysis [kg]

	Under	Normal	Over
Weight	30 50 70 85 100 115 140 160 180 200 220 240 260 [%]	88,3	
SMM Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 180 [%]	40,9	
Fat Mass	40 60 80 100 120 170 220 270 320 370 420 470 [%]	15,3	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	5,0 10,0 15,0 18,5 22,0 25,0 30,0 35,0 40,0 45,0 50,0 55,0 60,0 [kg/m ²]	24,7	
PBF (%) Percentage of Body Fat	5,0 10,0 15,0 17,5 20,0 25,0 30,0 35,0 40,0 45,0 50,0 55,0 [%]	17,4	
WHR Waist to Hip Ratio	0,75 0,90	0,88	

Height/Weight Assessment

Height

Weight

Comprehensive Evaluation

Body Type	You have much muscle	
Basal Metabolic Rate(BMR)	1945	kcal
Total Daily Energy Expenditure	2995	kcal
Body Cell Mass	47,9 (41,4 ~ 48,2)	kg
Obesity Degree	+12,4 (-10,0 ~ +10,0)	%

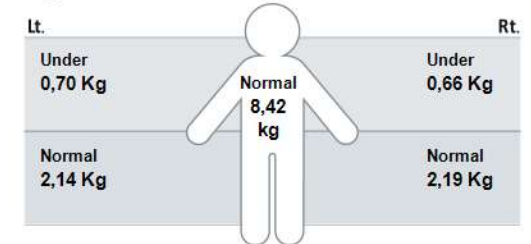
Body Balance Assessment

Upper Body L/R	<input checked="" type="checkbox"/> balanced	<input type="checkbox"/> imbalanced I	<input type="checkbox"/> imbalanced II
Lower Body L/R	<input checked="" type="checkbox"/> balanced	<input type="checkbox"/> imbalanced I	<input type="checkbox"/> imbalanced II

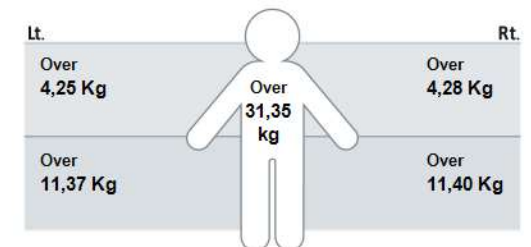
Control Guide

Target Weight	88,3	kg
Weight Control	+0,0	kg
Muscle Control	+0,0	kg
Fat Control	+0,0	kg

Segmental Fat Mass



Segmental Lean Mass



Impedance (505)

Freq	5K	50K	250K
RA.Imp.	295	256	229
LA.Imp.	296	257	229
Trunk	26	22	19
RL.Imp.	263	228	204
LL.Imp.	259	224	201

[MEMO]