

BODY WEIGHT

70.70 Kg

OPTIMAL



BODY MASS INDEX

21.80

OPTIMAL



BODY FAT RATIO

13.14 %

OPTIMAL



MUSCLE RATE

82.52 %



BODY WATER

62.71 %

EXCELLENT



BONE MASS

3.07 Kg

EXCELLENT



BASAL METABOLIC RATE

1696.00 kcal

EXCELLENT



METABOLIC AGE

24.00



VISCERAL FAT

4.97 %

NORMAL



SUBCUTANEOUS FAT

11.59 %

NORMAL



PROTEIN MASS

19.80 Kg

EXCELLENT



MUSCLE MASS

58.34 Kg

NORMAL



WEIGHT WITHOUT FAT

61.41 Kg

EXCELLENT



OBESITY LEVEL

Ideal



SKELETAL MUSCLE MASS

56.11 Kg



IDEAL BODY WEIGHT

71.30 Kg



WATER WEIGHT

44.34 Kg



OBESITY GRADE

Standard

FAT MASS

9.29 Kg



BODY SCORE

79.00

