

ID | Height | Age | Gender | Test Date / Time
5ft. 10.5in. | 56 | Male

WM4L Method

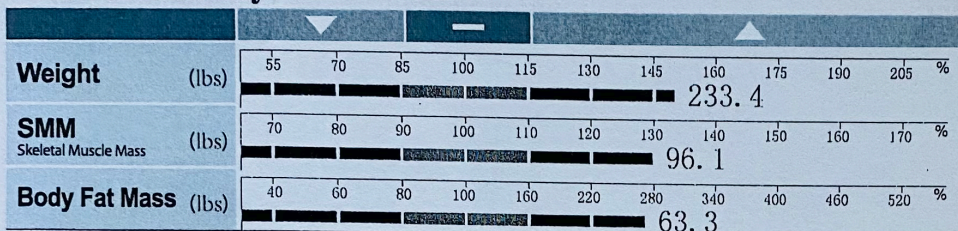
The best version of you.
One bite at a time.

561.501.1007

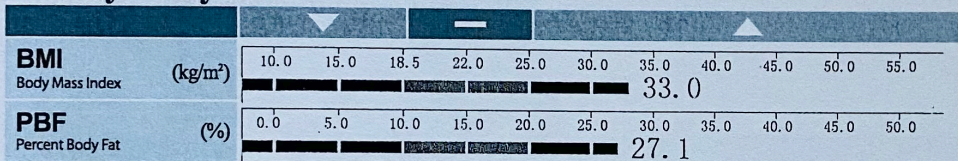
Body Composition Analysis

| | Values | Total Body Water | Lean Body Mass | Weight |
|---------------------------|--------|------------------|----------------|--------|
| Intracellular Water (lbs) | 76.9 | 125.0 | 170.2 | 233.4 |
| Extracellular Water (lbs) | 48.1 | | | |
| Dry Lean Mass (lbs) | 45.2 | | | |
| Body Fat Mass (lbs) | 63.3 | | | |

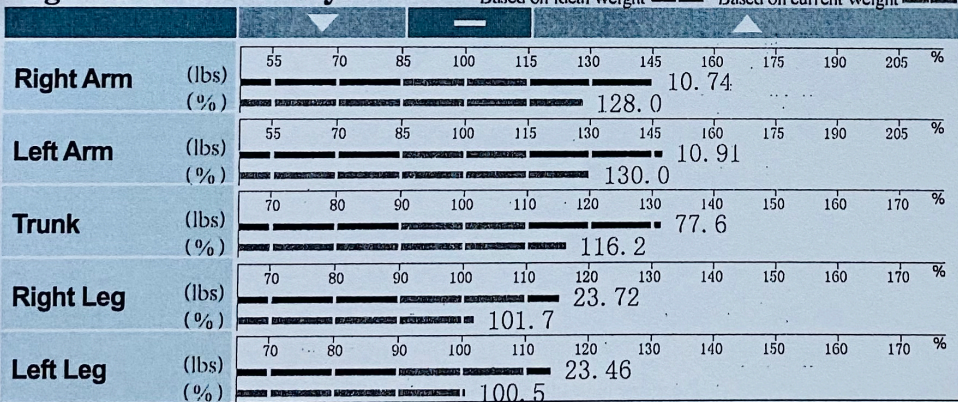
Muscle-Fat Analysis



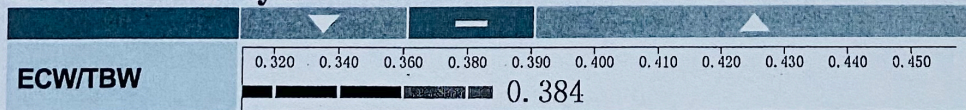
Obesity Analysis



Segmental Lean Analysis



ECW/TBW Analysis



Body Composition History

| | | | | | | | | | |
|----------------------------------|-------|--|--|--|--|--|--|--|--|
| Weight (lbs) | 233.4 | | | | | | | | |
| SMM (Skeletal Muscle Mass) (lbs) | 96.1 | | | | | | | | |
| PBF (Percent Body Fat) | 27.1 | | | | | | | | |
| ECW/TBW | 0.384 | | | | | | | | |

✓ Recent □ Total

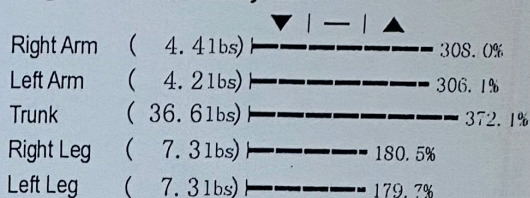
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11:21

Body Fat - Lean Body Mass Control

Body Fat Mass -33.3 lbs
Lean Body Mass 0.0 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis



Basal Metabolic Rate

2036 kcal

Visceral Fat Level

Level 13

Low 10 High

Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW / TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

| | RA | LA | TR | RL | LL |
|------------|-------|-------|------|-------|-------|
| Z(Ω) 5 kHz | 251.4 | 246.9 | 17.6 | 227.3 | 232.0 |
| 50 kHz | 220.3 | 216.1 | 15.1 | 201.2 | 205.1 |
| 500 kHz | 186.7 | 184.0 | 11.1 | 176.6 | 178.9 |