## Member Info

X-CONTACT 350

ID : 4 NAME : (redacted)

DATE : 2016-11-07 11:04:11

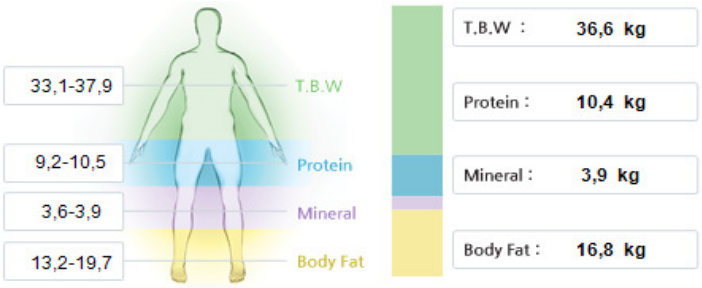
HEIGHT : 173,0 AGE : 30

WEIGHT : 67,7 kg GENDER : Kobieta

## Body Composition - Body Composition

| | | |
|---|---|---|
| Weight 67,7 | /Optymalnie [59,2 ~ 72,3] | Std.wt. 65,8 |
| L.B.M. 50,9 | /Optymalnie [46,0 ~ 52,6] | M.B.F. 16,8 /Optymalnie [13,2 ~ 19,7] |
| S.L.M. | S.M.M. | Mineral |
| T.B.W. 36,6 | /Optymalnie [33,1 ~ 37,9] | Ptotein |
| I.C.W. 22,2 /Optymalnie [21,9 ~ 23,9] | E.C.W. 14,4 /Optymalnie [12,7 ~ 14,7] | |

## Body Composition - Ratio of Body Composition



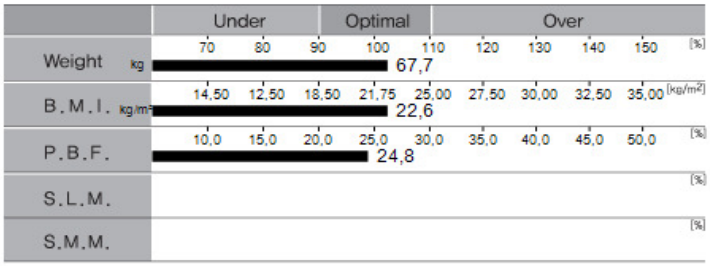

T.B.W : 36,6 kg

Protein : 10,4 kg

Mineral : 3,9 kg

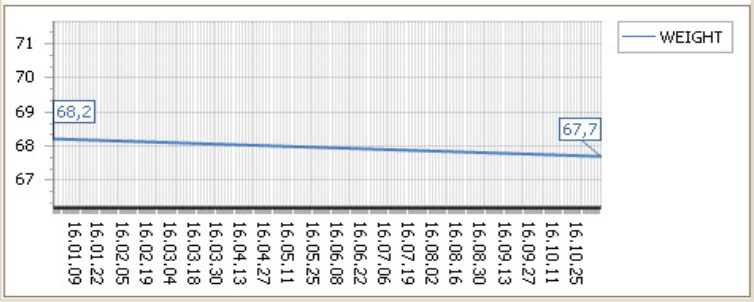
Body Fat : 16,8 kg

## Body Composition - Body Composition Graph

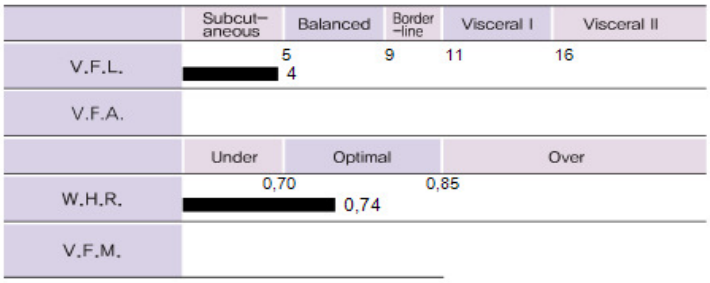



## Body Composition - Trend Graph

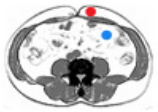
Line | WEIGHT



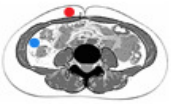

## Abdominal - Abdominal Analysis




## Abdominal - Abdominal Fat Type



☑ Subcutaneous



☐ Visceral

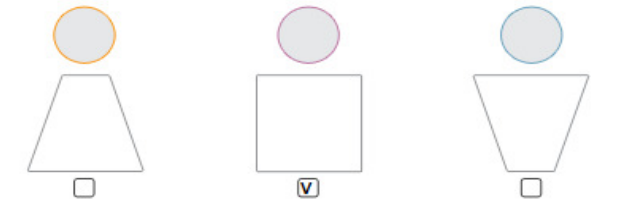
● Visceral Fat Type
● Subcutaneous Fat Type

**Subcutaneous Fat Type vs Visceral Fat Type**

Abdominal fat is divided into visceral fat being in mesentery and subcutaneous fat piled under skin. Visceral obesity is more common for the man or elderly people than women of younger people and increased by overeating, physical inactivity and heredity etc.

Alcohol consumption and physical inactivity for the men after 30s and postmenopausal and high carbohydrate intake for the women are significant causes involved in the visceral obesity.

## Abdominal - Body Type According to Abdominal Fat




## Abdominal - Trend Graph

Line | W.H.R LEVEL