

ID: Dekompnistlibeer@... Gender: Male Age: 37 Test time: 2026-01-12 17:27:38 Afternoon

Body shape evaluation



Physical age: 36

Height: 177

Weight: 74.4

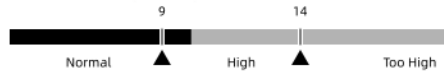
Fit&Strong	Strong	Overweight &Strong	Obese &Strong
Fit	Standard	Overweight	Obese
Thin	Weak	Overweight &Weak	Obese &Weak

★ Current body shape ● historical figure

● WHR 0.9

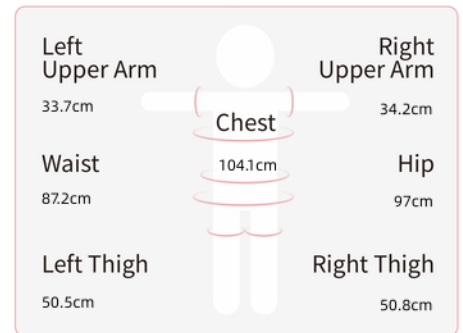


● Visceral fat (Level) 10



Segmental analysis

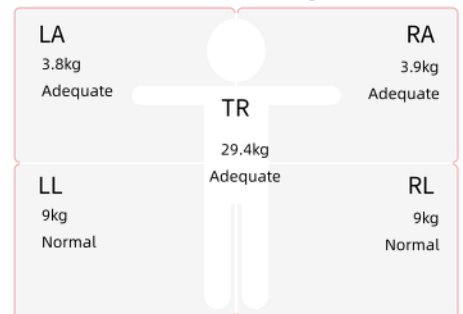
● Segment circumference



● Segment fat



● Segment muscle



Body composition analysis

Project	Value	Soft Lean Mass	Fat Free Mass	Weight	Standard Range
TBW	44.7	57.5	61.4	74.4	40.3-45.3
Protein	12.7	51.3-57.7			11-12.4
Mineral	3.9		55.1-62	62-75.8	3.9-4.3
Fat mass	13				6.9-13.8

Weight = Body Fat Mass + Fat Free Mass; Fat free mass = Mineral + Soft Lean Mass; Soft Lean Mass = Protein + Total Body Water

Body parameter analysis

Project	Low	Normal	High	Standard Range	Compare
BMI	23.7			18.5-24	--
Skeletal muscle mass	34.4			28.5-34.8	--
Percent body fat	17.5			10-20	--
Basic Metabolic Rate	1695			1561-1710	--
FFMI	19.6			19.5-21.5	--

Historical trend

Weight	74.4
Percent body fat	17.5
WHR	0.9
Test time	2026-01-12 17:27

Postural Assessment

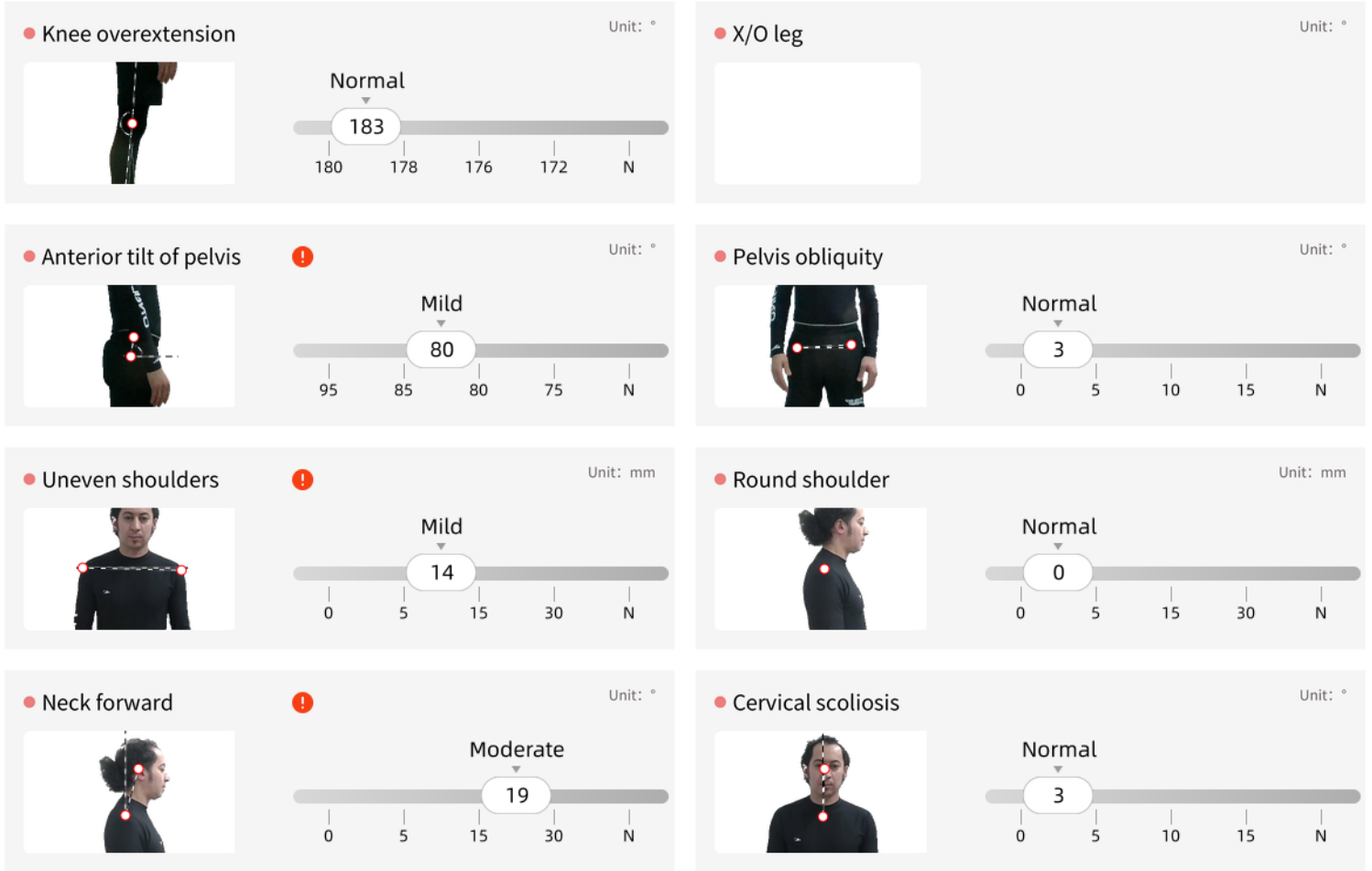
Project	Data	Result
Cervical scoliosis	2.5°	Normal
Anterior tilt of pelvis	80.1°	Mild
Lateral tilt of pelvis	2.6°	Normal
Neck forward	19.2°	Moderate
Knee Overextension	183.2°	Normal
Rounded shoulder	0.0mm	Normal
Uneven shoulders	13.6mm	Mild

Adjustment advice

SLM	0.2
BFM	-4.4

WITNESS EVERY TRANSFORMATION

Posture symptoms details



Three views

