

# TANITA

BODY COMPOSITION  
ANALYZER  
BC-420MA

24/FEB/2006 15:15  
SERIAL No. 00000001

## INPUT

ID No.	0000123456
BODY TYPE	STANDARD
GENDER	MALE
AGE	24
HEIGHT	174.5cm
CLOTHES WEIGHT	1.0kg

## RESULT

WEIGHT	61.1kg
FAT %	9.1 %
FAT MASS	5.6kg
FFM	55.5kg
MUSCLE MASS	52.7kg
TBW	39.9kg
TBW %	65.3 %
BONE MASS	2.8kg
BMR	6786 kJ 1622kcal
METABOLIC AGE	12
VISCERAL FAT RATING	1
BMI	20.1
IDEAL BODY WEIGHT	67.0kg
DEGREE OF OBESITY	-8.8 %

## DESIRABLE RANGE

FAT %	8.0-19.9 %
FAT MASS	4.8-13.8kg

## Target

TARGET BF% is:	12 %
Predicted weight:	63.1kg
Predicted fat mass:	7.6kg
FAT TO GAIN:	2.0kg

Consult your physician before beginning any weight management program. Tanita is not responsible for determining your target BF%.

## INDICATOR

\*FAT %

█  
- | 0 | + | ++

\*BMI

█  
- | 0 | + | ++

\*VISCERAL FAT RATING

█  
| 13

\*MUSCLE MASS

█  
- | 0 | +

\*BMR

█  
- | 0 | +

\*PHYSIQUE RATING

STANDARD

\*IMPEDANCE 496.6 Ω