

TANITA
BODY COMPOSITION
ANALYZER
BC-418

10/SEP/2002 16.58

BODY TYPE	STANDARD
GENDER	MALE
AGE	22
HEIGHT	176 cm
WEIGHT	80.3kg
BMI	25.9
BMR	8138 kJ
	1945 kcal
FAT%	18.7%
FAT MASS	15.0kg
FFM	65.3kg
TBW	47.8kg
DESIRABLE RANGE	
FAT%	8-20%
FAT MASS	5.7-16.3kg

BMR: Basal
Metabolic
Rate



TBW: Total
Body Water



FAT MASS:
Total weight of
fat in the body



FFM: Fat Free
Mass, ie
muscle, bone,
tissue, water
and other fat
free mass in
the body

TARGET BF% is:	17%
Predicted weight:	78.7kg
Predicted fat mass:	13.4kg
FAT TO LOSE:	1.6kg

Optional
'goal setter'
targets

Consult your physician
before beginning any
weight management pro-
gram. Tanita is not re-
sponsible for deter-
mining your target BF%.

IMPEDANCE	
Whole Body	553 Ω
Right Leg	237 Ω
Left Leg	239 Ω
Right Arm	297 Ω
Left Arm	295 Ω

Segmental Analysis	
Right Leg	
Fat%	15.3%
Fat Mass	2.1kg
FFM	11.6kg
Predicted Muscle Mass	11.0kg

Left Leg	
Fat%	15.7%
Fat Mass	2.1kg
FFM	11.3kg
Predicted Muscle Mass	10.8kg

Right Arm	
Fat%	18.3%
Fat Mass	0.9kg
FFM	3.8kg
Predicted Muscle Mass	3.6kg

Left Arm	
Fat%	18.8%
Fat Mass	0.9kg
FFM	3.8kg
Predicted Muscle Mass	3.6kg

Trunk	
Fat%	20.7%
Fat Mass	9.1kg
FFM	34.7kg
Predicted Muscle Mass	33.4kg

Predicted
muscle mass
means bone-
free lean
tissue mass

Measurement
data for each
body part

