

Report

User Information

* User :

Personal Information

* Name : Mustafa Oguz Erdogan

* AGE : 25

* SEX : M

* I D : 00004

* Test Date : 6/6/2013 5:06:40 PM

Measurement Data

* Height : 176.0 cm

* Weight : 75.0 kg

* Total Body Fluid : 39.5 kg (52.7% of Weight)

* Intracellular Fluid - 26.5 (67.1% of Weight) * Extracellular Fluid - 13.0 (32.9% of Weight)

* Protein Mass : 14.1 kg (18.8% of Weight)

* Mineral Mass : 3.1 kg (4.1% of Weight)

* Soft Lean Mass : 53.6 kg (71.5% of Weight)

* Fat Mass : 18.3 kg (24.4% of Weight)

* Extracellular Fluid Rate : 32.9% of Total Body Fluid

* Segmental Fat Mass

* Segmental Soft Lean Mass

* Left Arm : 0.8 kg

* Left Arm : 2.7 kg

* Right Arm : 0.7 kg

* Right Arm : 2.9 kg

* Left Leg : 2.1 kg

* Left Leg : 9.2 kg

* Right Leg : 2.0 kg

* Right Leg : 9.3 kg

* Trunk : 12.6 kg

* Trunk : 24.0 kg

Reference Data

* Ideal Weight : 69.7 kg

* Standard FAT : 10% - 20%

* Ideal Soft Lean Mass : 55.8 kg

* Standard TBW : 50% - 70%

* Ideal FAT Mass : 10.5 kg

* Standard ECF Rate : 30% - 35%

Conclusions

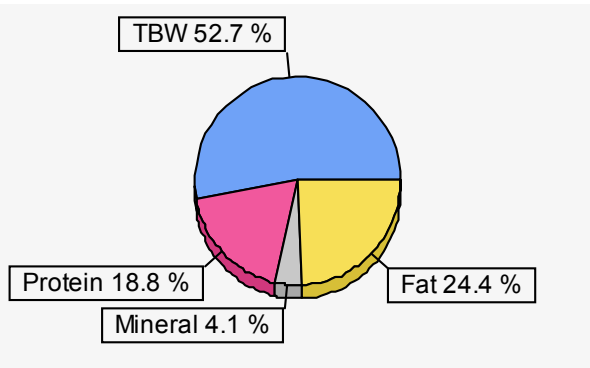
Body Composition Analysis

I D	Name	Age	Sex	Height	Present	Before
00004	Mustafa Oguz Erdogan	25	M	176.0 cm	6/6/2013 5:06:40 PM	Not Exist

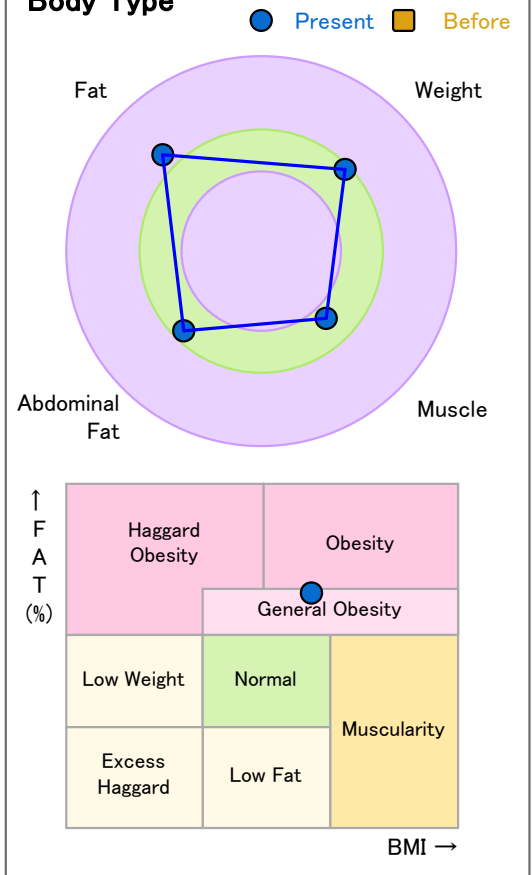


Body Composition Analysis

Body Composition	Before	Present
TBW (L)	0.0	39.5
Protein (kg)	0.0	14.1
Mineral (kg)	0.0	3.1
Fat Mass (kg)	0.0	18.3



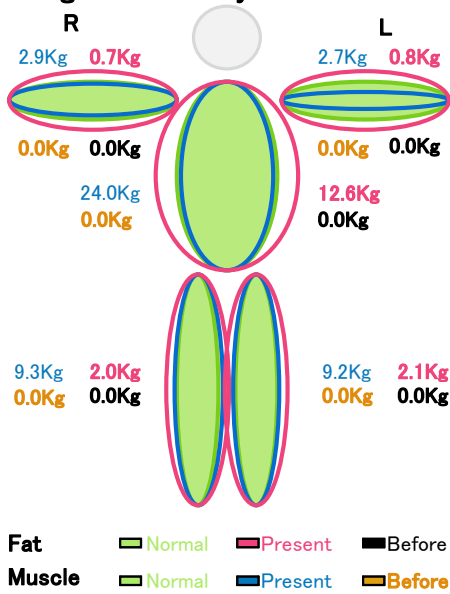
Body Type



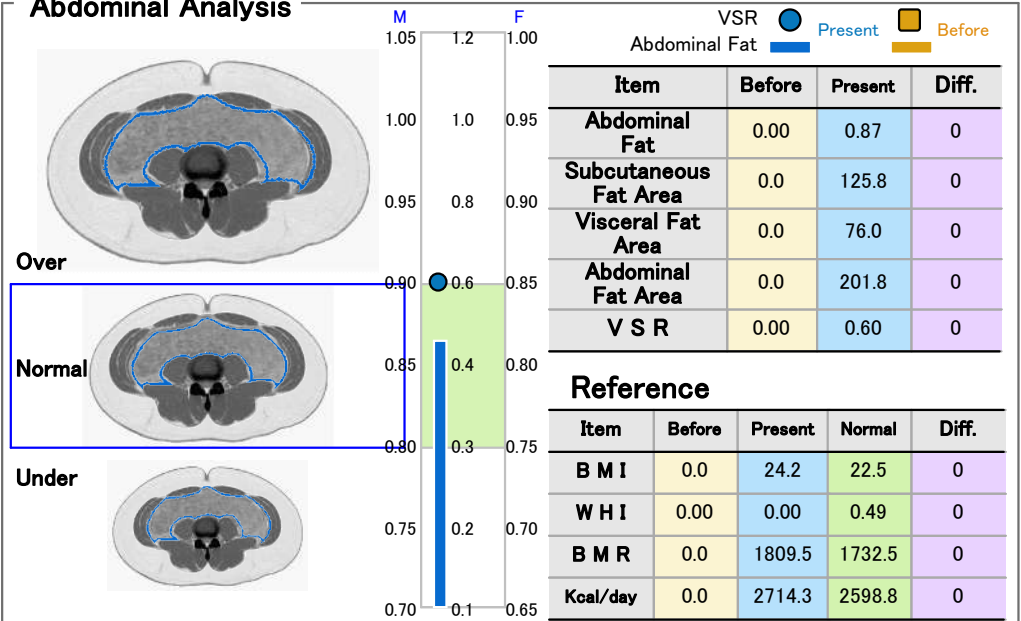
Muscle / Fat Balance

Item	Value	Balance										
		Under			Normal				Over			
Weight (kg)	75.0 0.0	60%	70%	80%	90%	100%	110%	120%	130%	140%	150%	
Muscle (kg)	53.6 0.0	60%	70%	80%	90%	100%	110%	120%	130%	140%	150%	
Fat Mass (kg)	18.3 0.0	20%	40%	60%	80%	100%	150%	200%	250%	300%	350%	
Percent Body Fat (%)	24.4 0.0				5%	10%	15%	20%	25%	30%	35%	Male
					8%	13%	18%	23%	28%	33%	38%	43%

Segmental Analysis



Abdominal Analysis



Final Result

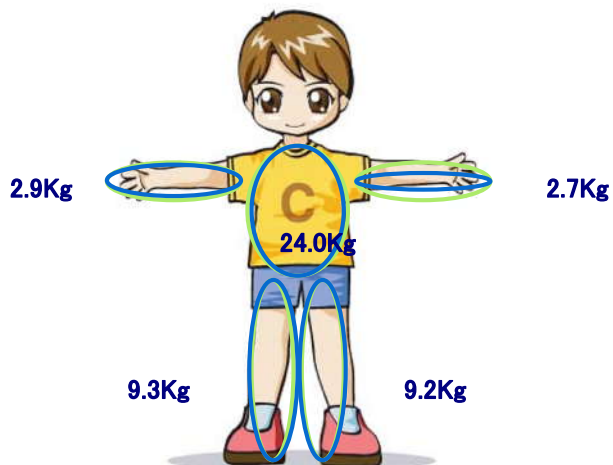
Weight Control	Your Normal weight is 69.4Kg. Need of -5.6Kg weight control. For maintain normal weight, need of +2.2Kg muscle, -7.8Kg fat mass control.	Health Index
Balance	You have lots of body fat. Take appropriate exercise and food intake to maintain the balance of fat and muscle. Take appropriate exercise and food intake to maintain the balance of fat and muscle. ※ Please ask staff's comments for report	★★★★★

Segmental Analysis

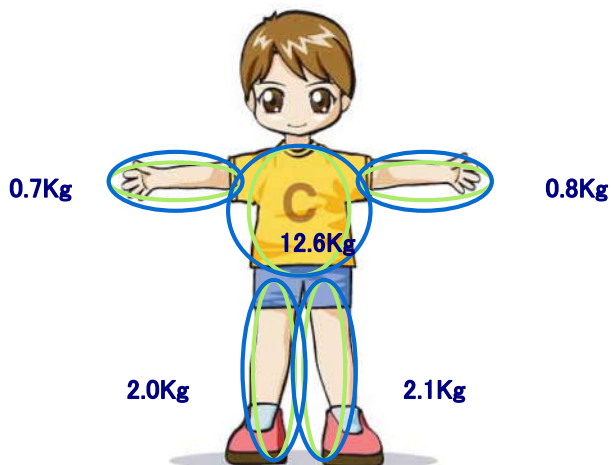
I D : 00004

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Muscle Mass



Fat Mass



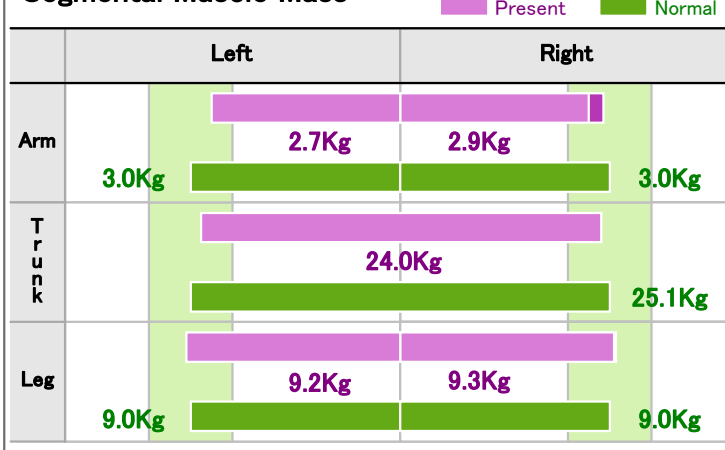
Balance

Upper Balance	48 : 52	Lower Balance	50 : 50
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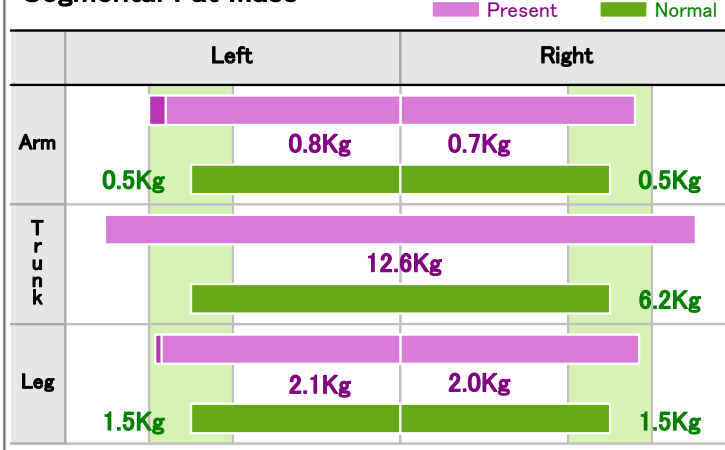
Balance

Upper Balance	53 : 47	Lower Balance	51 : 49
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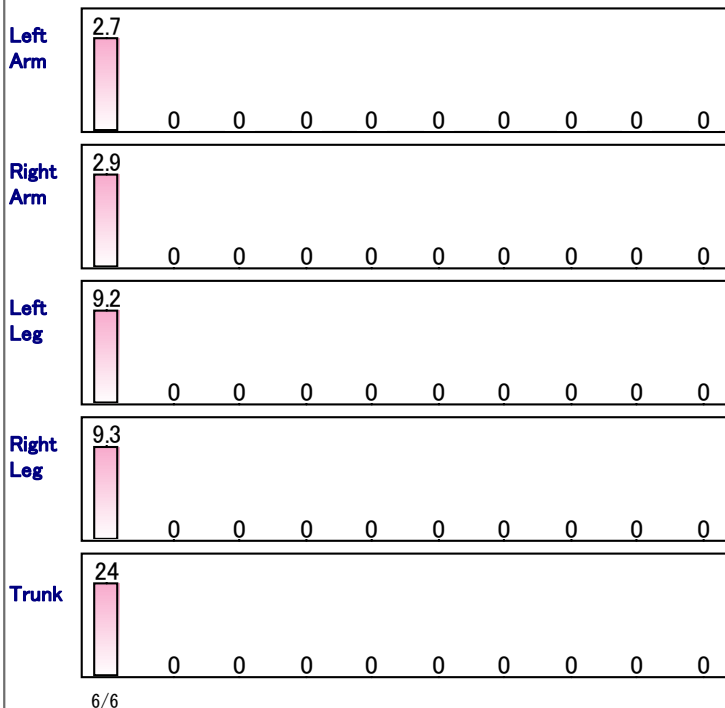
Segmental Muscle Mass



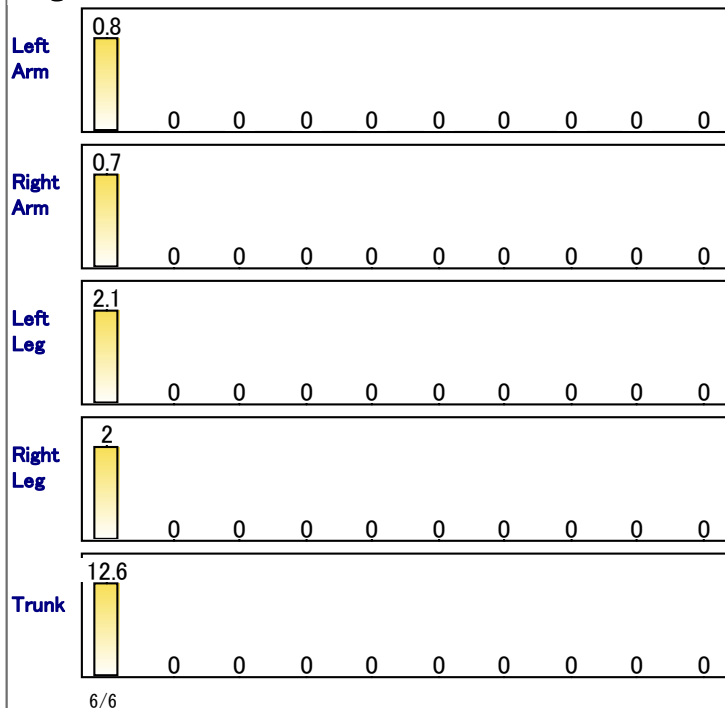
Segmental Fat Mass



Segmental Muscle Trend



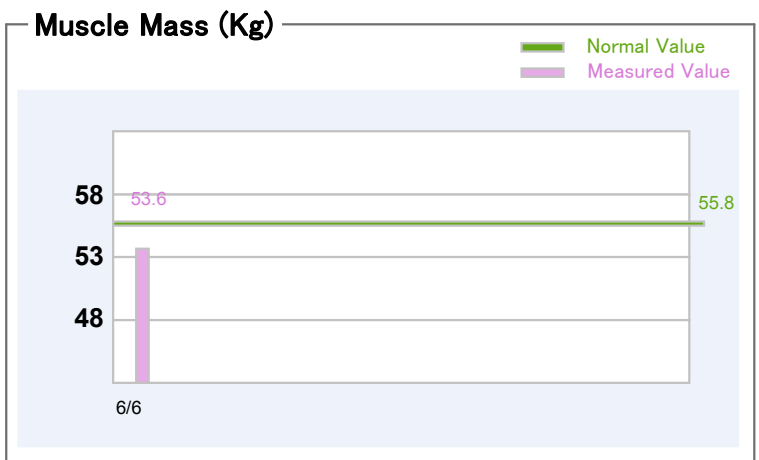
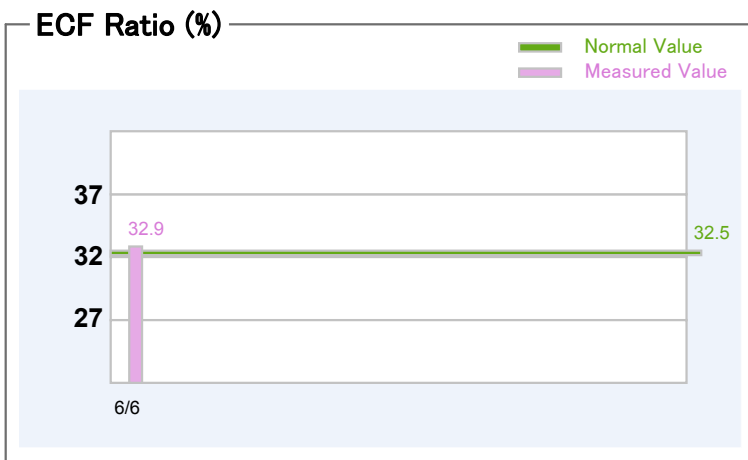
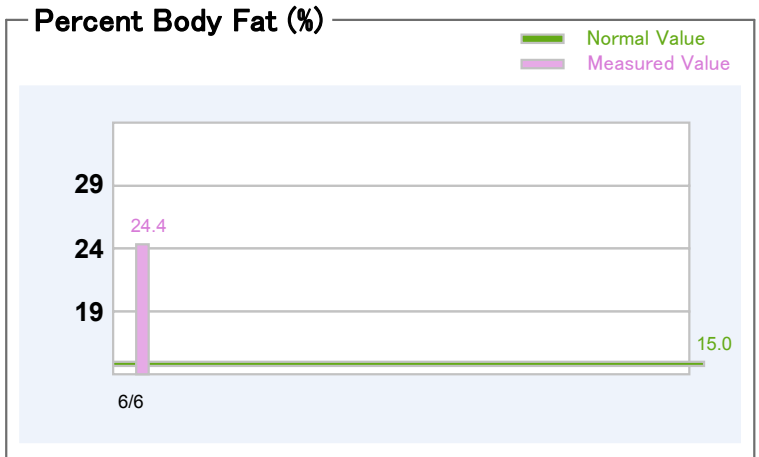
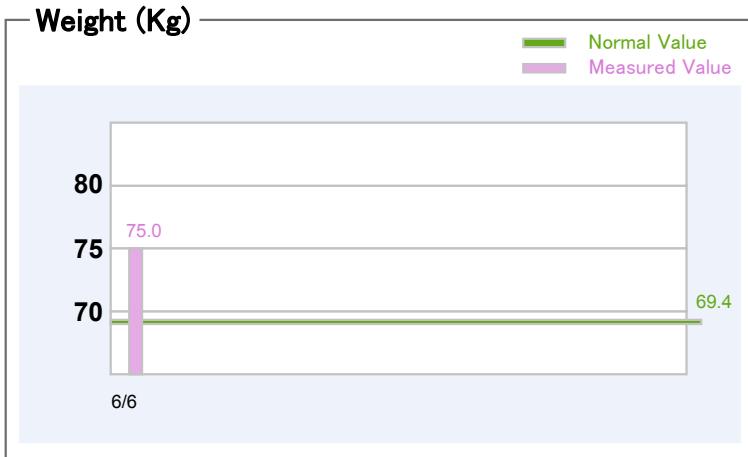
Segmental Fat Trend



Body Composition Trend & Exercise Prescription

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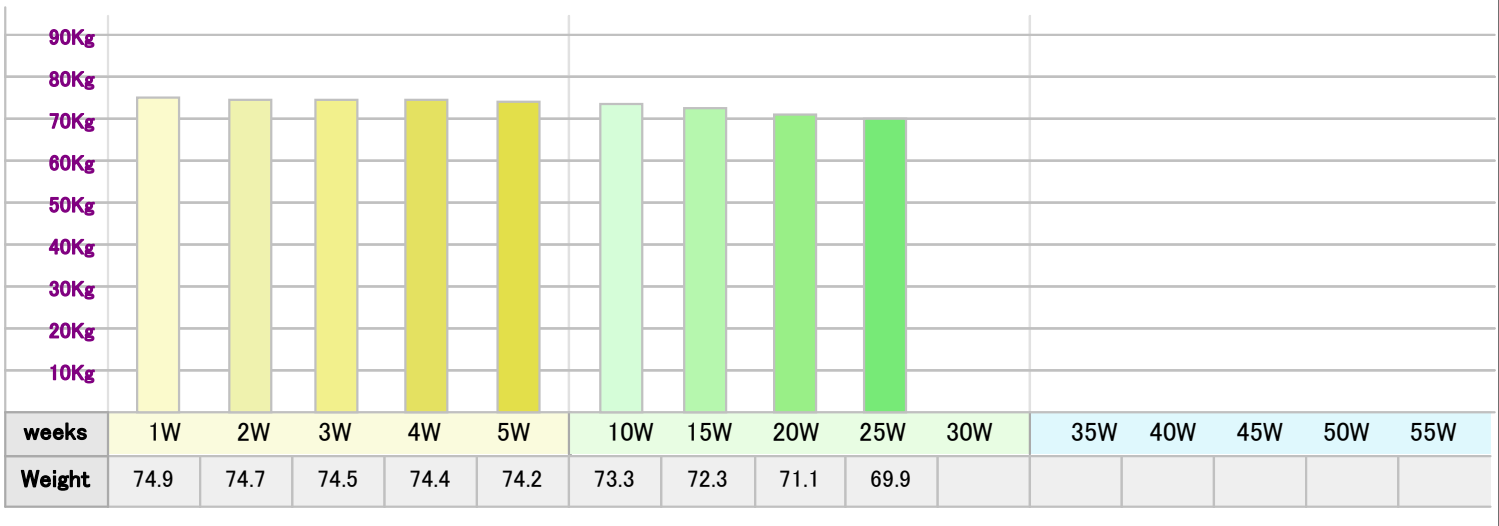
Exercise Prescription

Prescription Calory	Target Weight	Kcal/day	Target Fat Mass	Exercise Level	Weight Target Time
2598.8 Kcal	69.4 Kg	2714.3 Kcal	10.4 Kg	100Kcal/day	about 25 weeks

30-minute per day jogging for about 220 days is recommended.

After a specific point, adjust caloric prescription and exercise level for balanced ratio of fat and muscle.

Weight Transition Map



Recommended Menu

Name	Characteristic
Bicycle	Cycle better muscular strength of the lower body, cardiopulmonary staying power and softness.
Walking	Walk can enjoy without distinction of age or sex because it is low impact of ankle, knee and waist.
Stepper	Stepper better hip and leg's muscular strength.
Tennis	Tennis better cardiopulmonary development by exercise for the whole body.
Pac Dec Fly	It is the improvement of the chest muscle's definition.
Bent-over lateral raise	It better shoulder and arm's balance by exercise by exercise for the development of the back side musculi deltoideus.
Leg extension	It is a simple articulation exercise for the improvement of the thigh muscle.

Sports Supplement Menu

<p>Fat Down</p> <p>It decompose body fat</p>	
<p>WEIDER SUPER CARBO</p> <p>carbohydrate supplementation food</p>	
<p>POWER GLTAMINE 5000</p> <p>It is protein synthetic food for the strengthening of basal physical strength.</p>	
<p>POWER TANK 5000</p> <p>High protein food</p>	
<p>MEGAMASS 4000</p> <p>It is carbohydrate supplementation food for a gain in weight and muscular strength.</p>	

Aerobic Exercise Menu

NO	Name	Load	Time	Characteristic
1	Treadmill(Running)	0.289	10	Treadmill is good not only strengthening of cardiopulmonary and leg muscle but also consumption of calory.
2	Cycle(Training Machine)	0.127	10	Cycle better muscular strength of the lower body, cardiopulmonary staying power and softness.
3	Stepper	0.036	10	Stepper better hip and leg's muscular strength.
4	Swimming	0.156	10	It can be had high metabolism by low heart rate than athletic sports..
5	Tennis	0.109	10	Tennis better cardiopulmonary development by exercise for the whole body.
6	Aerobic dance	0.105	10	Aerobic dance attach importance to strengthening of cardiopulmonary.
7	Badminton	0.097	10	Badminton better health care and maintenance by exercise for the whole body.
8	Jogging	0.135	10	Jogging is good not only strengthening of cardiopulmonary and leg muscle but also consumption of calory.
9	Walking	0.08	10	Walk can enjoy without distinction of age or sex because it is low impact of ankle, knee and waist.

Weight Training Menu

Part	Name	Load	Time
Upper Body	Declined Bench Press	0.1	10
Upper Body	Side lateral raise	0.1	10
Upper Body	Cable curl	0.1	10
Upper Body	Dips	0.1	10
Whole Body	Twisting Crunch	0.1	10
Whole Body	Dead lift	0.1	10
Lower Body	Leg press	0.1	10
Lower Body	Lying leg curl	0.1	10
Lower Body	Machine Calf Raise	0.1	10
Lower Body	Hack Squat	0.1	10

Exercise Prescription

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Exercise Objective



Item	Training Step					Improvement Step						Maintenance Step
Weeks	1	2	3	4	5	6 - 9	10 - 13	14 - 16	17 - 19	20 - 23	24 - 27	28 Weeks
Exercise Frequency	3	3	3	3	3	3 - 4	3 - 4	3 - 4	4 - 5	4 - 5	3 - 4	2 - 3
Exercise Intensive (%/MHR)	40 - 50	50	50	60 - 70	60 - 70	70 - 80	70 - 80	70 - 80	70 - 80	70 - 80	70 - 80	70 - 80
Consumption Galory (Kcal/day)	100.0	116.8	132.5	150.0	167.5	175.0	200.0	200.0	232.5	250.0	232.5	200.0
Consumption Galory (Kcal/week)	300.0	350.3	397.5	450.0	502.5	612.5	700.0	700.0	1046.3	1125.0	813.7	500.0



Normal Exercise Time(minute)



Walk 5.6km/h	18	21	24	27	30	32	36	36	42	45	42	36
Walk 9km/h	8	9	10	12	13	14	16	16	18	19	18	16
Stepper	10	11	13	15	16	17	19	19	23	24	23	19
Bicycles 10km/h	18	21	24	27	30	32	36	36	42	45	42	36
Bicycles 19 km/h	11	12	14	16	18	18	21	21	24	26	24	21
Rope Skipping 80/m	9	11	12	14	15	16	18	18	21	23	21	18
Jogging 9km/h	9	10	12	13	15	16	18	18	21	22	21	18
mountain climbing	10	11	13	14	16	17	19	19	22	24	22	19
Trunk Raise	12	14	16	18	20	21	24	24	28	31	28	24
Golf	17	19	22	25	28	29	33	33	39	42	39	33
Tennis	12	14	16	18	20	21	24	24	28	30	28	24
shuttlecock	17	19	22	25	28	29	33	33	39	42	39	33
Swimming 18m/m	19	23	26	29	32	34	39	39	45	48	45	39
Swimming 46m/m	9	10	11	13	14	15	17	17	20	21	20	17
Aerobic	10	12	13	15	17	18	20	20	23	25	23	20

Dietary Prescription

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Main Dietary Prescription

Basal Metabolic Expenditure	Kcal/day		Prescription Calory	
1809.5 Kcal	2714.3 Kcal		2598.8 Kcal	
Main Nutrient	Breakfast	Lunch	Dinner	Total
Carbohydrate	471.0	504.0	454.0	1429.0 Kcal
Protein	146.0	156.0	140.0	442.0 Kcal
Liquid	240.0	257.0	231.0	728.0 Kcal
Total	856.1	917.2	825.5	2598.8 Kcal



Recommended Food

Food Name	Eye measurement	Kcal	Characteristic
 BARUN UNCOOK FOOD	powder 40g	140	Low Calorie
 PRUNE JUICE	240ml	170	Low Calorie
 CALORIE BALANCE	powder 38g	165	Low Calorie
 ULIGHT4	400mg		Vitamin nutritious food
 CALCIUM-K	powder		Calcium, vitamin D3/K, fiber
 APHRODITE			nutritious food
 CALORIE BALANCE	bar 38g	165	Low Calorie
 MIZ MILK	200ml	90	liquid 3g, calcium 300mg
 SHYLPH	120g	60	protein 5g, liquid 0g, calcium 210mg
 MIERO FIBER	100ml	50	cellulose 5g

Food Table

I D : 00004

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Representative foods out of 18 food categories are listed.

Food Name	eye measure	calory	carbo-hydrate	protein	liquid	Food Name	eye measure	calory	carbo-hydrate	protein	liquid
1 Rice						cola					
boiled bariey	1meal	350	300	25			1can	100	100		
boiled rice	1meal	325	275	25		13 Alcoholic					
unclean rice	1meal	325	275	25	25	Beer	1cup	150	150		
2 Noodles						white wine	1cup	50	50		
noodles	1meal	400	250	75	75	14 Seasoninig					
3 Broiled						maionese	1spoon	100			100
baked mackerel	1piece	200		50	125	tomato ketchup	1spoon	25	25		
laver	1plate	25				15 Fresh Vege					
roast meat	1plate	150	50	50	75	carrot	1meal	75	75		
4 Salad						onion	1meal	50	50		
vegetable salad	1meal	125	25		100	5 Main					
5 Main						omelet	1meal	550	325	75	125
curried rice	1meal	625	400	75	150	6 Chinese					
6 Chinese						fried rice	1meal	475	300	50	125
7 Dishes						7 Dishes					
fork outlet	1meal	325	125	75	150	8 Fruit					
8 Fruit						orange	1	50	50		
strawberry jam	1 spoon	50	50			banana	1	100	100		
9 Jam						tomato	1	25	25		
10 Milk						9 Jam					
milk	1bottle	125	50	25	50	10 Milk					
11 Eggs						10 Milk					
boiled eggs	1piece	100		25	50	11 Eggs					
12 Beberage						11 Eggs					
12 Beberage						11 Eggs					