

Body Fat Percentiles

Compare body fat percentages with similar populations, placing results in context of age, gender, and ethnicity.

Bioelectrical Impedance Vector Analysis

Bioelectrical Vector Impedance Analysis (BIVA) uses direct measurements of reactance and resistance, allowing it to provide reliable comparisons and evaluations of cellular hydration and nutritional status even for individuals with abnormal hydration - making it easier for trainers to recommend detailed health checks if needed, helping to keep clients safe.

Advanced Body Fat Analysis

Different body fat indicators provide valuable information needed for a more useful evaluation of obesity risk. Percent Body Fat is a general indicator, while Waist-Hip Ratio and Visceral Fat are used as critical cut-off points for risk of obesity-related diseases which may not be immediately visible from the outside.

Segmental Analysis

Measure muscle and fat more precisely with segmental analysis of the trunk, upper body, and lower body. Identify imbalances, and determine if segmental muscle is within normal range, tracking changes to better observe the effects of rehabilitation or training.

MA801 Body Composition Outputs

Intracellular Water, Extracellular Water, Total Body Water, Protein, Mineral, Body Fat Mass, Soft Lean Mass, Fat-Free Mass, Weight

Abdominal Fat (L4-L5)

Visceral Fat, Subcutaneous Fat

Total & Segmental Analysis

Lean Mass

(Whole Body, Right Arm, Left Arm, Trunk, Right Leg, Left Leg)

(Whole Body, Right Arm, Left Arm, Trunk, Right Leg, Left Leg)

Bioelectrical Impedance Vector Analysis Phase Angle

50kHz whole-body phase angle percentiles for adults

Muscle Quality

Estimated grip strength (N, kg)

Health Score

Percentage Body Fat Percentiles for Adults

Edema Index

Research Information

Body Cell Mass, Right Arm Circumference, Left Arm Circumference, Arm Muscle Circumference, Total Body Water/Fat-Free Mass, Fat-Free Mass Index, Fat Mass Index, Skeletal Muscle Index,

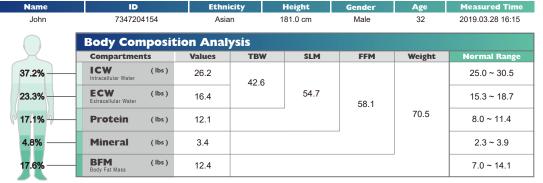
Appendicular Skeletal Muscle Index

Impedance

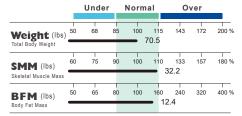
5kHz · 20kHz · 50kHz · 100kHz > 250 kHz







Muscle - Fat Analysis



Obesity Analysis

				_				
BMI (kg/m²)	10.0	14.2	18.5	21.7	24.9	34.9	45.0	55.0
Body Mass Index	21.5							
PBF (%)	2.0	6.0	10.0	15.0	20.0	33.3	46.7	60.0
Percent Body Fat					17.			
WHR	0.65	0.72	0.80	0.85	0.90	1.00	1.10	1.20
Waist-Hip Ratio				• 0.8	34			

Abdominal Fat (L4-L5 vertebrae)



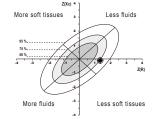
Visceral Fat 52.0 cm²



94.8 cm²

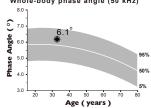
BIVA





Phase Angle

Whole-body phase angle (50 kHz)



Muscle Quality

383 ~ 468 N 39 ~ 48 kgf Right Hand



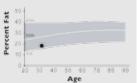
357 ~ 436 N 36 ~ 44 kaf Left

Health Score

72.4/100 Points

The healthy score is an arbitrary score based on the measured lean mass index, fat mass index, skeletal muscle index, and phase angle for the motivation of the subject.

Percentage body fat percentiles for adults



Edema Index

0.385	
16.4 L	26.2 L
ECW	ICW

Research Information

Basal Metabolic Rate	1625 kcal
Waist circumference	78.0 cm
Body Cell Mass	37.7 kg
Right Arm Circumference	27.8 cm
Left Arm Circumference	28.7 cm
Arm Muscle Circumference	25.4 cm
TBW / FFM	73.4 %
Fat-free Mass Index	17.7 kg/m
Fat Mass Index	3.8 kg/m ²
SMI	9.8 kg/m²
ASMI	7.6 kg/m²

1.0.0.40

mpedance								
	RA	LA	TR	RL	LL			
5kHz	361.9	355.6	25.2	273.0	272.6			
5kHz 20kHz 50kHz	339.4	331.8	22.1	253.3	252.9			
50kHz	326.3	318.5	20.5	244.7	243.8			
100kHz	330.4	322.2	18.1	243.7	243.1			
250kHz	305.8	329.6	12.2	229.2	227.4			

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Total & Segmental Analysis

Whole Body	* Lean Mass 54.7 kg (44.8		Fat Mass 12.4 kg (7.0 - 14.1		hase Angle 1°
	3.1 kg (2.7 - 4.0kg) 0.4 kg (0.2 - 0.4kg)	Trunk		Left Arm * Lean Mass Fat Mass	3.2 kg (2.7 - 4.0kg) 0.4 kg (0.2 - 0.4kg)
	9.3 kg (8.1 - 12.1kg) 1.7 kg (1.1 - 1.7kg)	* Lean Mass Fat Mass	25.3 kg (20.6 - 30.9kg) 6.9 kg (4.1 - 6.1kg)	Left Leg * Lean Mass Fat Mass	9.4 kg (8.1 - 12.1kg) 1.8 kg (1.1 - 1.7kg)

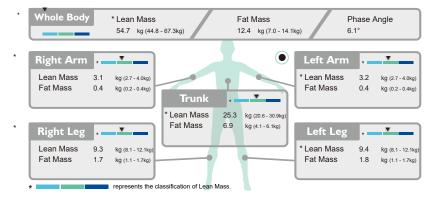


Focus on what's important

et coaches coach

"Selling" your program to clients is an important but time-consuming progress that takes coaches away from what they're best at coaching. By measuring potential clients and having a conversation. about the result sheet, coaches can easily and credibly discuss how they can help clients achieve their goals, designing an individualized program for fitness.

Total & Segmental Analysis



Abdominal Fat (L4-L5 vertebrae)

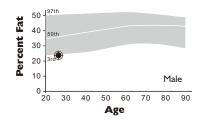


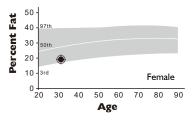
Visceral Fat 52.0 cm²



Subcutaneous Fat 94.8 cm²

Percentage body fat percentiles for adults





Get precise Train Smart

Clients need to know if their training habits are creating imbalances, which reduce efficiency and increase risk of injury long-term.

Keep track of different body segments to determine if clients are properly developed and balanced. If not, coaches know where to focus training efforts!

Detect hidden Obesity Train Accordingly

Combine usage of Body Fat Percentage, Waist-Hip Ratio, Visceral Fat, and Subcutaneous Fat to conduct comprehensive evaluations of obesity risk. Visceral Fat is strongly correlated with metabolic risk more than total body fat, and has been determined to be a more reliable method of identifying subjects at risk for cardiovascular diseases than current definitions of obesity. Track training progress more precisely with the MA801.



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