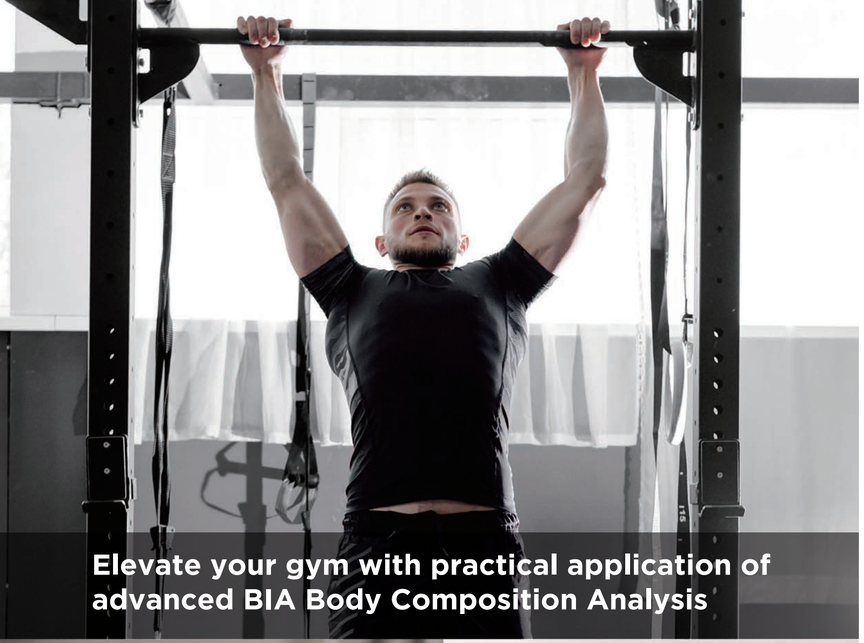

Elevate your gym with practical application of advanced BIA Body Composition Analysis

Get Precise and 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 muscle and fat in different body segments to determine if clients are properly developed and balanced.

Let coaches do what they do best

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, through individualized fitness programs

Track Progress and Improve Retention

Sticking to an exercise program can be difficult, and it's all too easy to quit. With precision measurements, you can show clients how they've progressed, and demonstrate how your program is effectively helping them build muscle and burn fat!

It's not just Quantity, it's Quality

Working out shouldn't be just about looking good, it's about results. Muscle mass matters, but muscle quality is the true indicator of athletic performance. Evaluate if your clients are gaining strength, and be the first to notice if training needs to be adjusted.

Elevate your gym with practical application of advanced BIA Body Composition Analysis

MA801 Professional Body Composition Analyzer

Key Specifications

Bioelectrical Impedance Analysis (BIA)	25 Impedance Measurements: 5 frequencies (5kHz, 20kHz, 50kHz, 100kHz, 250kHz) for 5 segments (Right Arm, Left Arm, Trunk, Right Leg, Left Leg)
Electrodes	8-point Tactile Electrode Design
Display	1280 x 800 pixels, 10.1-inch color touchscreen LCD
Capacity / Graduation	Max Capacity 300kg (0.1kg graduation)
Applicable Age	6-85 years old
Output / Transmission	USB 2.0 x3, RS232 x1, Bluetooth, Wi-Fi, RJ45 Ethernet
Data Storage	100,000 Measurements (data transfer available via USB, Bluetooth, or Wi-Fi)
Measurement Duration	Less than 50 seconds
Device Dimensions	875 (L) x 463 (W) x 1205 (H): mm 33.4 (L) x 18.2 (W) x 47.4 (H): inches
Device Weight	About 31kg (68lbs)

Result Sheet Output

Body Composition Analysis	Intracellular Water, Extracellular Water, Total Body Water, Protein, Mineral, Body Fat Mass, Soft Lean Mass, Fat-Free Mass, Weight
Muscle-Weight Analysis	Weight, Skeletal Muscle Mass, Body Fat Mass
Obesity Analysis	Body Mass Index, Percent Body Fat, Waist-Hip Ratio
Abdominal Fat (L4-L5)	Visceral Fat, Subcutaneous Fat
Total & Segmental Analysis	Lean Mass (Whole Body, Right Arm, Left Arm, Trunk, Right Leg, Left Leg) Fat Mass (Whole Body, Right Arm, Left Arm, Trunk, Right Leg, Left Leg)
BIVA	Bioelectrical Impedance Vector Analysis
Phase Angle	50kHz whole-body phase angle percentiles for adults
Muscle Quality	Estimated grip strength (N, kg)
Health Score	Combined evaluation of body composition results
Percentage Body Fat Percentiles for Adults	Comparison of Percent Body Fat with comparable gender, age, ethnicity
Edema Index	Extracellular Water/Total Body Water Ratio
Research Information	Basal Metabolic Rate, Waist-Hip Ratio, Waist Circumference, Visceral Fat Area, 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
Impedance	5kHz, 20kHz, 50kHz, 100kHz, 250 kHz

Charder Electronic Co., Ltd.
No.103, Guozhong Rd., Dali Dist., Taichung City 41262 Taiwan
TEL: +886 4 2406 3766 FAX: +886 4 2406 5612
Email: info_cec@charder.com.tw www.chardermedical.com

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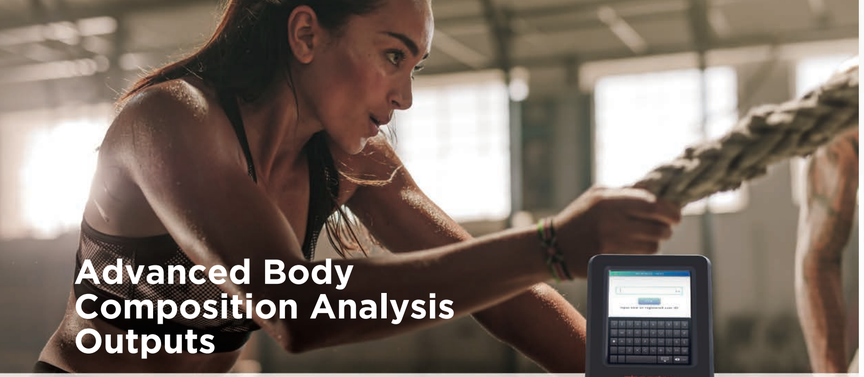
charder®

MA801 Professional Body Composition Analyzer

- **Visceral Fat (L4-L5)**
- **Segmental Muscle & Fat**
- **Advanced Risk Indicators**
- **Muscle Quality**

www.chardermedical.com



Advanced Body Composition Analysis Outputs

Abdominal Fat

The location and amount of Visceral Fat correlates 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.

* Hamdy O et al. Metabolic Obesity: The Paradox Between Visceral and Subcutaneous Fat. Curr Diabetes Rev, 2006, 2, 367-73

Segmental Analysis

Muscle imbalance may increase the risk of injury and soreness. Track segmental muscle development and keep your clients safe.

* Wang HK et al. Mobility impairment, muscle imbalance, muscle weakness, scapular asymmetry and shoulder injury in elite volleyball athletes. J Sports Med Phys Fitness 2001. Sep;41(3):403-10

Phase Angle (Percentiles)

Measurement of quantity is of limited utility for evaluation of health. Through tracking of Phase Angle, an indicator strongly correlating with age and health, evaluation of subject's cellular status and corresponding context can be made.

* Gonzalez MC et al. Phase angle and its determinants in healthy subjects: influence of body composition. Am J Clin Nutr 2016; 103:712-6
* Marra M et al. Bioelectrical impedance phase angle in constitutionally lean females, ballet dancers, and patients with anorexia nervosa. ECJN 2009; 63, 905-908

Muscle Quality

Through measurement of cellular quality, the MA801 can provide estimates of potential handgrip strength, used as a clinical marker for poor mobility, and a better predictor of sarcopenia than muscle mass.
Comparison between dynamometer and estimate places subject's strength level in context.

* Cruz-Jentoft AJ et al. Sarcopenia: European consensus on definition and diagnosis. Age and Ageing 2010; 39:412-423

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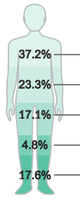
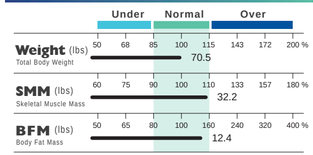
Name	ID	Ethnicity	Height	Gender	Age	Measured Time
John	7347204154	Asian	181.0 cm	Male	32	2019.03.28 16:15

1 Body Composition Analysis

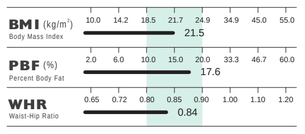


Compartments	Values	TBW	SLM	FFM	Weight	Normal Range
ICW (lbs) Intracellular Water	26.2	42.6	54.7	58.1	70.5	25.0 ~ 30.5
ECW (lbs) Extracellular Water	16.4					15.3 ~ 18.7
Protein (lbs)	12.1					8.0 ~ 11.4
Mineral (lbs)	3.4					2.3 ~ 3.9
BFM (lbs) Body Fat Mass	12.4					7.0 ~ 14.1

2 Muscle - Fat Analysis



3 Obesity Analysis

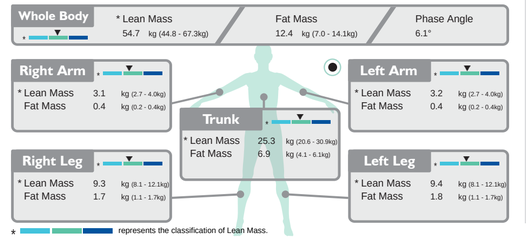


Abdominal Fat (L4-L5 vertebrae)

Visceral Fat
52.0 cm²

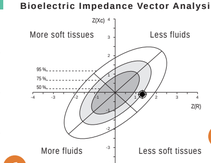
Subcutaneous Fat
94.8 cm²

4 Total & Segmental Analysis



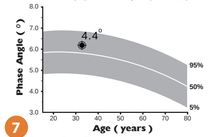
5 BIVA

Bioelectric Impedance Vector Analysis



6 Phase Angle

Whole-body phase angle (50 kHz)



7 Muscle Quality

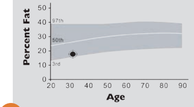
	Right Hand	Left Hand
	383 ~ 468 N 39 ~ 48 kgf	357 ~ 436 N 36 ~ 44 kgf

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.

8 Percentage body fat percentiles for adults



9 Edema Index

10 Research Information

Basal Metabolic Rate	1625 kcal
Waist-Hip Ratio	0.84
Waist circumference	78.0 cm
Visceral Fat Area	52.0 cm²
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/m²
Fat Mass Index	3.8 kg/m²
Skeletal Muscle Index	9.8 kg/m²

Impedance

	RA	LA	TR	RL	LL
5kHz	361.9	355.6	25.2	273.0	272.6
20kHz	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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Introduction to the Body Composition Result Sheet

1 Body Composition Analysis

Reliable, non-invasive Bioelectrical Impedance Analysis makes it easier to conduct regular monitoring of Body Composition. The calculated estimated weights of the body's compositional elements can be compared with standard results for context.

2 Muscle-Fat Analysis

Measurement of weight is important, but incomplete without further analyzing the amount of muscle and fat in a subject. Understanding skeletal muscle and body fat proportions can help professional trainers formulate muscle and fat control recommendations.

3 Obesity Analysis

Different body fat indicators provide valuable information needed for a more useful evaluation of health. 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.

4 Total & Segmental Analysis

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

5 BIVA

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 healthcare practitioners to evaluate a patient's status.

6 Phase Angle

Phase angle decreases with illness and old age, making it an important indicator of health, and an absolute necessity for a professional body composition evaluation. Compare subject's phase angle with their respective gender and age, placing results into context.

7 Muscle Quality

Estimation of Grip Strength provides a valuable muscle quality indicator that can point to changes more quickly and noticeably than a simple measurement and tracking of muscle mass.

8 Body Fat Percentiles

Compare subject's body fat percentages with similar population, placing results in context of age, gender, and ethnicity.

9 Edema Index

Identify abnormalities in intracellular/extracellular fluid proportion, using the edema index as an indicator and warning sign for diseases affecting body fluid balance, including impaired heart and kidney function.

10 Research Information

The MA801 provides a wide variety of body composition output parameters of particular relevance for research, and includes various indexes used as early warning signs for malnutrition, obesity, and sarcopenia.