

ACCURATE RESULTS FOR ALL BODY TYPES

X-Contact 356

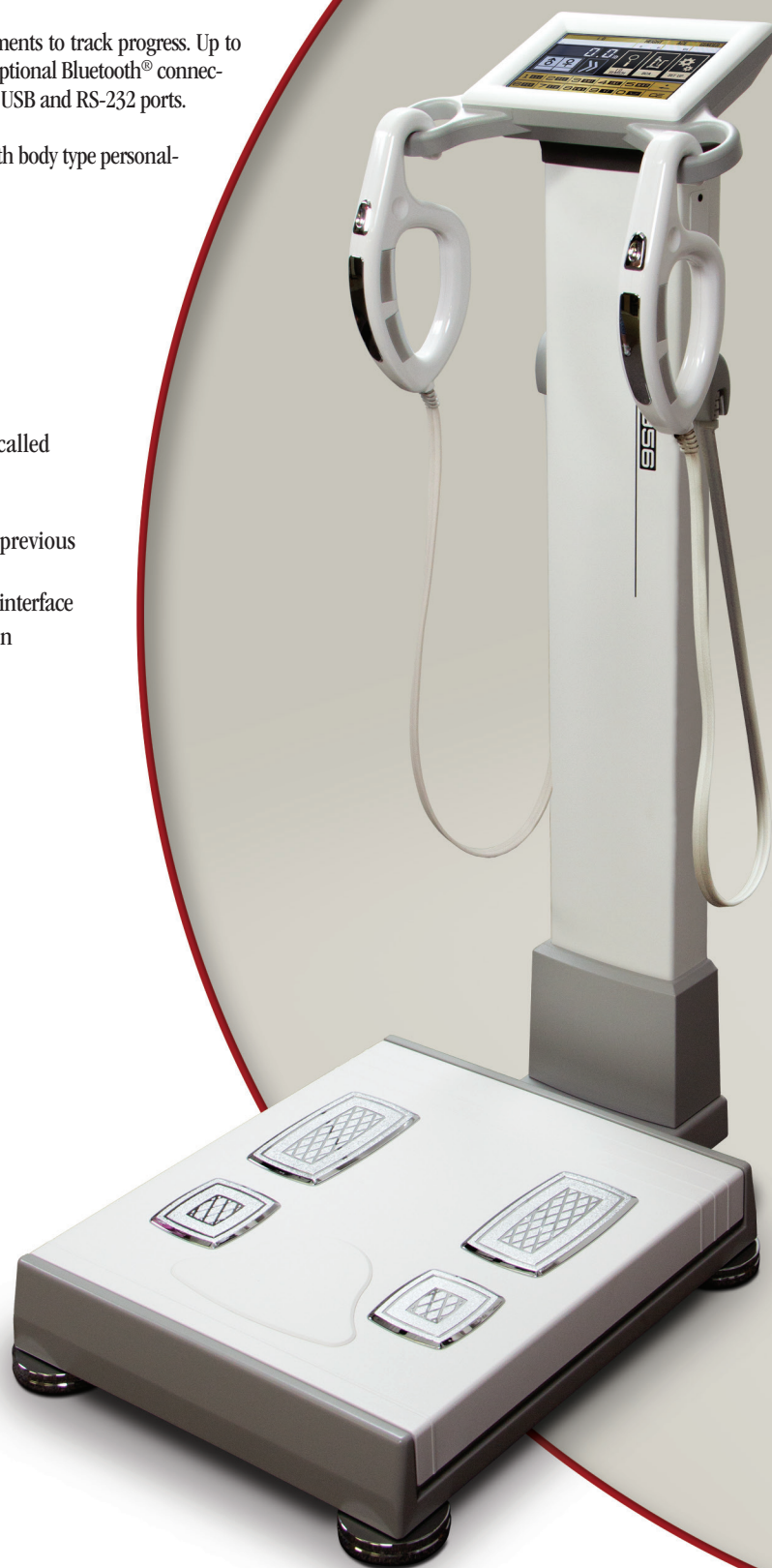
The X-Contact 356 utilizes the most advanced bio-electrical impedance analysis (BIA) technology to provide accurate and dependable results, validated to gold standards including isotope dilution and DEXA analysis. A 7-inch LCD color touchscreen provides clear results and the BCA base offers a 550 pound capacity.

Client reports include one previous analysis measurements to track progress. Up to 100,000 analyses can be recalled with an ID number. Optional Bluetooth® connectivity adds additional communications to the standard USB and RS-232 ports.

Augment your multi-frequency segmental analysis with body type personalization from the X-Contact 356.

Keys to Success

- (W x D) 16 x 24 in; 550 lb capacity
- 7 in LCD color touchscreen
- 3 frequencies: 5, 50, 250 kHz
- Child mode analysis
- Stores up to 100,000 analyses that can be recalled with an ID number
- Client tracking software
- Body composition comparison includes one previous analysis to track client progress
- USB and RS-232 ports for computer or printer interface
- Optional Bluetooth® wireless communication



ID: 0002346512

Name: Diane

Date: 2014-04-20 16:25

Height: 173.0 cm Weight: 61.6 kg Age: 26 yrs Gender: Female

X-CONTACT 356

Body Composition

Weight/Optimal	Std.wt.	
61.6(59.2~72.3)	65.8	
L.B.M./Optimal		M.B.F./Optimal
47.2(46.1~52.6)		14.4(13.2~19.7)
S.L.M./Optimal	S.M.M./ Optimal	Mineral/Under
43.7(45.5~54.9)	20.4(19.6~24.0)	3.5(3.6~3.9)
T.B.W./Optimal	Protein/Optimal	
34.0(33.1~37.8)	9.7(9.2~10.5)	

Body Status

	Under	Optimal	Over
Weight kg	70 80 90 100 110 120 130 140 150 [%]		
B.M.I. kg/m ²	14.5 16.5 18.5 21.75 25 27.5 30 32.5 35 [%]		
P.B.F. %	10 15 20 25 30 35 40 45 50 [%]		
S.L.M. kg	70 80 90 100 110 120 130 140 150 [%]		
S.M.M. kg	70 80 90 100 110 120 130 140 150 [%]		

Abdominal Analysis

	Subcutaneous	Balanced	Borderline	Visceral I	Visceral II
V.F.L.	5	9	11	16	
V.F.A.	40		80		
W.H.R.	Under 0.70	Optimal 0.70 0.85	Over 0.85		
A.C.	73.5 cm (Optimal Less than 88cm)				

Control Guide

	Measured data	Control		Goal to Control
M.B.F. kg	14.4	-2.0	Target to Control	-1.8
S.L.M. kg	43.7	-1.8	Control / Week	0.5
Weight kg	61.6	-4.2	Duration to Control	4 week

You need to control	440	kcal from T.E.E.	2011	kcal
By diet	Intake 704	kcal	Diet prescription	2715 kcal
By exercise	Consume 264	kcal	exercise prescription	264 kcal

Body Composition Change

	Date	Weight	P.B.F.	S.L.M.
Previous	2013.4.14	61.8 kg	23.6 %	43.5 kg
Present	2013.4.26	61.6 kg	23.4 %	43.7 kg

Body Type

23.4%		
	Standard	

Segmental S.L.M.

Lt. Arm: 2.74 kg [2.71~2.76] /Optimal

Rt. Arm: 2.68 kg [2.71~2.76] /Optimal

Lt. Leg: 7.98 kg [7.85~7.93] /Well

Rt. Leg: 7.94 kg [7.85~7.93] /Well

Trunk: 22.50 kg [22.48~22.53] / Optimal

Segmental M.B.F.

Lt. Arm: 0.87 kg [1.65~1.70] / Under

Rt. Arm: 1.29 kg [1.65~1.70] / Under

Lt. Leg: 2.88 kg [1.92~1.95] / Over

Rt. Leg: 3.17 kg [1.92~1.95] / Over

Trunk: 6.19 kg [6.73~6.80] / Under

Balance

Upper-Lower ☒ Balanced ☐ UnbalancedLeft-Right ☒ Balanced ☐ Unbalanced

E.C.W./T.B.W. (0.391)

☒ Optimal ☐ Borderline ☐ Edema

B.C.M.: 30.4 kg (29.2~31.0)

B.M.R.: 1306 kcal

T.E.E.: 2011 kcal

A.M.B.: 26 yrs

Study (3200)

Freq	5K	50K	250K
RA.Imp.	336	314	262
LA.Imp.	323	308	263
Trunk	67	42	67
RL.Imp.	243	229	183
LL.Imp.	256	235	182

Systolic Lt 125 mmHg / Rt 111 mmHg

Diastolic Lt 65 mmHg / Rt 69 mmHg

Pulse 76 bpm

The difference of your inter

Systolic 14mmHg, Diastolic

X-Contact 356
Results Sheet

Body Composition

L.B.M. Lean Body Mass

M.B.F. Mass of Body Fat

S.L.M. Soft Lean Mass

S.M.M. Skeletal Muscle Mass

T.B.W. Total Body Water

Body Status

B.M.I. Body Mass Index

P.B.F. Percent Body Fat

S.L.M. Soft lean Mass

S.M.M. Skeletal Muscle Mass

Abdominal Analysis

V.F.L. Visceral Fat Level

V.F.A. Visceral Fat Area

W.H.R. Waist to Hip Ratio

A.C. Abdominal Circumference

Control Guide

M.B.F. Mass of Body Fat

S.L.M. Soft Lean Mass

T.E.E. Total Energy Expenditure

Body Composition Change

P.B.F. Percent Body Fat

S.L.M. Soft Lean Mass

Segmental S.L.M.

S.L.M. Soft Lean Mass

Segmental M.B.F.

M.B.F. Mass of Body Fat

Energy Expenditure

E.C.W./T.B.W.

Extra-cellular Water to Total
Body Water Ratio

B.C.M. Body Cell Mass

B.M.R. Basal Metabolic Rate

T.E.E. Total Energy Expenditure

A.M.B. Aged Matched of Body

