

Software interpretativo per plicometro di Harpenden

Valutare un soggetto

- percentuale di grasso corporeo
- percentuale di grasso corporeo ideale
- indice di massa corporea
- metabolismo basale
- massa magra
- massa grassa
- indicazione peso massimo/minimo



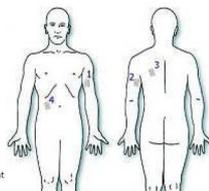
Sistemi di calcolo

- sistema a 4 punti Durnin & Womersley
- sistema a 3 e 7 punti Jackson & Pollock

Harpenden Skinfold Caliper Body Assessment

Report Date	venerdì 18 ottobre 2013	Name	Caio
Practice	****	Number	
Assessor	Dr. Tizio	Age	35 Years
System	Male 4 Site System	Height	180 cms
	Durnin/Womersley	Weight	78 Kgs
		Activity	Light: Exercise/Sports 1-3 Days/Week

Body Fat	26,7 %
Max Preferred Body Fat	20 %
Measurement Body Site 1	18 mm
Measurement Body Site 2	20 mm
Measurement Body Site 3	22 mm
Measurement Body Site 4	21 mm



Lean Body Mass	57,2 Kgs	Mass of the Body Minus Fat
Fat Body Mass	20,8 Kgs	Mass of the Body Fat

Body Mass Index, BMI	24,07
BMI Category	Normal Healthy Weight

Basal Metabolic Rate, BMR	2470	Calories per day to maintain your current weight
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Weight Guide (Max)	81,1 Kgs	2527	Calories, at current activity level
Weight Guide (Min)	60,4 Kgs	2131	Calories, at current activity level

Body Fat Guide **Over Max Level**

Weight Guide **OK**

- anteprima a video dei dati del soggetto
- stampa cartacea dei dati del soggetto

