

Comprehensive Posture Analysis Report

Name: jsq

Gender: Male

Year of Birth: 1984

Weight(kg): 76.6

Height(cm): 175

Detection Time: 2026-08-12 10:05

Body Composition Analysis

Measurement Items	Measurement Value	Normal Range
Weight	76.6 KG	57.3 - 77.5
Fat-Free Weight	61.1 KG	51.5 - 63
Muscle Mass	57.7 KG	48.7 - 59.5
Total Body Water	44.9 L	37.9 - 46.3
Intracellular Water	28.1 L	23.5 - 28.7
Extracellular Water	16.8 L	14.4 - 17.6
Protein	12.1 KG	10.2 - 12.4
Minerals	4.1 KG	3.5 - 4.3
Body Fat Mass	15.5 KG	8.1 - 16.2

Muscle Fat Analysis

Measurement Items	Measurement Value	Normal Range
Weight	76.6 KG	57.3 - 77.5
Skeletal Muscle	34.6 KG	28.8 - 35.2
Body Fat Mass	15.5 KG	8.1 - 16.2

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Obesity Analysis

Measurement Items	Measurement Value	Normal Range
BMI	25	18.5 - 24
Body Fat Percentage (PBF)	20.3 %	10 - 20
Visceral Fat Level (VFL)	6.6	1 - 9

Other Measurement Items

Measurement Items	Measurement Value	Normal Range
Bone Mineral Content (BMC)	3.4 KG	2.9 - 3.5
Skeletal Muscle Rate	45.2 %	42.8 - 52.3
Basal Metabolism	1689 KCAL	1446 - 1767
Waist-to-Hip Ratio	0.87	0.8 - 0.9

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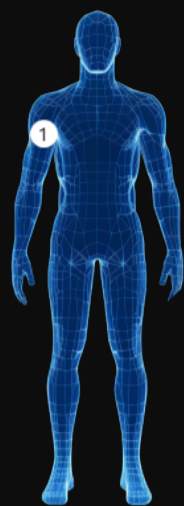
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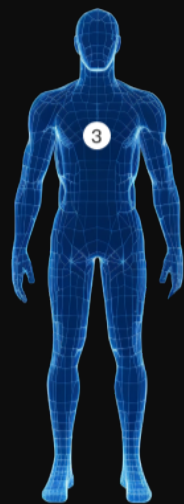
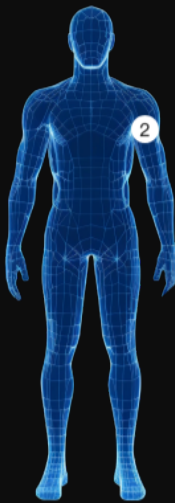
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Body Segment Analysis



Segment Analysis		Normal Range
1 Left Arm	Fat Mass: 0.8 KG	0.5 - 0.7
	Fat-Free Mass (FFM): 3.5 KG	2.6 - 3.5
	Water: 2.7 L	2 - 2.7
	ECW Ratio: 37.4 %	36 - 39

Segment Analysis		Normal Range
2 Right Arm	Fat Mass: 0.8 KG	0.5 - 0.7
	Fat-Free Mass (FFM): 3.4 KG	2.6 - 3.5
	Water: 2.7 L	2 - 2.7
	ECW Ratio: 37.6 %	36 - 39



Segment Analysis		Normal Range
3 Trunk	Fat Mass: 8.2 KG	3.8 - 4.7
	Fat-Free Mass (FFM): 26.9 KG	22.8 - 27.8
	Water: 20.8 L	17.6 - 21.6
	ECW Ratio: 37.3 %	36 - 39

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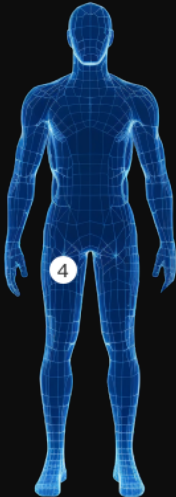
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4 Left Leg	Segment Analysis	Normal Range
	Fat Mass: 2.3 KG	1.6 - 1.9
	Fat-Free Mass (FFM): 9.6 KG	8.3 - 10.2
	Water: 7.4 L	6.4 - 7.9
	ECW Ratio: 37.4 %	36 - 39



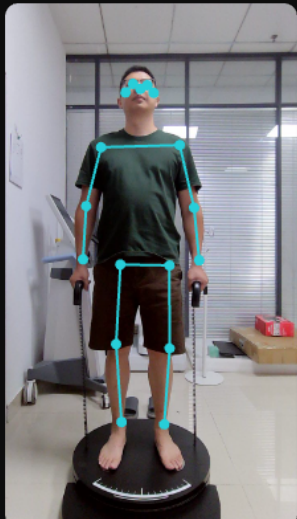
5 Right Leg	Segment Analysis	Normal Range
	Fat Mass: 2.3 KG	1.6 - 1.9
	Fat-Free Mass (FFM): 9.5 KG	8.3 - 10.2
	Water: 7.4 L	6.4 - 7.9
	ECW Ratio: 37.5 %	36 - 39

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Body Posture Analysis - Front



Abnormal Item	Angle	Risk Level
lateral head tilt	-0.47	Low
uneven shoulders	0.87	Low
uneven hips	-0.52	Low
o-leg (Left)	172.46	High
o-leg (Right)	167.45	High

Body Posture Analysis - Side



Abnormal Item	Angle	Risk Level
forward head	27.21	High
round shoulders	6.77	High
knee hyperextension	179.17	Low

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Muscle Status

Front



The pectoralis major is weak



The pectineus is tense(R)



The iliopsoas is weak(R)



The iliopsoas is tense(L)



The abdominal muscle group (rectus abdominis) is weak



Side

The scalene is tense



The sternocleidomastoid is tense



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Back



The trapezius is weak



The gluteus maximus is weak(R)



The gluteus maximus is tense(L)



The soleus is tense(L)



The semitendinosus is tense(L)



The levator scapulae is tense



The biceps femoris (the long head) is weak(R)



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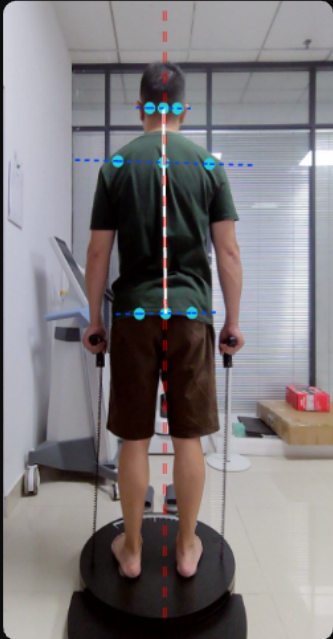
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Spine Status



Cervical Deviation Index: 0.00



Cervical Deviation Index = Horizontal Distance Between Midpoints of Ears and Shoulders(Pixel Unit) /Distance Between Shoulder Points(Pixel Unit)

Sacral Excursion Index: 0.04



Sacral Excursion Index = Horizontal Distance Between Midpoints of Hips and Shoulders(Pixel Unit) /Distance Between Hip Points(Pixel Unit)

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Rating and Warning

