SCANECA

3D BODY ANALYSIS REPORT

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QUALITY
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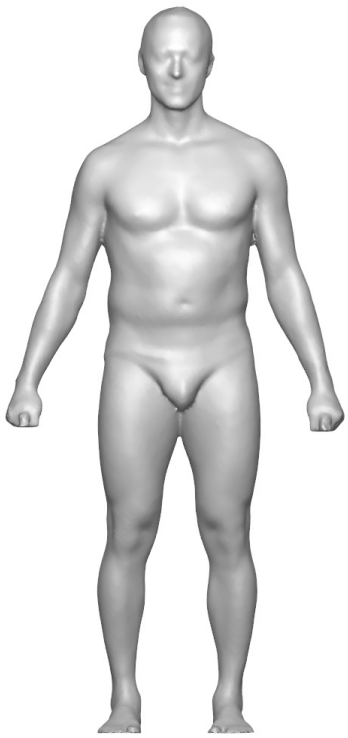
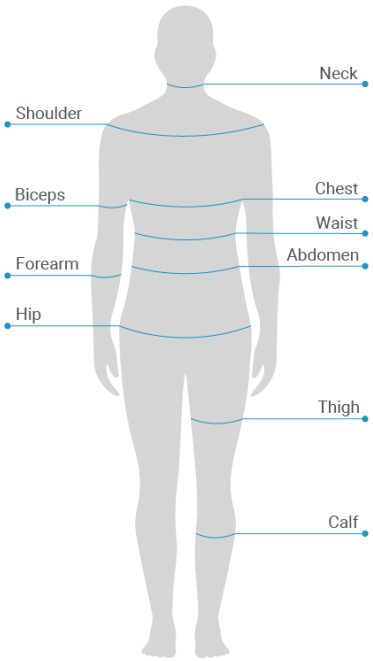
IN GERMANY





BODY CIRCUMFERENCE

Areas measured	Value (cm)
Neck	36.3
Shoulders	108.7
Chest	104.0
Waist	89.8
Stomach	91.9
Hips	97.7
Biceps (L)	31.6
Biceps (R)	31.0
Forearm (L)	29.5
Forearm (R)	29.0
Thigh (L)	54.1
Thigh (R)	53.6
Calf (L)	38.2
Calf (R)	36.5

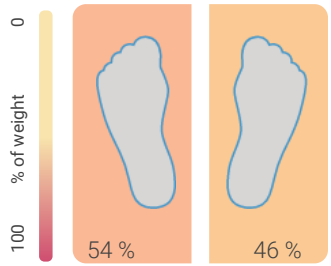
First name	Name	Age	Height	Date of scan	Time
Vladimir	Milutinovic	42	173.0 cm	11.04.2024	16:41

ANALYSIS OF BODY VALUES

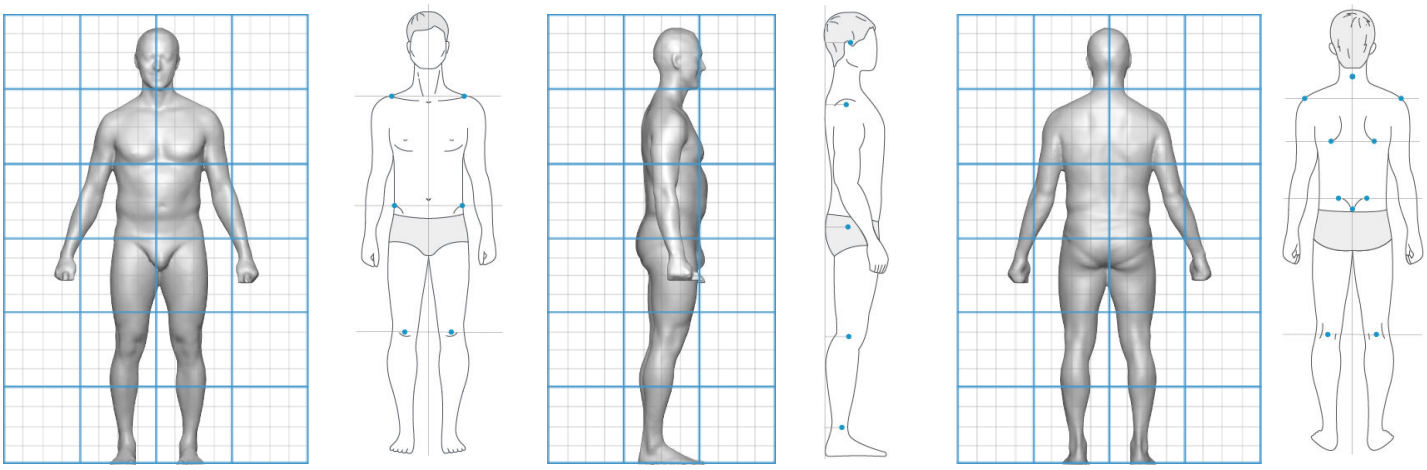
Parameters	Value	Grade	Norm range
Weight	73.7 kg		56 - 74 kg
Lean mass	57.9 kg		46 - 70 kg
FFMI	19.8		19 - 24
BMI	24.6		18.5 - 25.0
Body fat	21.4 %		below 25 %
Waist-to-hip	0.92		below 0.86
Waist-to-height	0.52		0.40 - 0.58
Basal metabolic rate	1655 Kcal		-

BALANCE

Distribution	Percentage
Left leg	54 %
Right leg	46 %



Postural analysis



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POSTURE REPORT

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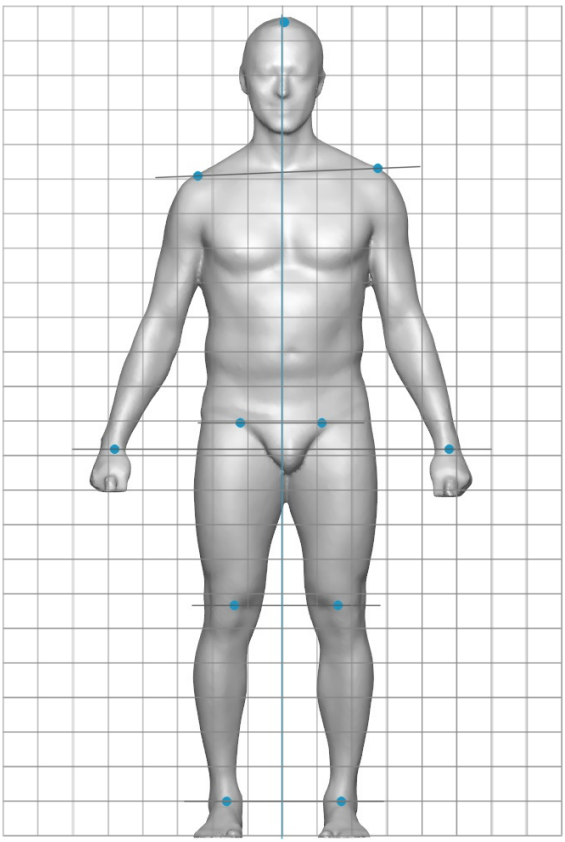
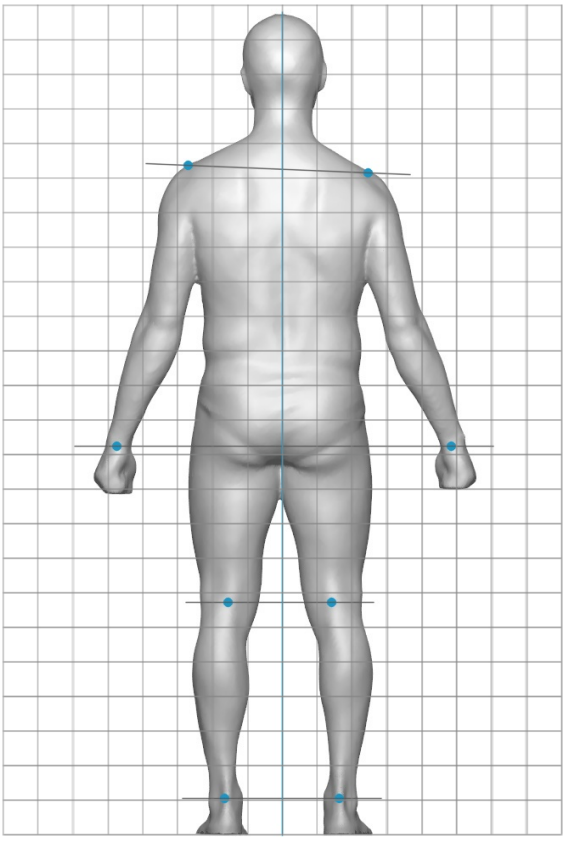
Vladimir	Milutinovic	42	173.0 cm	11.04.2024	16:41



Longitudinal axis	The longitudinal axis is: • • • •
Shoulders	• Your center of gravity is: [R: 17,3 cm] [L: 20,2 cm] • Your left shoulder is 1,5 cm higher than your right shoulder.
Pelvic area	• •
Hip area	• Your center of gravity is: [R: 8,4 cm] [L: 8,6 cm] • Both sides are aligned.
Hands	• Your center of gravity is: [R: 34,7 cm] [L: 35,0 cm] • Your hands are aligned.
Knee area	• Your center of gravity is: [R: 9,8 cm] [L: 11,9 cm] • Your knees are aligned.
Ankles	• Your center of gravity is: [R: 11,3 cm] [L: 12,6 cm] • Your ankles are aligned.
Weight distribution	• Your center of gravity is shifted left.

Notes



Spine alignment	The spine is: • • • •
Shoulders	• Your center of gravity is: [R: 18,1 cm] [L: 19,5 cm] • Your left shoulder is 1,5 cm higher than your right shoulder.
Shoulder blades	• •
Lumbar region	• •
Hands	• Your center of gravity is: [R: 35,5 cm] [L: 34,2 cm] • Your hands are aligned.
Knee area	• Your center of gravity is: [R: 10,6 cm] [L: 11,1 cm] • Your knees are aligned.
Ankles	• Your center of gravity is: [R: 12,0 cm] [L: 11,8 cm] • Your ankles are aligned.
Weight distribution	• Your center of gravity is shifted left.

Notes

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POSTURE REPORT

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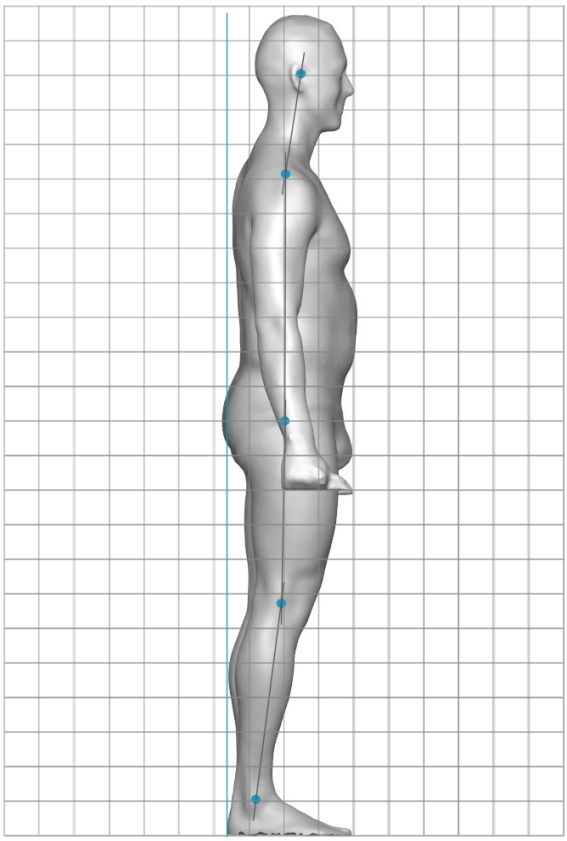

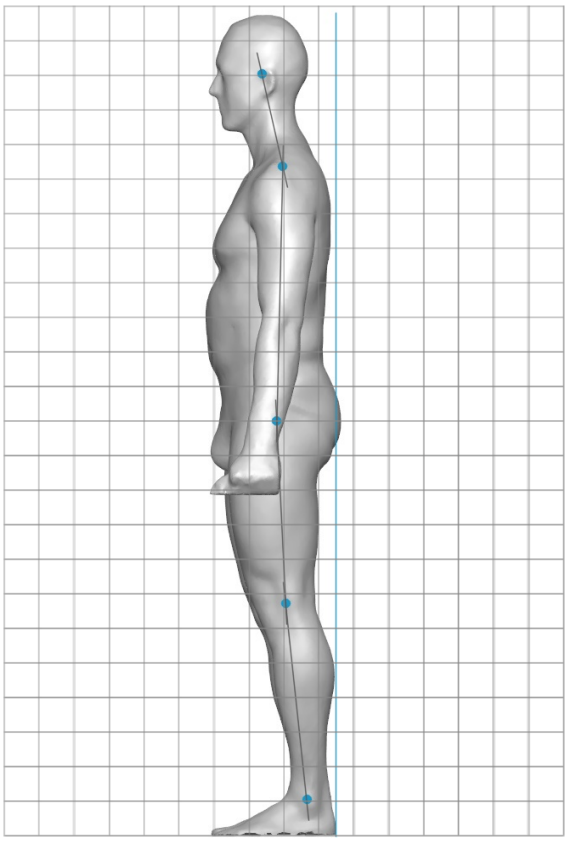

Off-center	• Your head is off-center by 15,4 cm. • Your shoulder is off-center by 12,1 cm. • Your pelvis is off-center by 12,0 cm. • Your knee is off-center by 11,3 cm. • Your ankle is off-center by 6,0 cm.
Tilt	• Your head is tilted from your shoulder by 9,0 degree(s). • Your shoulder is tilted from your pelvis by 0,1 degree(s). • Your pelvis is tilted from your knee by 1,1 degree(s). • The tile between knee and ankle is 7,3 degree(s).
Angle	• The angle of your shoulder is 8,9 degree(s). • The angle of your pelvis is -1,0 degree(s). • The angle of your knee is -6,3 degree(s).

Off-center	• Your head is off-center by 15,5 cm. • Your shoulder is off-center by 11,2 cm. • Your pelvis is off-center by 12,4 cm. • Your knee is off-center by 10,5 cm. • Your ankle is off-center by 6,1 cm.
Tilt	• Your head is tilted from your shoulder by 12,6 degree(s). • Your shoulder is tilted from your pelvis by -1,3 degree(s). • Your pelvis is tilted from your knee by 2,8 degree(s). • The tile between knee and ankle is 6,1 degree(s).
Angle	• The angle of your shoulder is 13,9 degree(s). • The angle of your pelvis is -4,1 degree(s). • The angle of your knee is -3,3 degree(s).

Notes

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EXTREMITIES REPORT

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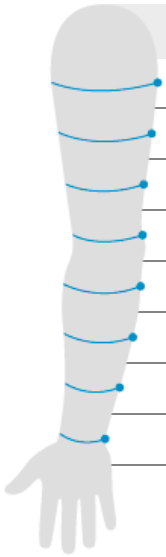
First name	Name	Age	Height	Date of scan	Time
Vladimir	Milutinovic	42	173.0 cm	11.04.2024	16:41

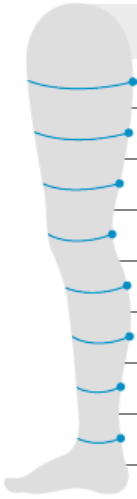
CIRCUMFERENCES

Arms



Areas measured	Right	Left	Difference
Elbow + 15 cm	32.7	32.4	R: +0.3
Elbow + 10 cm	30.7	31.1	L: +0.4
Elbow + 5 cm	28.3	28.9	L: +0.6
Elbow	27.5	27.6	L: +0.1
Wrist + 15 cm	28.1	27.9	R: +0.2
Wrist + 10 cm	23.3	23.6	L: +0.3
Wrist + 5 cm	19.9	20.5	L: +0.6
Wrist	19.0	20.0	L: +1.0

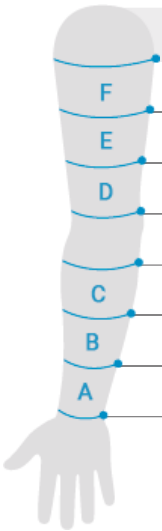
Legs



Areas measured	Right	Left	Difference
Patella + 30 cm	---	---	---
Patella + 20 cm	57.0	57.2	L: +0.2
Patella + 10 cm	47.3	48.5	L: +1.2
Patella	38.6	39.1	L: +0.5
Malleolus + 30 cm	35.4	36.7	L: +1.3
Malleolus + 20 cm	32.2	34.6	L: +2.4
Malleolus + 10 cm	22.4	23.1	L: +0.7
Malleolus	23.9	24.6	L: +0.7

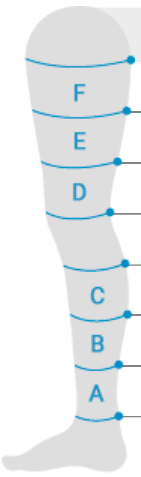
VOLUMES

Arms



Areas measured	Right	Left	Difference
Volumes D+E+F	1.04	1.05	L: +0.01
Volumes D+E	0.64	0.65	L: +0.01
Volume D	0.29	0.30	L: +0.01
Volumes A+B+C	0.63	0.63	0.0
Volumes A+B	0.34	0.36	L: +0.02
Volume A	0.15	0.16	L: +0.01

Legs



Areas measured	Right	Left	Difference
Volumes D+E+F	---	---	---
Volumes D+E	3.53	3.68	L: +0.15
Volume D	1.39	1.48	L: +0.09
Volumes A+B+C	1.88	2.06	L: +0.18
Volumes A+B	0.91	0.99	L: +0.08
Volume A	0.35	0.37	L: +0.02

HEIGHTS AND LENGTHS

HEIGHTS

Value	Right	Left	Difference
Shoulder height	138.6	140.1	L: +1.5
Wrist height	81.5	81.5	0.0
Hip height	87.0	87.0	0.0
Knee height	49.0	49.0	0.0
Ankle height	8.0	8.0	0.0

LENGTHS

Value	Right	Left	Difference
Lower leg length	41.3	41.2	R: +0.1
Upper leg length	38.0	38.1	L: +0.1
Leg length	79.3	79.3	0.0
Arm length	60.1	60.8	L: +0.7

ADDITIONAL VALUES

Parameters	Value
Measured body height	170.5
Measured inseam	---

WEIGHT

As a simple number, your body weight does not say anything about your health and fitness. You can only build up a comprehensive overall picture by combining this information with other factors such as BMI or FFMI and risk factors determined based on circumference readings.

LEAN MASS

Lean Body Mass is your body mass that is free from fat. It largely correlates to muscle mass which is richer in water compared to fatty mass.

FFMI

The Fat-Free Mass Index (FFMI) is calculated based on a person's fat-free mass (lean mass) by comparing body size to fat-free mass. It provides information on body composition. In particular it describes the increase or decrease of muscle mass and is an admission criteria for the German Natural Bodybuilding & Fitness Federation (GNBF) Championship, for example.

BMI

The BMI is the most common formula used these days to assess roughly whether a person is a normal weight, overweight or underweight. Normal weight is the range with the highest life expectancy and lowest risk of illness. BMI does not allow you to make any accurate statements on body composition: Athletes, for example, often have a high BMI but not very much fatty tissue. Instead they have a large muscle mass. The BMI is also not suitable for children under 18 years of age or pregnant women. Other factors must always be taken into account to categorize a person's health status.

BODY FAT

The optimum percentage of fat depends on individual factors such as age, gender and body type. If the value is too high, then poor blood values and blood pressure generally also increase, often resulting in the buildup of fatty deposits in your blood vessels. This increases your risk of illnesses such as strokes, cardiovascular diseases and diabetes. Belly fat (visceral fatty tissue) poses a particular health risk.

WH-RATIO

So-called visceral fat (belly fat) is particularly bad for your health as it is generally associated with the build-up of fat on your internal organs and high levels of metabolic activity. This increases your risk factor for developing diabetes, high blood pressure, heart attacks and strokes, and is a major indicator of the health implications of being overweight. The waist-hip ratio (WHR) is calculated as the ratio between the circumference of your waist and your hips. The larger your WHR, the less good your distribution of fat and the higher the risk. For women, the ideal value is below 0.72. There is an increased risk of illness if the value is 0.88 or above. For men, the ideal value is below 0.86. There is an increased risk of illness if the value is 1.04 or above.

WHt-RATIO

The waist-height ratio (WHtR) describes the ratio between the circumference of a person's waist and their height. According to the latest research from the Ludwig-Maximilian University in Munich, the WHtR correlates significantly to visceral belly fat, making it a highly useful factor in describing a person's health.

BASAL METABOLIC RATE

Our daily energy need is made up of three components: basal metabolic rate (BMR), energy conversion and thermogenesis. The basal metabolic rate is the consumption of calories for vital bodily functions such as maintaining body temperature or breathing. It depends on height, weight, gender and age.

OUR RECOMMENDATION

To create comparable results that are as precise as possible, we recommend repeating the measurements every 6 to 8 weeks, observing the same conditions. If possible, wear the same clothing, ideally underwear, and try to scan yourself at the same time of day. Pay attention to maintaining a balanced diet in order to avoid distorting your normal daily form.