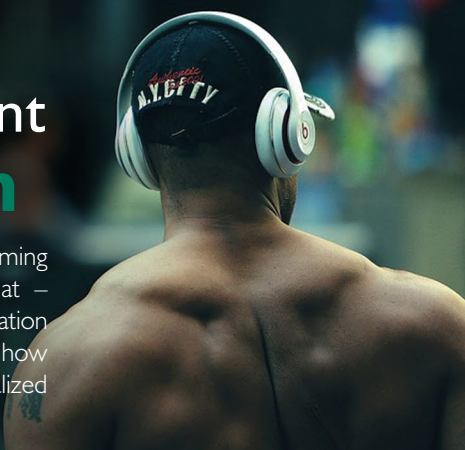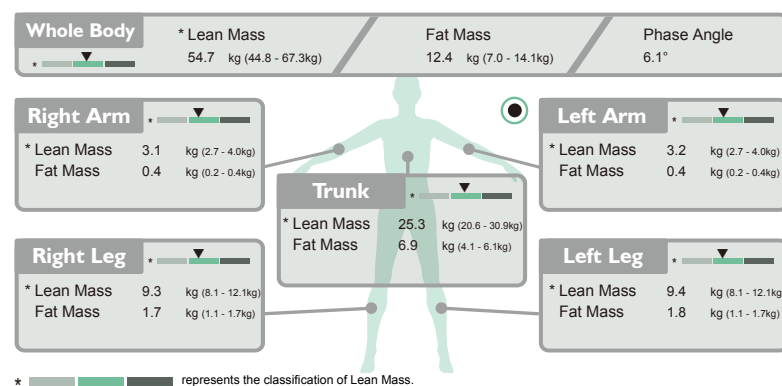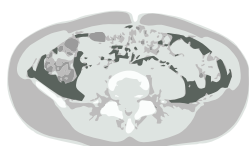# Focus on what's important
Let coaches coach

"Selling" your program to clients is an important but time-consuming progress that takes coaches away from what they're best at – coaching. 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, designing an individualized program for fitness.
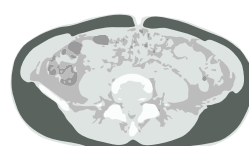
MARSDEN
PRECISION WEIGHING SOLUTIONS

MA801
Professional Body Composition Analyzer

Total & Segmental Analysis

Whole Body	* Lean Mass 54.7 kg (44.8 - 67.3kg)	Fat Mass 12.4 kg (7.0 - 14.1kg)	Phase Angle 6.1°

Right Arm		Left Arm	
* Lean Mass	3.1 kg (2.7 - 4.0kg)	* Lean Mass	3.2 kg (2.7 - 4.0kg)
Fat Mass	0.4 kg (0.2 - 0.4kg)	Fat Mass	0.4 kg (0.2 - 0.4kg)

Trunk	
* Lean Mass	25.3 kg (20.6 - 30.9kg)
Fat Mass	6.9 kg (4.1 - 6.1kg)

Right Leg		Left Leg	
* Lean Mass	9.3 kg (8.1 - 12.1kg)	* Lean Mass	9.4 kg (8.1 - 12.1kg)
Fat Mass	1.7 kg (1.1 - 1.7kg)	Fat Mass	1.8 kg (1.1 - 1.7kg)

* represents the classification of Lean Mass.

Abdominal Fat (L4-L5 vertebrae)

Visceral Fat
52.0 cm²

Subcutaneous Fat
94.8 cm²

Percentage body fat percentiles for adults

Male

Female
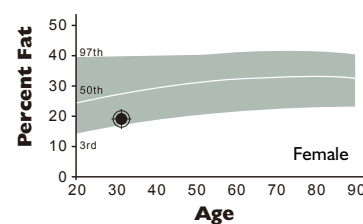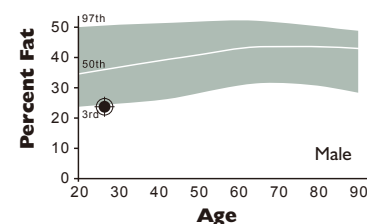
Get precise
Train Smart

Clients need to know if their training habits are creating imbalances, which reduce efficiency and increase risk of injury long-term.
Keep track of different body segments to determine if clients are properly developed and balanced. If not, coaches know where to focus training efforts!
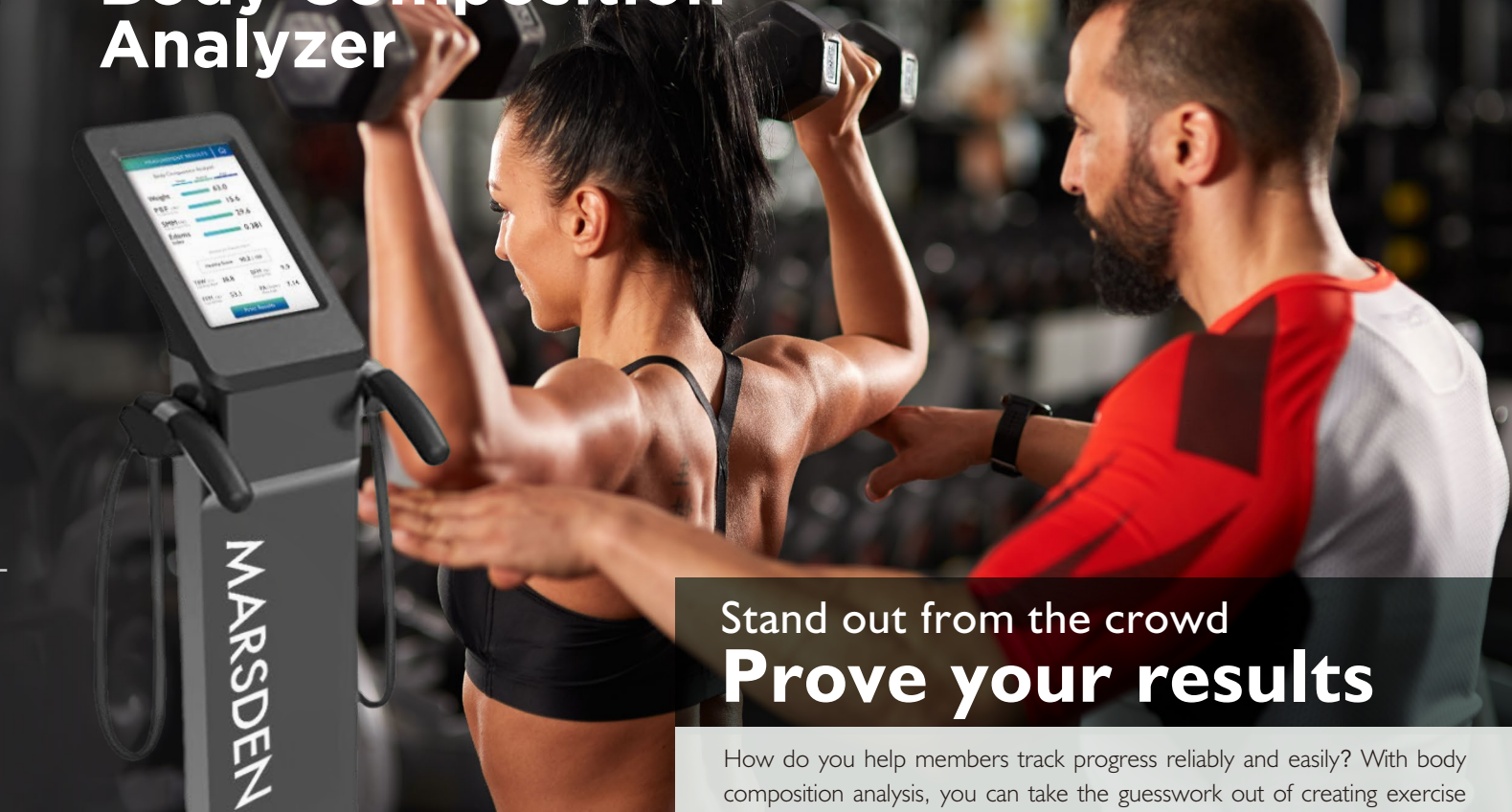
Detect hidden Obesity
Train Accordingly

Combine usage of Body Fat Percentage, Waist-Hip Ratio, Visceral Fat, and Subcutaneous Fat to conduct comprehensive evaluations of obesity risk. Visceral Fat is strongly correlated 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. Track training progress more precisely with the MA801.

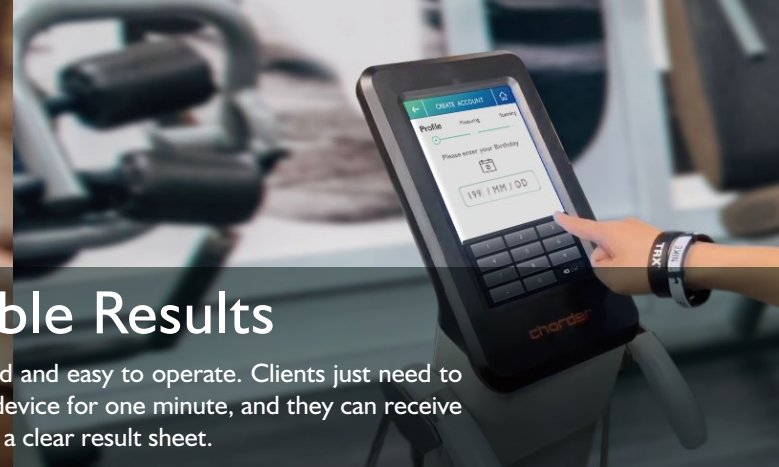# Stand out from the crowd
Prove your results

How do you help members track progress reliably and easily? With body composition analysis, you can take the guesswork out of creating exercise recommendations, and prove to clients that your training methods are effective using clear and tangible body composition data.

BMI FFMI SMI

MEDICAL

Quick & Reliable Results

The MA801 is designed to be straightforward and easy to operate. Clients just need to take their shoes and socks off, stand on the device for one minute, and they can receive professional body composition analysis all on a clear result sheet.

Use Body Composition to **Build a Professional Gym**

MA801 Body Composition Outputs

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)

Bioelectrical Impedance Vector Analysis Phase Angle
50kHz whole-body phase angle percentiles for adults

Muscle Quality
Estimated grip strength (N, kg)

Health Score

Percentage Body Fat Percentiles for Adults

Edema Index

Research Information
Basal Metabolic Rate, Waist Circumference, 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, Appendicular Skeletal Muscle Index

Impedance
5kHz、20kHz、50kHz、100kHz、250 kHz

Body Fat Percentiles

Compare body fat percentages with similar populations, placing results in context of age, gender, and ethnicity.

Bioelectrical Impedance Vector Analysis

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 trainers to recommend detailed health checks if needed, helping to keep clients safe.

Advanced Body Fat Analysis

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

Segmental Analysis

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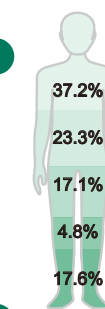

MARSDEN
PRECISION WEIGHING SOLUTIONS

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 Intracellular Water (lbs)	26.2	42.6	54.7	58.1	70.5	25.0 ~ 30.5
ECW Extracellular Water (lbs)	16.4					15.3 ~ 18.7
Protein (lbs)	12.1					8.0 ~ 11.4
Mineral (lbs)	3.4					2.3 ~ 3.9
BFM Body Fat Mass (lbs)	12.4					7.0 ~ 14.1

Body percentages: 37.2%, 23.3%, 17.1%, 4.8%, 17.6%

② Muscle - Fat Analysis

	Under	Normal	Over
Weight (lbs) Total Body Weight	50 68 85	100 115 143	172 200 %
		70.5	
SMM (lbs) Skeletal Muscle Mass	60 75 90	100 110 133	157 180 %
		32.2	
BFM (lbs) Body Fat Mass	50 65 80	100 160 240	320 400 %
		12.4	

③ Obesity Analysis
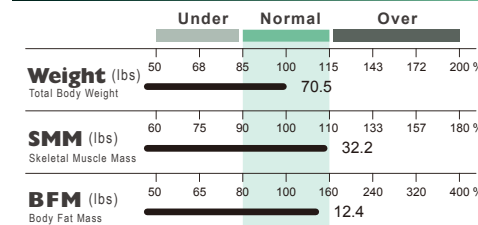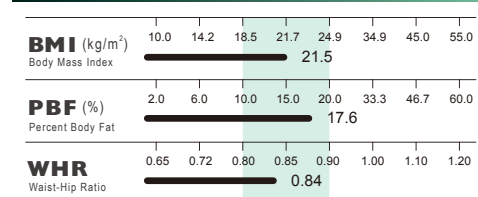
BMI (kg/m²) Body Mass Index	10.0 14.2 18.5	21.7 24.9 34.9	45.0 55.0
		21.5	
PBF (%) Percent Body Fat	2.0 6.0 10.0	15.0 20.0 33.3	46.7 60.0
		17.6	
WHR Waist-Hip Ratio	0.65 0.72 0.80	0.85 0.90 1.00	1.10 1.20
		0.84	

Abdominal Fat (L4-L5 vertebrae)

Visceral Fat 52.0 cm²
Subcutaneous Fat 94.8 cm²
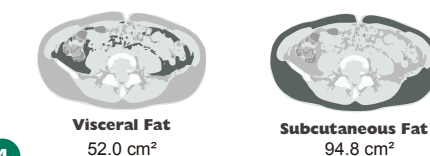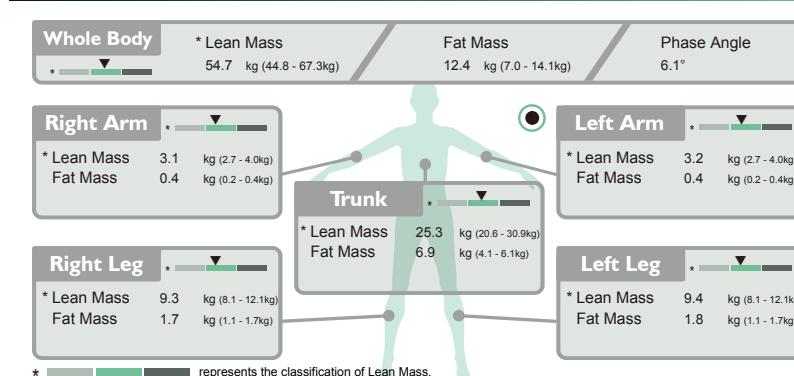
⑤ BIVA
Bioelectric Impedance Vector Analysis

More soft tissues — Less fluids
More fluids — Less soft tissues
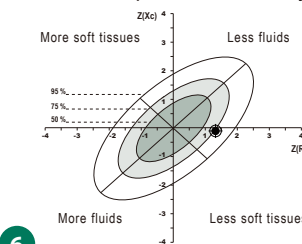
⑥ Phase Angle
Whole-body phase angle (50 kHz)

6.1°

⑦ Muscle Quality

Right Hand: 383 ~ 468 N, 39 ~ 48 kgf
Left Hand: 357 ~ 436 N, 36 ~ 44 kgf
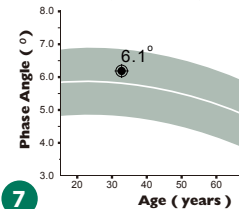
Health Score

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

0.385

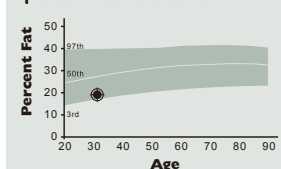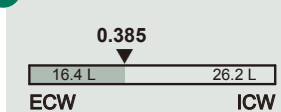| ECW		ICW
16.4 L		26.2 L

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

④ Total & Segmental Analysis

Whole Body
* Lean Mass 54.7 kg (44.8 - 67.3kg)
Fat Mass 12.4 kg (7.0 - 14.1kg)
Phase Angle 6.1°

Right Arm
* Lean Mass 3.1 kg (2.7 - 4.0kg)
Fat Mass 0.4 kg (0.2 - 0.4kg)

Left Arm
* Lean Mass 3.2 kg (2.7 - 4.0kg)
Fat Mass 0.4 kg (0.2 - 0.4kg)

Trunk
* Lean Mass 25.3 kg (20.6 - 30.9kg)
Fat Mass 6.9 kg (4.1 - 6.1kg)

Right Leg
* Lean Mass 9.3 kg (8.1 - 12.1kg)
Fat Mass 1.7 kg (1.1 - 1.7kg)

Left Leg
* Lean Mass 9.4 kg (8.1 - 12.1kg)
Fat Mass 1.8 kg (1.1 - 1.7kg)

* represents the classification of Lean Mass.

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