M2X CLUB VISBODY

Scan the code and View Report

Body Composition Report

ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

Score 82

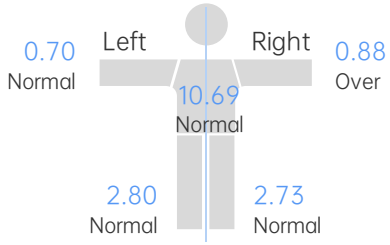
Compared to The Last Score +1

Body Composition Overview

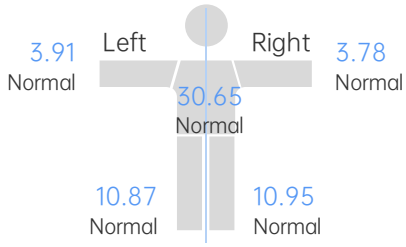
	Values	Body Fat Mass	Inorganic Salts	Protein
Weight kg	91.6 [63.6~77.8]	20.0 [8.5~17.0]		
fat free mass kg	71.6 [54.1~66.1]		4.9 [3.8~4.6]	
lean mass kg	69.9 [52.0~63.5]			14.1 [10.2~12.4]
Body Water kg	52.6 [39.5~48.3]			

* This report is for reference only and is not intended for diagnostic or medical purposes

Segmental Fat Analysis kg



Segmental Lean Analysis kg



Muscle-Fat Analysis

	Under	Normal	Over	Standard Range	Net
Weight kg				91.6 [63.6~77.8]	↑ 1.1
SMM kg				42.5 [29.9~36.5]	↑ 1.4
Body Fat Mass kg			20.0	[8.5~17.0]	↑ 0.4

Obesity Analysis

	Under	Normal	Over	Standard Range	Net
BFP %			21.8	[10.0~20.0]	↑ 0.2
BMI kg/m²			28.0	[18.5~24.9]	↑ 0.4
WHR			0.97	[0.80~0.90]	↑ 0.02

	Under	Normal	Over	Standard Range	Net
Basal Metabolism Rate kcal/d			1885.7	[1538.3~1798.0]	↓ 30.9

	Values	Net
Metabolic Age	30	↓ 1.0

	Normal	Over	Standard Range	Net
Visceral Fat Level	7.0		[1.0~10.0]	0.0

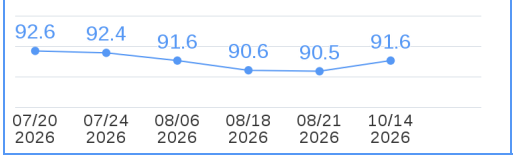
	Under	Normal	Over	Standard Range	Net
ICW kg			33.2	[25.2~30.8]	↑ 0.5
ECW kg			19.4	[15.4~18.8]	↑ 0.1
ECW/TBW Ratio		0.369		[0.360~0.390]	↓ 0.002

Intracellular and Extracellular Fluid (ICF/ECF) data are key indicators of health. A health risk may be present when Extracellular Fluid is above the standard range or Intracellular Fluid is below the standard range. In such cases, consulting with a specialist is recommended.

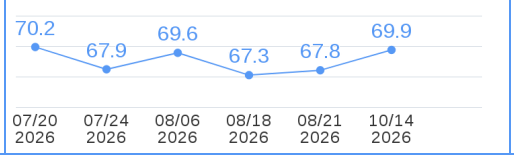
	Values	Obesity Assessment	Gold Standard	Net
Weight kg	91.6	⚠ Over	82.8	-8.8
Body Fat Mass kg	20.0	⚠ Over	14.3	-5.7
lean mass kg	69.9	⚠ Over	69.9	0.0

Body Composition History

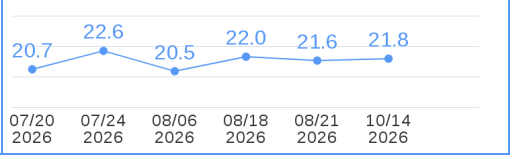
Weight kg



lean mass kg



BFP %



M2X CLUB VISBODY

Scan the code and View Report [redacted]

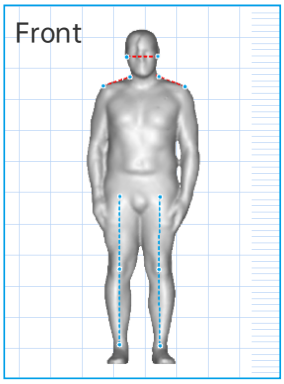
Posture Analysis Report

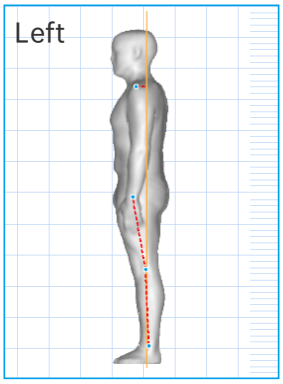
ID : [redacted] Gender : [redacted]

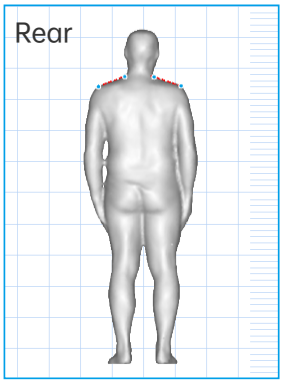
Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

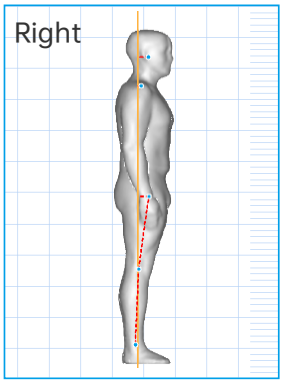
Score 73

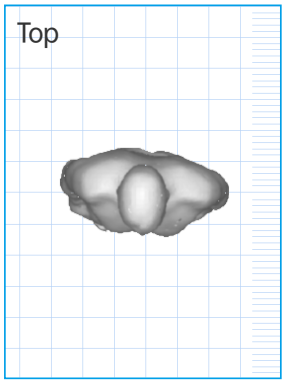
Compared to The Last Score +0











Posture Evaluation Overview

* To ensure data accuracy, wear form-fitting clothing and tie hair back
*This report is for reference only and is not intended for diagnostic or medical purposes

	Values	Risk Warning
Forward Head Posture Significant Forward Head Posture	5.6 cm ↑2.0	Forward head posture increases neck/shoulder load, affecting comfort and stability. Neck/shoulder relaxation and posture management recommended.
Head tilt Mild Right Lateral Cervical Flexion	1.2 ° ↓2.6	Lateral head tilt affects neck load balance and coordination. Mind daily posture symmetry.
Rounded Shoulders Posture(left side) Significant Left Rounded Shoulder	6.4 cm ↑3.0	Forward shoulders affect upper back load, uprightness, and torso stability. Back activation training recommended.
Rounded Shoulders Posture(right side) Significant Right Rounded Shoulder	2.5 cm ↓0.8	
Uneven Shoulders Mild Shoulder Height Asymmetry (Right Higher)	2.1 ° ↑3.5	Uneven shoulders affect upper limb/torso coordination. Symmetry training and re-testing recommended.
Anterior Pelvic Shift Significant Anterior Pelvic Tilt	6.6 cm ↑2.3	Anterior pelvic shift is often accompanied by gluteal muscle weakness and tightness in the lower back muscles, and can easily lead to lower back fatigue.
Left Knee Evaluation Mild Left Knee Hyperextension	186.0 ° ↑0.3	Knee hyperextension/flexion affects lower-limb stability. Mind standing posture and gait control.
Right Knee Evaluation Mild Right Knee Hyperextension	184.5 ° ↓0.7	
Leg Type Normal	Left leg: 172.6 ° ↑0.3 Right leg: 174.0 ° ↓0.3	--

M2X CLUB VISBODY

Scan the code and View Report

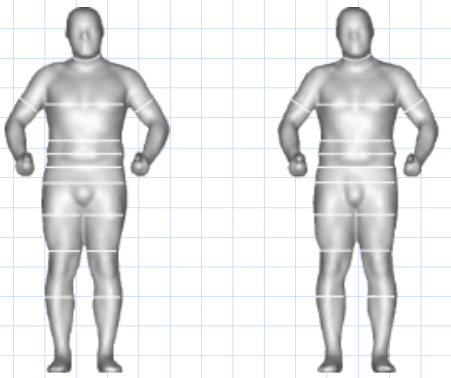
Body Circumference Report

ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

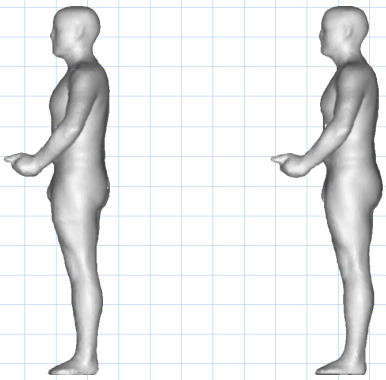
Present	Last

Positive



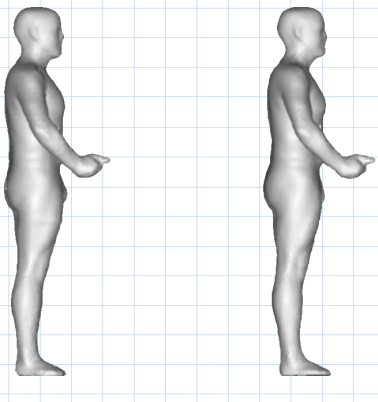
Present	Last

Left profile



Present	Last

Right profile



Body Circumferences cm

*To ensure data accuracy, please wear form-fitting clothing.

Item	Present	Last	Net
Neck circumference	37.8	38.1	↓ 0.3
Left upper arm	34.3	34.8	↓ 0.5
Right upper arm	34.5	34.8	↓ 0.3
Chest	112.8	111.0	↑ 1.8
High waist	93.0	92.2	↑ 0.8
Mid waist	98.3	98.6	↓ 0.3
Low waist	97.3	97.3	0.0
Hips	107.2	105.9	↑ 1.3
Left thigh	64.3	63.8	↑ 0.5
Minimum circumference of left thigh	45.0	45.2	↓ 0.2
Right thigh	65.3	64.8	↑ 0.5
Minimum circumference of right thigh	46.0	46.2	↓ 0.2
Left calf circumference	41.9	41.9	0.0
Right calf circumference	41.9	42.2	↓ 0.3

M2X CLUB VISBODY

Scan the code and View Report

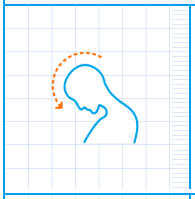
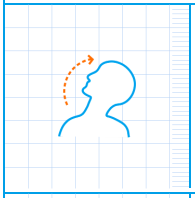
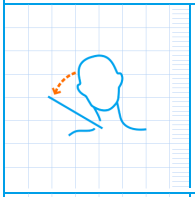
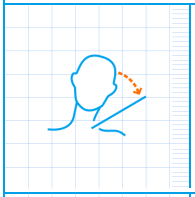
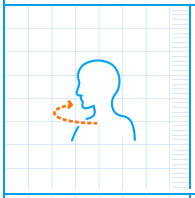
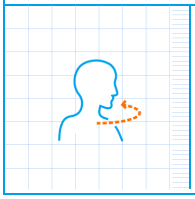
Neck Function Report

ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

Neck Function Evaluation

*The above data are derived from instrumental analysis and are for reference only. For further information, please consult a doctor or pharmacist.

	Item	Values	Standard Range	Evaluation Conclusion	Compared to Last Time
	Cervical flexion	39.4 °	[45.0 °~50.0 °]	Range of motion restricted	--
	Cervical spine extension	79.1 °	[45.0 °~75.0 °]	Range of motion Excessive	--
	Left lateral flexion of the cervical spine	29.8 °	[45.0 °]	Range of motion restricted	--
	Right lateral flexion of the cervical spine	46.7 °	[45.0 °]	Range of motion Excessive	--
	Left cervical rotation	56.7 °	[65.0 °~75.0 °]	Range of motion restricted	--
	Right cervical rotation	70.3 °	[65.0 °~75.0 °]	Normal	--

Evaluation Conclusion for Neck Function

Cervical flexion, Left lateral flexion of the cervical spine, Left cervical rotation Limited range of motion.

Analysis: Limited cervical range of motion is often associated with neck and shoulder muscle tension, prolonged desk work with the head lowered, or insufficient postural control, and may increase the risk of neck and shoulder pain, dizziness, or movement compensation.

Cervical spine extension, Right lateral flexion of the cervical spine Excessive range of motion.

Analysis: Excessive cervical range of motion may be associated with ligament laxity, insufficient joint stability, or prolonged overstretching. Cervical stability training is recommended.

Suggestion: Please consult a professional for further evaluation.

M2X CLUB VISBODY

Scan the code and View Report

Shoulder Function Report

ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

Shoulder Function Assessment

	Item	Values	Maximum Activity Location	Evaluation Conclusion	Net
	Abduction and Upthrow - Left Hand	191.7 °	[180.0 °]	Excessive Range of Motion	--
	Abduction and Upthrow - Right Hand	191.4 °	[180.0 °]	Excessive Range of Motion	--
	Anteflexion and Upthrow - Left Hand	180.0 °	[180.0 °]	Normal	--
	Anteflexion and Upthrow - Right Hand	180.0 °	[180.0 °]	Normal	--

Shoulder Function Assessment Result

Abduction and Upthrow - Left Hand ;Abduction and Upthrow - Right Hand Range of motion of the shoulder joint is excessive.

Analysis: The excessive range of motion of the shoulder joint is mostly caused by the slack ligament (mostly seen in females). For example, the frequent shoulder flexibility training may also lead to excessive activity.

Suggestion: Please consult with experts for some detail reasons.

M2X CLUB VISBODY

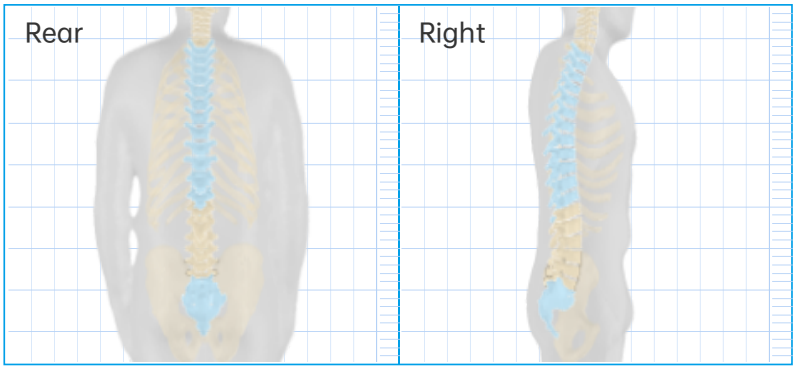
Scan the code and View Report

Spinal Health Assessment Report

ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

Spine Structure Visualization



*The model is for reference only. Please refer to a professional assessment for an actual diagnosis.

Spinal Structural Assessment

Overall Score



Moderate deviation

Normal
Mild
Moderate
Severe

Moderate spinal deviation. Targeted training under professional guidance recommended.

Assessment Details

Cervical Spine — 40

Significant deviation

0 Normal 6 Mild 16 Moderate 31 Severe

Significant forward head or lateral tilt with noticeable cervical shift. Professional assessment and systematic intervention recommended.



Muscle Assessment Results:
High levator scapulae, SCM, and upper trapezius involvement; low deep neck flexor involvement. Neck stability training and relaxation recommended.

Thoracic Spine — 18

Moderate deviation

0 Normal 6 Mild 16 Moderate 31 Severe

Thoracic shift may affect torso stability. Targeted intervention training recommended.



Muscle Assessment Results:
Muscle assessment is normal. Please continue to maintain your healthy lifestyle.

Lumbar Spine — 7

Slight deviation

0 Normal 6 Mild 16 Moderate 31 Severe

Slight lumbar shift, but posture remains balanced. Core stability training recommended.



Muscle Assessment Results:
Muscle assessment is normal. Please continue to maintain your healthy lifestyle.

Potential Pain Risk Assessment

Neck Pain Risk — 23

Medium Risk

0 Low Risk 10 Medium Risk 40 High Risk

Back Pain Risk — 18

Medium Risk

0 Low Risk 15 Medium Risk 30 High Risk

Lumbar Pain Risk — 7

Low Risk

0 Low Risk 10 Medium Risk 25 High Risk

M2X CLUB VISBODY

Scan the code and View Report [redacted]

Glute Shape Assessment Report

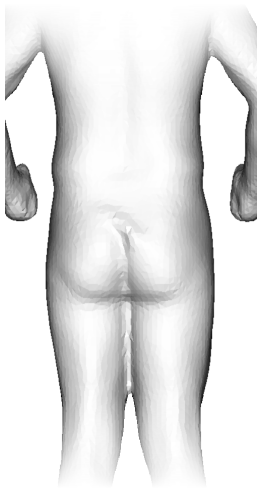
ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

*This report is for reference only and is not intended for diagnostic or medical purposes

Assessment Results

Current



Rear



Lateral View

Pear Shape Hips: 107.2 cm

A pear shape appears narrower at the top and wider at the bottom, with more muscle and fat distribution in the lower glutes.



Glute Shape	Shape	Type
Square Shape	Equally wide top and bottom	Needs Improvement
✓ Pear Shape	Narrower top, wider bottom	Needs Improvement
Inverted V-Shape	Wider top, narrower bottom	Needs Improvement
Round Shape	Round Shape	Ideal Shape
Peach Shape	"Peach" shape	Ideal Shape

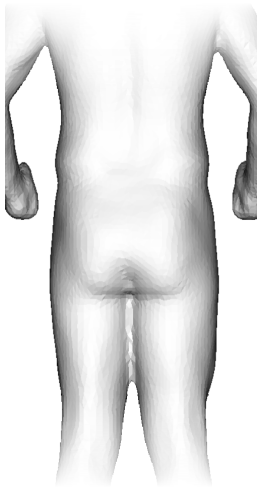
Comparison With History

Last

2026-08-21 12:38:12

Pear Shape

Hips: 105.9 cm



Rear



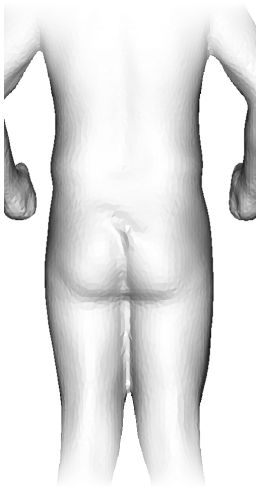
Lateral View

First Time

2026-10-14 14:44:40

Pear Shape

Hips: 107.2 cm



Rear



Lateral View

*Clothing can affect assessment results. For best accuracy, please wear tight-fitting attire.

Friendly Reminder

To effectively improve the shape and contour of your glutes, combine proper exercises with a balanced diet and moderate cardio. Get moving and build your perfect glutes!

M2X CLUB VISBODY

Scan the code and View Report

Balance Assessment Report

ID : [redacted] Gender : [redacted]

Height : [redacted] Age : [redacted] Test Date/ Time : 2026-10-14 14:44:40

100

Score

Compared to Last Time ↗ 0

Excellent

Sensory System Evaluation

Excellent

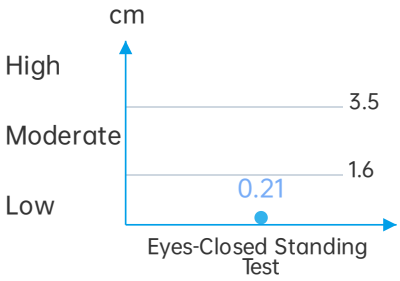
Visual Sensory Evaluation

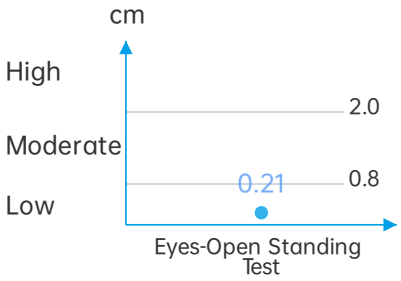
Excellent

Rating

Excellent	Good	Average	Poor

Sway Magnitude

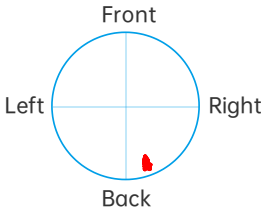




Static Balance (Eyes Closed)

Grade A

↗ Last: Grade A



COP Displacement Trajectory

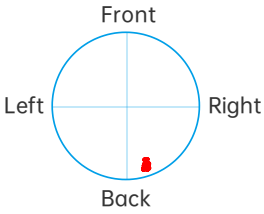
COP Trajectory Area	Average Velocity	Maximum Displacement
33.84 mm²	3.40 mm/s	0.46 mm

Excellent (Grade A) eyes-closed balance. High sensory integration allows stability without vision, enabling free movement in the dark.

Static Balance (Eyes Open)

Grade A

↗ Last: Grade A



COP Displacement Trajectory

COP Trajectory Area	Average Velocity	Maximum Displacement
40.29 mm²	2.29 mm/s	0.31 mm

Excellent (Grade A) eyes-open balance. Highly efficient visual-somatosensory integration ensures stable posture with low energy use. Adapts well to complex environments.