

Bruno Analytics Report

2023-10-22



Dados Pessoais

Nome:	Bruno
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Peso:	81.8
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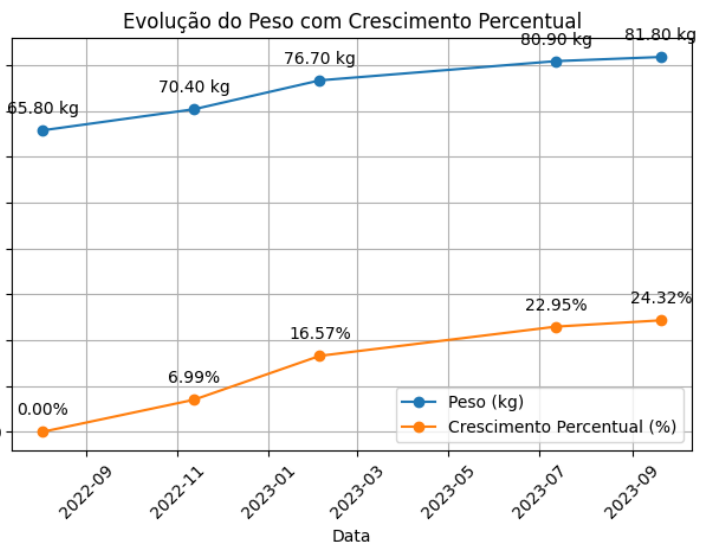
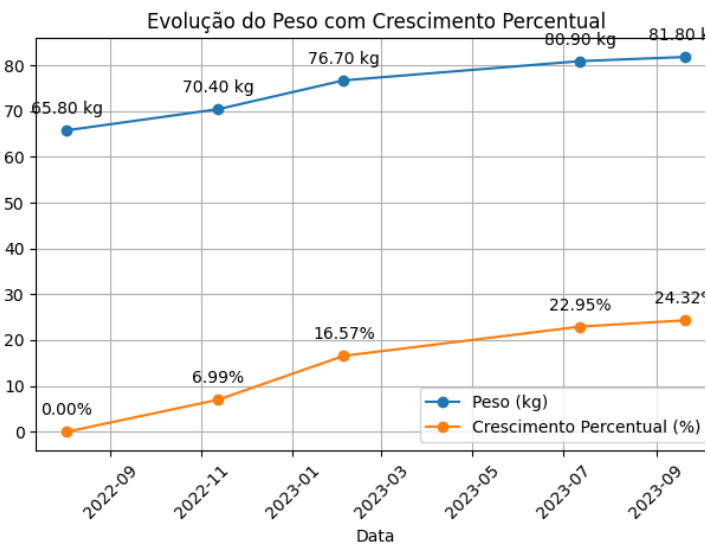
Altura:	1.68
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IMC:	28.98
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%_Gordura:	18.69%
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Últ. Av:	2023-09-20
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Avaliação Física de Bruno em Perspectiva Gráfica: Insights e Conclusões



Avaliação Física de Bruno em Perspectiva Gráfica: Insights e Conclusões

	2022-08-03	2022-11-12	2023-02-04	2023-07-12	2023-09-20
Peso	65.8	70.4	76.7	80.9	81.8
Altura	1.68	1.69	1.68	1.68	1.68
IMC	23.31	24.65	27.18	28.66	28.98
%_Gordura	9.91%	12.02%	14.94%	18.15%	18.69%
Massa_Magra	69.28	61.94	65.24	66.22	66.51
Massa_Gorda	6.52	8.46	11.46	14.68	15.29
DC_Peitoral	11.0	8.0	10.0	18.0	11.0
DC_Abdominal	13.0	20.0	23.0	25.0	31.0
DC_Coxa	12.0	15.0	20.0	21.0	24.0
Ombro	105.5	110.0	112.0	111.0	117.0
Torax_Relaxado	90.0	94.0	96.0	97.5	94.0
Térax_Inspirado	95.0	96.5	100.0	102.5	97.0
Abdome	82.0	81.0	83.0	92.5	91.5
Cintura	76.5	79.0	86.0	87.0	87.5
Quadril	97.0	94.0	98.0	106.0	104.5
RCQ	0.79	0.84	0.88	0.82	0.84
Antebraco_Esq	25.0	29.5	30.5	27.0	28.0
Antebrago_Dir	24.5	28.5	29.5	27.0	28.5
Brago_Relax_	26.5	31.0	32.0	32.5	33.0
Braco_Relax_Dir	27.0	31.0	32.0	32.5	33.5
Brago_Contr_	29.5	33.0	34.5	35.5	35.5
Brago_Contr_Dir	30.0	33.0	35.0	36.0	36.0
Coxa_Esq	50.0	54.0	53.0	57.5	55.0
Coxa_Dir	49.0	54.0	56.0	55.5	52.5