

## TAREA

1. Parametros de composición corporal, IMC: PESO/TALLA<sup>2</sup> (KG/M<sup>2</sup>)

$$*DAVID = 1.69 \times 1.69 = 2.8561$$

$$74 / 2.8561 = 25.90$$

$$*JACKY = 1.65 \times 1.65 = 2.7225$$

$$74 / 2.7225 = 27.1809$$

$$*ADRIANA = 1.56 \times 1.56 = 2.4336$$

$$52 / 2.4336 = 21.3675$$

$$*GUSTAVO = 1.69 \times 1.69 = 2.8561$$

$$73 / 2.8561 = 25.5593$$

$$*FABRIZIO = 1.69 \times 1.69 = 2.8561$$

$$62 / 2.8561 = 21.7079$$

$$*ALEXANDRA = 1.55 \times 1.55 = 2.4025$$

$$47 / 2.4025 = 19.5629$$

$$*ALESSIA = 1.59 \times 1.59 = 2.5281$$

$$53 / 2.5281 = 20.9643$$

$$*CARLOS = 1.68 \times 1.68 = 2.8224$$

$$80 / 2.8224 = 28.3446$$

$$*SANDRA = 1.64 \times 1.64 = 2.6896$$

$$58 / 2.6896 = 21.5645$$

$$*DIEGO = 1.75 \times 1.75 = 3.0625$$

$$76 / 3.0625 = 24.8163$$

\*Fórmula de Beuremberg (para sacar masa magra corporal)

$$MG = (1,2 \times IMC) + (0,23 \times edad) - (10,8 \times sexo) - 5,4$$

Hombre= 1

Mujer= 0

$$\text{David} = 1,2 \times 25 + 0,23 \times 21 - 10,8 \times 1 - 5,4$$

$$30 + 4.83 - 10,8 - 5,4$$

$$= 17.63$$

$$\text{Jacky} = 1,2 \times 27 + 0,23 \times 27 - 10,8 \times 0 - 5,4$$

$$32.4 + 6.21 - 10,8 - 5,4$$

$$= 22.41$$

$$\text{Adriana} = 1,2 \times 21 + 0,23 \times 20 - 10,8 \times 0 - 5,4$$

$$25.2 + 4,6 \times 20 - 0 - 5,4$$

$$= 14.6$$

$$\text{Gustavo} = 1,2 \times 25 + 0,23 \times 19 - 10,8 \times 0 - 5,4$$

$$30 + 4.37 - 10,8 - 5,4$$

$$= 18,17$$

$$\text{Fabrizzio} = 1,2 \times 21 + 0,23 \times 20 - 10,8 \times 1 - 5,4$$

$$25.2 + 4,6 - 10,8 - 5,4$$

$$= 13.6$$

$$\text{Alexandra} = 1,2 \times 19 + 0,23 \times 20 - 10,8 \times 1 - 5,4$$

$$22.8 + 4.6 - 10,8 - 5,4$$

$$= 11.2$$

$$\text{Alessia} = 1,2 \times 21 + 0,23 \times 21 - 10,8 \times 0 - 5,4$$

$$22.8 + 4.6 - 10,8 - 5,4$$

=13.4