

Dual Frequency  
**Body Composition  
Analyser** with  
Integral Printer



Body Composition Analysers

**DC 360**

The printout formats are available in both Asian and Caucasian.

Slip printout format  
(Thermal paper)

# TANITA

BODY COMPOSITION ANALYZER DC-360

26/JAN/2015 20:59

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INPUT

ID No. 0000001234567890  
 BODY TYPE STANDARD  
 GENDER MALE  
 AGE 35  
 HEIGHT 180 cm  
 CLOTHES WEIGHT 1.5kg

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RESULT

WEIGHT 83.0kg  
 FAT % 25.9 %  
 FAT MASS 21.5kg  
 FFM 61.5kg  
 MUSCLE MASS 58.4kg  
 TBW 48.4kg  
 TBW % 58.3 %  
 BONE MASS 3.1kg  
 BMR 7598 kJ  
 1816kcal  
 METABOLIC AGE 50  
 VISCERAL FAT RATING 8

BMI 25.6  
 IDEAL BODY WEIGHT 71.3kg  
 DEGREE OF OBESITY 16.4 %

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DESIRABLE RANGE

FAT % 8.0 - 19.9 %  
 FAT MASS 5.3 - 15.3kg

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TARGET

TARGET BF% is: 15 %  
 Predicted weight: 72.4kg  
 Predicted fat mass: 10.9kg  
 FAT TO LOSE: 10.6kg

Consult your physician before beginning any weight management program. Tanita is not responsible for determining your targetBF%.

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INDICATOR

\*FAT %  
 - | 0 | + | ++

\*BMI  
 - | 0 | + | ++

\*VISCERAL FAT RATING  
 | 13

\*MUSCLE MASS  
 - | 0 | +

\*BMR  
 - | 0 | +

\*PHYSIQUE RATING  
 OBESE

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\*BIOELECTRICAL DATA

6.25kHz 50kHz  
 R 433.5 394.3  
 X -19.3 -29.0

By Gmon Pro software format

# TANITA Body Composition Analyzer DC 360

Manufacturing Your Health

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Date 3/8/2017 10:52 AM

ID	1234568			Height	165 cm
Name	Fong	Type	Normal	PT	0.5 kg
Age	32	female			

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■ Details

MC-780	Result	Desirable	Target	Diff
Weight	72.0 kg	50.4-68.1 kg	kg	kg
Fat	38.6 %	21.0-35.0 %	%	%
Fat Mass	27.8 kg	11.7-23.8 kg	kg	kg
FFM	44.2 kg			
Muscle Mass	41.5 kg	37.6-42.8		
BMI	26.4	18.5-25.0		
SMM	24.4 kg			
Bone Mass	2.7 kg			
Metabolic Age	47			

**Physique Rating**

FAT	Obese			
	Over Fat	Hidden obese	Obese	Soldly-Built
	Healthy		Standard Plus	
	Under Fat	Under Exercised	Standard Minus	Standard Muscular
		Thin	Thin and Muscular	Very Muscular

Muscle Mass  
-      0      +

**BMR / TBW / Protein / Visceral Fat Rating**

BMR: 5744 kJ, 1372 kcal  
 Under Normal More

TBW: 31.8 kg, 44.2 %  
 Male: 50-65%, Female: 45-60%, Children: 60-75%

Visceral Fat Rating: 8  
 Average High Very High

**Visceral Fat Rating 10: Fat area approximately 100cm<sup>2</sup>**

Rating	Standard	High	Very High
	Below 9	10 ~ 14	Above 15
Judgement	Continue monitoring your rating within healthy range through appropriate exercise and balanced diet.	Consider changing diet and/or increasing exercise to reduce the fat to standard level.	Should engage in more intensive exercise and make changes to current diet. Consult your physician for medical diagnosis.

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■ History

	Weight	Muscle Mass	Fat in %
Current	72.0	41.5	38.6
Initial	72.0	41.5	38.6

**Weight**

**Muscle Mass**

**Fat in %**

**BIA Information**

	1kHz	5kHz	50kHz	250kHz	500kHz	1MHz	Phase Angle
H-L	763.7	684.3	615.0				5.6°
RL	31.0	66.6	68.7				5.6°
LL	283.4	252.9	227.2				5.6°
RH	11.2	24.6	20.8				5.6°
LH	274.8	244.1	220.1				5.8°
L-L	11.3	24.1	19.5				5.8°
	440.5	397.7	355.5				5.7°
	17.7	38.8	45.0				
	458.5	412.1	365.7				
	18.3	41.0	48.6				
	558.7	496.8	445.3				
	22.5	49.5	41.1				

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**Body Fat Ranges for Standard Adults**

Age	Under Fat	Standard Minus	Standard Plus	Over Fat	Obese
Male 18 ~ 39	10 11	16 17	21 22	26 27	
40 ~ 59	11 12	17 18	22 23	27 28	
60 ~	13 14	19 20	24 25	29 30	
Female 18 ~ 39		20 21	27 28	34 35	39 40
40 ~ 59		21 22	28 29	35 36	40 41
60 ~		22 23	29 30	36 37	41 42

\* Based on WHO BMI Guidelines and research done by Japan Society for the Study of Obesity, correlated to DXA. © 2004 TANITA Corporation. All Rights Reserved

**Recommendations**

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**Remarks**

Please note that people with an electronic medical implant, such as a pacemaker, should not use a Body Composition Monitor as it passes a low-level electrical signal throughout the body, which may interfere with its operation. Readings are for reference only for dialysis patients and menstruating female.

# AT A GLANCE

- Full body composition analysis provided in 15 seconds using clinically accurate Tanita Dual Frequency BIA Technology
- Integrated printer provides instant read out of results with topline analysis.
- Results automatically stored on the SD Card, sent to a PC or printed.
- GMon Pro Software compatible, allowing trend analysis, health risk assessments and full data management.
- Low profile platform for additional stability
- Max weight capacity 270kg with 100g accuracy

## DC 360

Dual Frequency Body  
Composition Analyser  
with Integral Printer



## TOTAL BODY MEASUREMENTS

- Weight
- Body Mass Index
- Body fat %
- Fat mass
- Fat free mass
- Muscle mass
- Total Body Water %
- Total Body Water Kg
- Body mass index
- Bone Mineral mass
- Physique rating
- Visceral fat rating
- Basal Metabolic Rate ( Kcal, Kj )
- Basal Metabolic Rate indicator
- Metabolic Age
- Print Out Analysis :
  - Body Fat Analysis
  - Muscle Mass Indicator
  - BMR Indicator
  - Physique Rating
  - Target : BF and Weight

## TECHNICAL SPECIFICATION

Age Range	5 - 99 years
Weight Capacity	270 kg
Graduation	100 kg
Product Dimensions	(P) 395 x 395 x 1027 mm (S) 395 x 395 x 67 mm
Product Weight	(P) 11.2 kg (S) 8.3 kg
Power Source	AC 100-240V
Interface	RS232, USB, SD CARD
Warranty	3 Years



DC-360 S  
(Pole stand is not included)



DC-360 P