# InBody

| ID | Height | Age | Gender | Test Date / Time |
|---|---|---|---|---|
| 8492808635 | 5ft 08.0in | 32 | Male | 18.09.2025. 09:53 |

## Body Composition Analysis

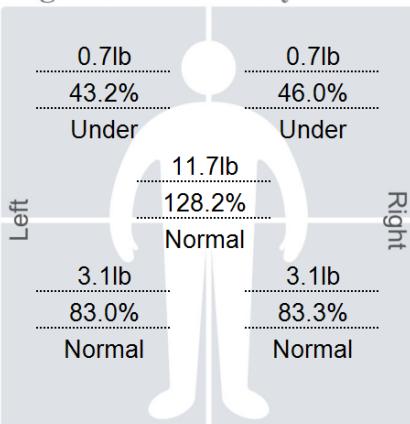| | | | | |
|---|---|---|---|---|
| Total amount of water in body | Total Body Water | (lb) | 108.2 | ( 81.4~99.4 ) |
| For building muscles | Protein | (lb) | 30.0 | ( 21.8~26.7 ) |
| For strengthening bones | Minerals | (lb) | 9.72 | ( 7.52~9.19 ) |
| For storing excess energy | Body Fat Mass | (lb) | 21.9 | ( 17.4~34.8 ) |
| Sum of the above | Weight | (lb) | 169.8 | ( 123.0~166.2 ) |

## Muscle-Fat Analysis

| | | Under | Normal | Over | |
|---|---|---|---|---|---|
| Weight | (lb) | | | | 169.8 |
| SMM Skeletal Muscle Mass | (lb) | | | | 85.8 |
| Body Fat Mass | (lb) | | | | 21.9 |

## Obesity Analysis

| | | Under | Normal | Over | |
|---|---|---|---|---|---|
| BMI Body Mass Index | (kg/m²) | | | | 25.8 |
| PBF Percent Body Fat | (%) | | | | 12.9 |
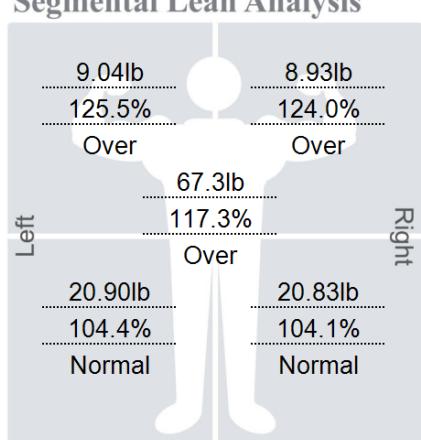
## Segmental Lean Analysis

*Lean Mass % Evaluation*

| | |
|---|---|
| 9.04lb 125.5% Over | 8.93lb 124.0% Over |
| | 67.3lb 117.3% Over |
| 20.90lb 104.4% Normal | 20.83lb 104.1% Normal |

Left / Right

## Segmental Fat Analysis

*Fat Mass % Evaluation*

| | |
|---|---|
| 0.7lb 43.2% Under | 0.7lb 46.0% Under |
| | 11.7lb 128.2% Normal |
| 3.1lb 83.0% Normal | 3.1lb 83.3% Normal |

Left / Right
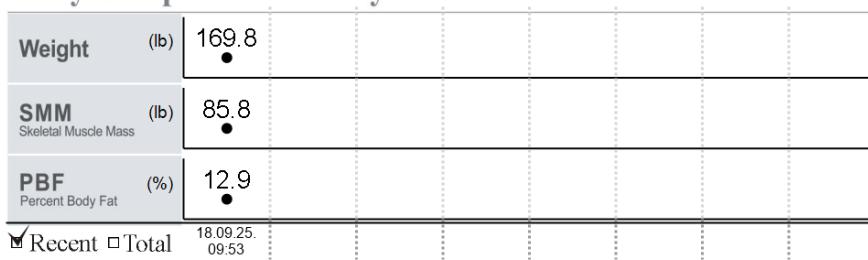
∗ Segmental fat is estimated.

## Body Composition History

| | | | |
|---|---|---|---|
| Weight | (lb) | 169.8 | |
| SMM Skeletal Muscle Mass | (lb) | 85.8 | |
| PBF Percent Body Fat | (%) | 12.9 | |

☑ Recent ☐ Total — 18.09.25. 09:53

## InBody Score

### 91 /100 Points

∗ Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

## Weight Control

| | | |
|---|---|---|
| Target Weight | 169.8 | lb |
| Weight Control | 0.0 | lb |
| Fat Control | 0.0 | lb |
| Muscle Control | 0.0 | lb |

## Obesity Evaluation

| | | | |
|---|---|---|---|
| BMI | ☐ Normal | ☐ Under | ☑ Slightly Over ☐ Over |
| PBF | ☑ Normal | ☐ Slightly Over | ☐ Over |

## Waist-Hip Ratio

0.86    (0.80  0.90)

## Visceral Fat Level

Level 3    Low 10 High

## Research Parameters

| | | |
|---|---|---|
| Fat Free Mass | 147.9 lb | ( 110.7~135.4 ) |
| Basal Metabolic Rate | 1820 kcal | ( 1643~1926 ) |
| Obesity Degree | 117 % | ( 90~110 ) |
| Recommended calorie intake | 2752 kcal | |

## Calorie Expenditure of Exercise

| | | | |
|---|---|---|---|
| Golf | 136 | Gateball | 146 |
| Walking | 154 | Yoga | 154 |
| Badminton | 174 | Table Tennis | 174 |
| Tennis | 231 | Bicycling | 231 |
| Boxing | 231 | Basketball | 231 |
| Mountain Climbing | 251 | Jumping Rope | 270 |
| Aerobics | 270 | Jogging | 270 |
| Soccer | 270 | Swimming | 270 |
| Japanese Fencing | 385 | Racketball | 385 |
| Squash | 385 | Taekwondo | 385 |

∗Based on your current weight
∗Based on 30 minute duration

## Impedance

| Z(Ω) | | RA | LA | TR | RL | LL |
|---|---|---|---|---|---|---|
| | 20 kHz | 272.5 | 268.0 | 20.7 | 268.7 | 264.9 |
| | 100 kHz | 235.1 | 232.6 | 15.6 | 228.4 | 225.7 |