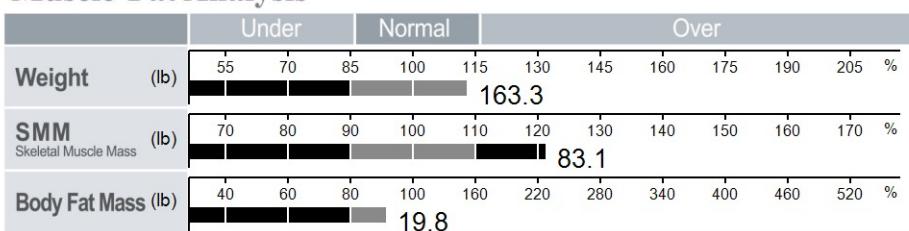


ID
8492808635Height
5ft 08.0inAge
32Gender
MaleTest Date / Time
15.12.2025. 09:01

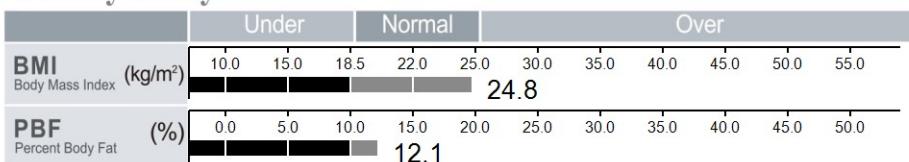
Body Composition Analysis

Total amount of water in body	Total Body Water	(lb)	104.9 (81.4~99.4)
For building muscles	Protein	(lb)	28.9 (21.8~26.7)
For strengthening bones	Minerals	(lb)	9.66 (7.52~9.19)
For storing excess energy	Body Fat Mass	(lb)	19.8 (17.4~34.8)
Sum of the above	Weight	(lb)	163.3 (123.0~166.2)

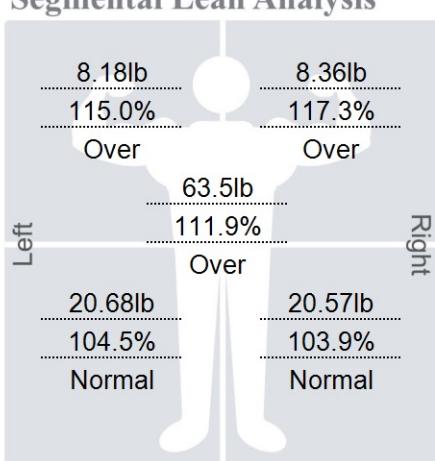
Muscle-Fat Analysis



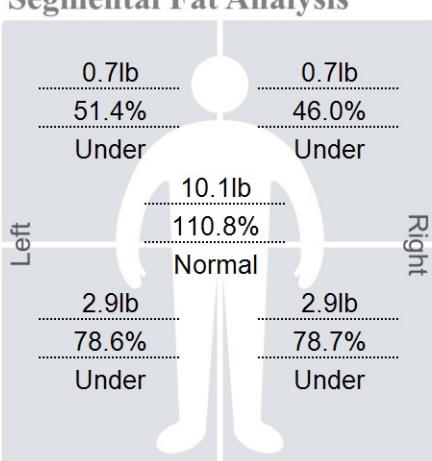
Obesity Analysis



Segmental Lean Analysis

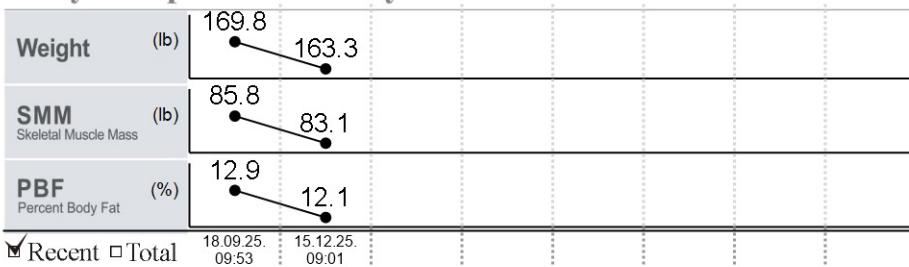


Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

89/100 Points

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

Weight Control

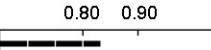
Target Weight	163.3 lb
Weight Control	0.0 lb
Fat Control	0.0 lb
Muscle Control	0.0 lb

Obesity Evaluation

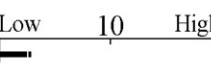
BMI Normal Under Slightly Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.83 

Visceral Fat Level

Level 3 

Research Parameters

Fat Free Mass	143.5 lb (110.7~135.4)
Basal Metabolic Rate	1776 kcal (1594~1866)
Obesity Degree	113 % (90~110)
Recommended calorie intake	2700 kcal

Calorie Expenditure of Exercise

Golf	130	Gateball	141
Walking	148	Yoga	148
Badminton	168	Table Tennis	168
Tennis	222	Bicycling	222
Boxing	222	Basketball	222
Mountain Climbing	242	Jumping Rope	259
Aerobics	259	Jogging	259
Soccer	259	Swimming	259
Japanese Fencing	371	Racketball	371
Squash	371	Taekwondo	371

*Based on your current weight

*Based on 30 minute duration

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	290.9	297.6	21.7	275.1	269.7
100 kHz	252.5	259.1	15.5	233.5	229.6