InBody

ID	Height	Age	Gender	Test Date & Time
99994459	179cm	39	Male	09. 20. 2021 04:34

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	46.2	(39.6~48.4)
For building muscles	Protein	(kg)	12.3	(10.6~13.0)
For strengthening bones	Minerals	(kg)	4.16	(3.66~4.48)
For storing excess energy	Body Fat Mass	(kg)	17.6	(8.5~16.9)
Sum of the above	Weight	(kg)	80.3	(59.9~81.1)

Muscle-Fat Analysis

		Under	Normal	Over	
Weight	(kg)	55 70 85 100 115 130 145 160 175 190 205		80.3	%
SMM Skeletal Muscle Mass	(kg)	70 80 90 100 110 120 130 140 150 160 170		35.4	%
Body Fat Mass	(kg)	40 60 80 100 160 220 280 340 400 460 520		17.6	%

Obesity Analysis

		Under	Normal	Over	
BMI Body Mass Index	(kg/m²)	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		25.1	
PBF Percent Body Fat	(%)	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0		21.9	

Segmental Lean Analysis

Lean Mass % Evaluation

4.00 kg 114.8% Normal (Left)	4.01 kg 115.1% Over (Right)
	30.1 kg 108.5% Normal
9.27 kg 95.9% Normal	9.28 kg 96.0% Normal

Segmental Fat Analysis

Fat Mass % Evaluation

0.8 kg 132.8% Normal (Left)	0.8 kg 132.5% Normal (Right)
	10.1 kg 227.3% Over
2.2 kg 123.4% Normal	2.3 kg 124.1% Normal

* Segmental fat is estimated

Body Composition History

Weight	(kg)	80.3	
SMM Skeletal Muscle Mass	(kg)	35.4	
PBF Percent Body Fat	(%)	21.9	

☑ Recent ☐ Total   09. 20. 21 04:34

InBody Score

76/100 Points

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

Weight Control

Target Weight	73.8 kg
Weight Control	-6.5 kg
Fat Control	-6.5 kg
Muscle Control	0.0 kg

Obesity Evaluation

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

Waist-Hip Ratio

1.01   0.80 0.90

Visceral Fat Level

Level 8   Low 10 High

Research Parameters

Fat Free Mass	62.7 kg	(53.9~65.9)
Basal Metabolic Rate	1724 kcal	(1697~1992)
Obesity Degree	114 %	(90~110)
SMI	8.3 kg/m²	
Recommended calorie intake	2781 kcal	

Calorie Expenditure of Exercise

Golf	141	Gateball	153
Walking	161	Yoga	161
Badminton	181	Table Tennis	181
Tennis	241	Bicycling	241
Boxing	241	Basketball	241
Mountain Climbing	262	Jumping Rope	281
Aerobics	281	Jogging	281
Soccer	281	Swimming	281
Japanese Fencing	402	Racketball	402
Squash	402	Taekwondo	402

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

Impedance

$Z(\Omega)$		RA	LA	TR	RL	LL
	20 kHz	270.9	271.7	23.2	276.6	275.9
	100 kHz	240.1	241.0	20.2	248.1	248.1