InBody

ID 19349 Height 5ft. 08. 0in. 56

Age

Gender | Test Date / Time Male

2020.07.06, 07:21

\nBody570]

# **Body Composition Analysis**

	Wa](i(e)a)	Total Ecoty Water	Lean Body Mass	Weight
Intracellular Water (lbs)	<b>76.</b> 3	122. 4		
Extracellular Water (lbs)	46. 1	122. 1	165.6	
Dry Lean Mass (lbs)	43. 2		,	268.9
Body Fat Mass (lbs)	103. 3			,

## **Muscle-Fat Analysis**

Weight (lbs) 55 70 85 100 115 130 145 160 175 190 205 % 268. 9  SMM (lbs) 70 80 90 100 110 120 130 140 150 160 170 % Skeletal Muscle Mass (lbs) 40 60 80 100 160 220 280 340 400 460 520 % 103. 3	2007		./	-    -	))				1	V			
SMM (lbs) 70 80 90 100 110 120 130 140 150 160 170 % Skeletal Muscle Mass	Weight (lbs)	55	70				130	145	160	175			%
Skeletal Muscle Mass 95. U		70	80	90	100	110	120	130				- 1	%
Body Fat Mass (lbs) 40 60 80 100 160 220 280 340 400 460 520 %									99	5.0			
	Body Fat Mass (lbs)	40	60				220	280	340	400	460		

## **Obesity Analysis**

		$\sim$			1-				/			
BMI destails	10	, 0	15.	 . 5	22.0	25	30.0	35.0	40.0	45.0	50, 0	55, 0
Body Mass Index (Kg/III)				 <b>l</b> ouis					-	40.9		
PBF (%)	0,	)	5.'0	. 0	15.0	20	25.0	30.0	35.0	40.0	15.0	50.0
PBF (%) Percent Body Fat										<b>38.</b>	4	

Segmental I	_ean	Ana	lysis		В	ased on i	deal we	eight ====	- Ba	sed on cur	rent we	eight 🚥	SAI ERSNE
					1-7				/				
	(lbs)	55	70	85	100	115	130	145	160	175	190	205	%
Right Arm	(%)	es es mesos de decencios es			CONTRACTOR DESCRIPTION			132.6		11. 22			
	(lbs)	55	70	85	100	115	130	145	160	175	190	205	%
Left Arm	(%)	MANAGORIA MONUMENT			Managada (Managa	HISTORY BUILD	REAL PROPERTY AND A SECOND	134. 8	3	11. 40			
	(lbs)	70	80	90	100	Lίο	120	130	140	150	160	170	%
Trunk	(%)	ACHIVIOUNS ENDERSAGE	CONTRACTOR		CONTRACT MATERIAL		1	19. 6		<b>=</b> 80. 4			
	(lbs)	70	80	90	100	110	120	130	140	150	160	170	%
Right Leg	(0.4)	emusa messas	SERVE PROCESS	esterned technology	**************************************	00.0		23. 52	3				
	(lbs)	70	80	90	100	110	120	130	140	150	160	170	%
Left Leg		erssen redeka			97	. 5	2	22. 93					

## **ECW/TBW Analysis**

ECW/TBV	٧				<b>().</b>	376							
513/41/2016/16	unahirina.	0.320	0.340	0.360	0. 380	0.390	0.400	0.410	0.420	0.430	0.440	0, 450	
			$\tilde{\lambda}$							N.			
		v											

#### **Rody Composition History**

Doug Composit			 	
Weight (lbs)	268.7	62. 7		
SMM (lbs) Skeletal Muscle Mass	91.9	95.0		
PBF (%) Percent Body Fat	40, 2	38. 8 38. 4		2 2 4 4 4 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5
ECW/TBW	0. 375 0	374 0.376		**************************************
M Recent □ Total	20, 01, 27 20 14:07 (	. 04. 03 20. 07. 06 09:27 07:21	I I	***

### Body Fat - Lean Body Mass Control -

	,
Body Fat Mass	-74.1 lbs
Lean Body Mass	0.0 lbs
(+) means to gain fat/lean	(-) means to lose fat/lean

## Segmental Fat Analysis-

	▼   —   ▲
Right Arm	( 10. 11bs) ————— 776. (
Left Arm	( 10. 11bs) ————————————————————————————————————
Trunk	( 56.01bs) ————————————————————————————————————
Right Leg	( 11. 21bs) ————————————————————————————————————
Left Leg	( 11, 01bs) ————————————————————————————————————
Basal Me	etabolic Rate
	1992 keal
Visceral	Fat Level————

High

# Level 20

## Results Interpretation-**Body Composition Analysis**

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

#### **Obesity Analysis**

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

#### Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

## **ECW/TBW Analysis**

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

#### Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen, Maintain a Visceral Fat Level under 10 to stay healthy.

## Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



#### Impedance

III POGGIII	. •			
	RA	LA	TR	RL LL
$\mathbf{Z}(\Omega)$ 5 kHz	224. 3	220, 1	21, 2	209. 9 216. 3
50 kHz	190. 5	187. 0	17. 5	176, 2 182, 8
500 kHz	162. 0	158. 9	13. 4	209. 9 216. 3 176. 2 182. 8 153. 0 159. 0