

[InBody570]

ID 15374 Height Age 5ft. 08. 5in. | 56

Gender Test Date / Time Male

2020.07.01. 10:21



Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	63.7	101.6		
Extracellular Water(Ibs)	37.9	101.0	138.7	
Dry Lean Mass (lbs)	37.0			185.6
Body Fat Mass (lbs)	46.9			

Muscle-Fat Analysis

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Weight	(lbs)	55	70	85	100	115	- 130	5.6^{145}	160	175	190	205	%
SMM Skeletal Muscle Mass	(lbs)	70	80	90	100	110	78. 7	130	140	150	160	170	%
Body Fat Mass	(lbs)	40	60	80	100	160	²²⁰ 46	3. 9	340	400	460	520	%

Obesity Analysis

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BMI Body Mass Index	(kg/m²)	10.0	15.0	18.5	22.0	25.0	30.0 35.0 27.8	40.0	45. 0	50.0	55. 0
PBF Percent Body Fat	(%)	0.0	5.0	10.0	15.0	20.0	25.0 30.0 25.3	35.0	40.0	45. 0	50.0

Somental Loop Analysis

Segmental	Lean	Ana	Hysis		В	ased on	ideal we	ight —	Ba	sed on ci	irrent we	eight =	
					_								
Right Arm	(lbs) (%)	55	70	85	100	115 108	8. 14 3. 7	145	160	175	190	205	%
Left Arm	(lbs) (%)	55	70	85	100	115	8. 11 8. 6	145	160	175	190	205	%
Trunk	(lbs) (%)	70	80	90	100	110	62.6	130	140	150	160	170	%
Right Leg	(lbs) (%)	70	80	90	100	110 20. 9. 8	. 75	130	140	150	160	170	%
Left Leg	(lbs) (%)	70	80	90	100	110 20.	50 ¹²⁰	130	140	150	160	170	%

ECW/TBW Analysis

ECW/TBW	0.320	0.340	0.360	0.380	0.390 374	0. 400	0. 410	0. 420	0. 430	0. 440	0. 450

Body Composition History

Both C	OHAND ODAG	TORK ARK	Jeon y						
Weight	(lbs)	186. 2	188. 2	185. 3	184. 1	184.6	188. 7	184. 3	185. 6
SMM Skeletal Muscle M	lass (lbs)	80.5	78. 9	78.7	79. 1	78. 5	79.4	77.8	78. 7
PBF Percent Body Fat	(%)	23.4	25. 7	24. 5	23.7	24. 5	25. 4	24.8	25. 3
ECW/TB\	N	0. 378	0.376	0. 378	0.376	0. 379	0.378	0.379	0.374
Recent	□ Total	18. 07. 02 09:49	18. 10. 23 10:03	19. 02. 15 11:05	19. 05. 30 10:22	19. 08. 30 10:09	19. 12. 13 11:14	20. 03. 18 10:21	20. 07. 01 10:21

Body Fat - Lean Body Mass Control —

Body Fat Mass Lean Body Mass -22.5 lbs 0.0 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis-

	V - A
Right Arm	
Left Arm	(2.91bs) ————————————————————————————————————
Trunk	(25. 81bs) ————————————————————————————————————
Right Leg	(6. 41bs) ———— 166. 2%
Left Leg	(6. 21bs) ————————————————————————————————————
Basal Mo	etabolic Rate—————
	1729 kcal
Visceral	Fat Level——————
	Low 10 High

Level 9 **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

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			LA			
$\mathbf{Z}_{(\Omega)}$	$5\mathrm{kHz}$	294. 0	295. 8	23.7	260.8	264. 2
	$50\mathrm{kHz}$	258. 1	258. 2	20.7	223.7	227.7
5	$00 \mathrm{kHz}$	218. 8	220.8	16. 5	191.4	196. 0



PREPARING FOR YOUR INBODY TEST

Name: THOMAS GRATE

Please check if any of the following apply:
☐ Are you pregnant?
☐ Are you menstruating?
Do you have medical implants such as a pacemaker and/or other life sustaining medical implants?
☐ Have you exercised within the last 6-12 hours?
☐ Have you consumed alcohol within the last 24 hours?
☐ Have you drank any caffeine today?
☐ Have you eaten within the last 3-4 hours?
Did you hydrate well the day before?
To prepare:
Please use the restroom prior to your appointment to ensure LMC can obtain accurate measurements