InBody   Ralph Darby

[InBody570]

TD 1/18/20

ID	Height	Age	Gender	Test Date / Time
12829	5ft. 08.0in.	70	Male	2020.01.15. 10:34

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	58.9	96.3	130.3	166.6
Extracellular Water (lbs)	37.5			
Dry Lean Mass (lbs)	34.0			
Body Fat Mass (lbs)	36.3			

Muscle-Fat Analysis

		▼	—	▲	
Weight	(lbs)	55 70 85 100 115 130 145 160 175 190 205 %			166.6
SMM Skeletal Muscle Mass	(lbs)	70 80 90 100 110 120 130 140 150 160 170 %			72.5
Body Fat Mass	(lbs)	40 60 80 100 160 220 280 340 400 460 520 %			36.3

Obesity Analysis

		▼	—	▲	
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			25.3
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			21.7

Segmental Lean Analysis

Based on ideal weight ▬▬▬   Based on current weight ▬▬▬

		▼	—	▲	
Right Arm	(lbs) (%)	55 70 85 100 115 130 145 160 175 190 205 %			8.31 / 116.2
Left Arm	(lbs) (%)	55 70 85 100 115 130 145 160 175 190 205 %			8.18 / 114.2
Trunk	(lbs) (%)	70 80 90 100 110 120 130 140 150 160 170 %			62.1 / 108.7
Right Leg	(lbs) (%)	70 80 90 100 110 120 130 140 150 160 170 %			18.76 / 94.3
Left Leg	(lbs) (%)	70 80 90 100 110 120 130 140 150 160 170 %			18.19 / 91.4

ECW/TBW Analysis

	▼	—	▲	
ECW/TBW	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450			0.389

Body Composition History

Weight	(lbs)	172.0	171.9	169.3	165.1	161.7	164.7	165.2	166.6
SMM Skeletal Muscle Mass	(lbs)	72.1	71.2	73.9	73.9	71.4	74.7	72.8	72.5
PBF Percent Body Fat	(%)	24.8	25.3	21.8	20.1	20.7	18.5	20.9	21.7
ECW/TBW		0.385	0.388	0.386	0.383	0.386	0.389	0.388	0.389

☑ Recent ☐ Total

	18.03.12 08:19	18.06.06 08:15	18.09.14 08:27	18.12.19 10:34	19.04.05 09:29	19.07.15 09:24	19.10.14 09:16	20.01.15 10:34

Body Fat - Lean Body Mass Control

Body Fat Mass   −13.2 lbs
Lean Body Mass   0.0 lbs

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

Segmental Fat Analysis

		▼	—	▲	
Right Arm	(1.8 lbs)				140.6%
Left Arm	(2.0 lbs)				152.0%
Trunk	(20.5 lbs)				222.7%
Right Leg	(4.6 lbs)				122.9%
Left Leg	(4.4 lbs)				120.2%

Basal Metabolic Rate

1647 kcal

Visceral Fat Level

Level 8 | Low   10   High |

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

Z (Ω)		RA	LA	TR	RL	LL
	5 kHz	263.6	265.6	22.3	251.4	266.0
	50 kHz	234.8	238.3	19.0	228.4	242.9
	500 kHz	200.5	207.3	14.4	201.8	215.1