InBody

[InBody570]

ID 9635 Height | Age 6ft. 01. 0in. 63

Gender | Test Date / Time Male | 2020.09.22. 08:34)]

San 20 10/13/20

Body Composition Analysis

		Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water	(lbs)	74. 7	120.6		
Extracellular Water	(lbs)	45. 9		164.5	200
Dry Lean Mass	(lbs)	43. 9			202. 1
Body Fat Mass	(lbs)	37.6			

Muscle-Fat Analysis

					_								
Weight	(lbs)	55	70	85	100	115	202.	145 1	160	175	190	205	%
SMM Skeletal Muscle Mass	(lbs)	70	80	90	100	110	■ ¹²⁰ 93.	0	140	150	160	170	%
Body Fat Mass	(lbs)	40	60	80 AG	100	160 37	$7.6^{\frac{220}{6}}$	280	340	400	460	520	%

Obesity Analysis

			A 1999									
BMI Body Mass Index	(kg/m²)	10.0	15.0	18.5	22.0	25.0	26.7	35.0	40.0	45.0	50. 0	55.0
PBF Percent Body Fat	(%)	0.0	5.0	10.0	15.0	20.0 18.	. 6 . 6	30.0	35.0	40. 0	45. 0	50.0

Segmental Lean Analysis Based on ideal weight — Based on current weight —

			V										
Right Arm	(lbs) (%)	55	70	85	100	115	$\frac{130}{120}$. 10 4	160	175	190	205	%
Left Arm	(lbs) (%)	55	70	85	100	115	9. 9	0 145	160	175	190	205	%
Trunk	(lbs) (%)	70	80	90	100	110	■ 73. 2 09. 5	130	140	150	160	170	%
Right Leg	(lbs) (%)	70	80	90	100	110	24. 58 . 4	130	140	150	160	170	%
Left Leg	(lbs) (%)	70	80	90	100	110 104.	$\begin{array}{c} & 120 \\ 24.41 \\ 7 \end{array}$	130	140	150	160	170	%

ECW/TBW Analysis

				-							
	0.320	0.340	0.360	0.380	0.390	0.400	0.410	0.420	0.430	0.440	0. 450
ECW/TBW		120		0	. 380						

Body Composition History

2000	1	1015 5					
Weight	(lbs)	215. 7		212.5	208. 5	202. 1	
SMM Skeletal Muscle Ma	(lbs)	95.9	96. 1	93.5	95. 7	93.0	
PBF Percent Body Fat	(%)	20.8	20.4	22.3	18.7	18. 6	
ECW/TBV	V	0. 389	0.383	0. 381	0.382	0.380	
Recent	□ Total	19. 01. 09 09:45	19. 06. 04 08:21	19. 09. 25 09:49	20. 06. 05 10:50	20. 09. 22 08:34	

Body Fat - Lean Body Mass Control -

Body Fat Mass Lean Body Mass -8. 6 lbs 0. 0 lbs

(+) means to gain fat/lean

(-) means to lose fat/lean

Segmental Fat Analysis

	▼ — ▲
Right Arm	(1.81bs) ————————————————————————————————————
Left Arm	(2.01bs) ————————————————————————————————————
Trunk	(21. 41bs) ———— 202. 9%
Right Leg	(4.91bs) ———— 112.9%
Left Leg	(4. 91bs) ——— 111. 5%

Basal Metabolic Rate

2031

1981 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-

		-				
		RA	LA	TR	RL	LL
$\mathbf{Z}_{(\Omega)}$	5 kHz	269.5	277. 8	21. 1	250. 5	252. 1
	$50\mathrm{kHz}$	237. 0	243.0	18.0	219.4	220.6
5	$600\mathrm{kHz}$	204. 3	210.4	13. 9	250. 5 219. 4 190. 3	192. 5



PREPARING FOR YOUR INBODY TEST

NAME:	Larry Hays DATE: 9-22-2020
Please chec	k if any of the following apply:
	Are you pregnant?
	Are you menstruating?
Q	Do you have medical implants such as a pacemaker and/or other Stewhlife sustaining medical implants?
	Have you exercised within the last 6-12 hours?
	Have you consumed alcohol within the last 24 hours?
	Have you consumed 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.