

ID 4257607291 Height 5ft. 10.0in. Age 34 Gender Male Test Date / Time 10. 22. 2020 17:05

↑ 47.9% (55 - 60)

Body Composition Analysis

Total amount of water in body	Total Body Water (lbs)	107.6
For building muscles and strengthening bones	Dry Lean Mass (lbs)	39.5
For storing excess energy	Body Fat Mass (lbs)	77.3
Sum of the above	Weight (lbs)	224.3

Body Fat - Lean Body Mass Control

Body Fat Mass -51.4 lbs
Lean Body Mass 0.0 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Lean Body Mass

147.1 lbs 150g
Basal Metabolic Rate

↑ 1811 kcal 1900 2000
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.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

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 amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal.

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control

Recommended change in Lean Body Mass and Fat Mass for a balance ratio, based on current body composition. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass.

Results Interpretation QR Code

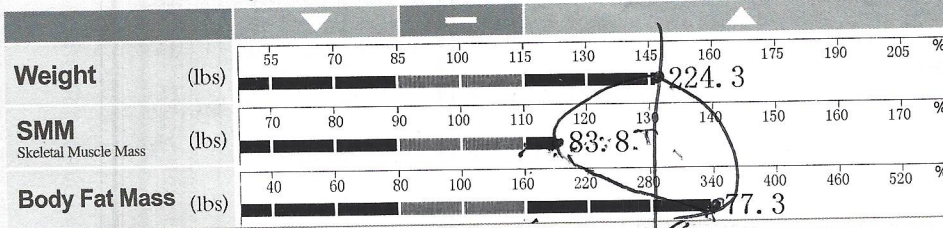
Scan the QR Code to see results interpretation in more detail.



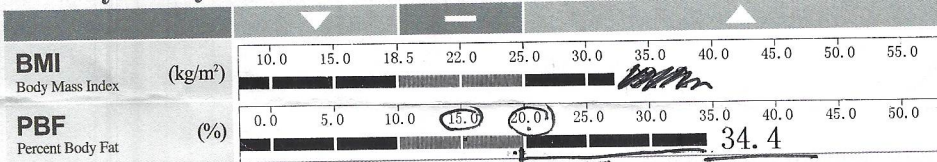
Impedance

	RA	LA	TR	RL	LL
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100 kHz	246.2	258.1	21.4	197.9	195.4

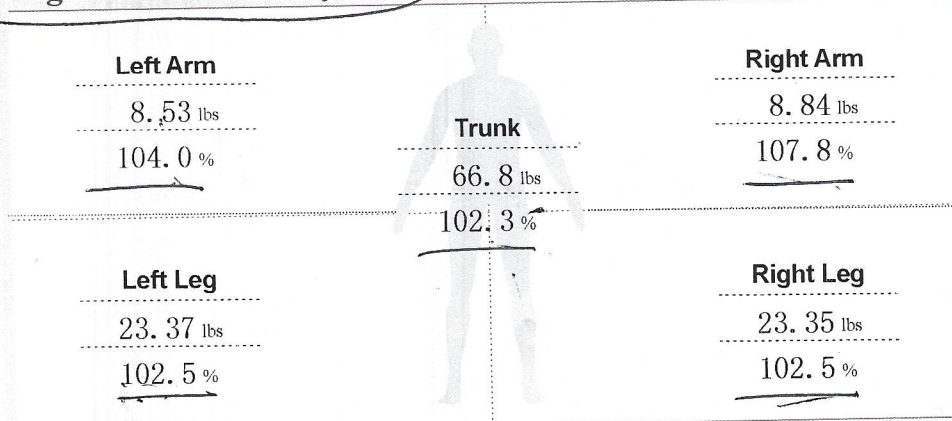
Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis



Body Composition History

Weight (lbs)	224.3					
SMM (Skeletal Muscle Mass) (lbs)	83.8	↑				
PBF (Percent Body Fat) (%)	34.4	↓				
Recent	10. 22. 20 17:05					
Total						