

6696126

 Height
178cm

 Age
50

 Gender
Male

 Test Date & Time
12.05.2025 10:23

PHARMAZONE

SALMIYA

65031996

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	48.9	(39.2 ~ 47.8)
For building muscles	Protein	(kg)	13.3	(10.5 ~ 12.9)
For strengthening bones	Minerals	(kg)	4.71	(3.63 ~ 4.43)
For storing excess energy	Body Fat Mass	(kg)	33.8	(8.4 ~ 16.7)
Sum of the above	Weight	(kg)	100.7	(59.2 ~ 80.2)

InBody Score

66/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	78.7 kg
Weight Control	-22.0 kg
Fat Control	-22.0 kg
Muscle Control	0.0 kg

Obesity Evaluation

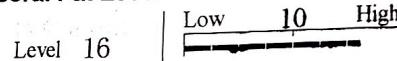
BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over
-----	---------------------------------	--------------------------------	----------------------------------------	------------------------------------------

PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over
-----	---------------------------------	----------------------------------------	------------------------------------------

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	66.9 kg	(53.3 ~ 65.2)
Basal Metabolic Rate	1816 kcal	(2034 ~ 2404)
Obesity Degree	144 %	(90 ~ 110)
SMI	8.8 kg/m ²	
Recommended calorie intake	2530 kcal	

Calorie Expenditure of Exercise

Golf	177	Gateball	191
Walking	201	Yoga	201
Badminton	228	Table Tennis	228
Tennis	302	Bicycling	302
Boxing	302	Basketball	302
Mountain Climbing	328	Jumping Rope	352
Aerobics	352	Jogging	352
Soccer	352	Swimming	352
Japanese Fencing	504	Racketball	504
Squash	504	Taekwondo	504

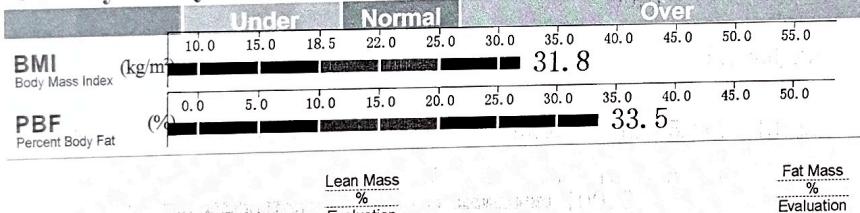
* Based on your current weight

* Based on 30 minute duration

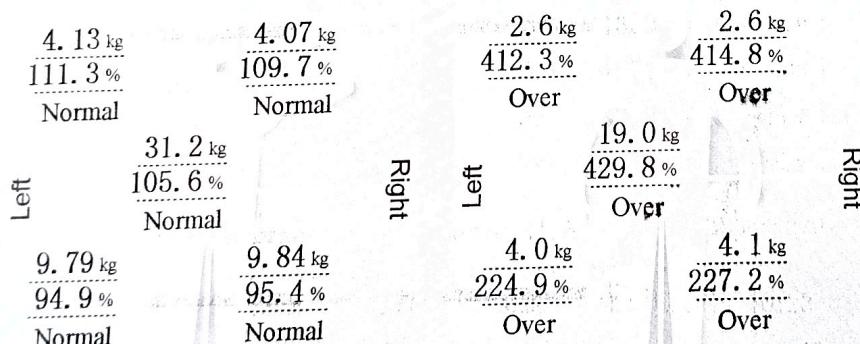
Impedance

	RA	LA	TR	RL	LL
Z _(Ω) 20 kHz	292.3	286.9	22.2	267.0	268.2
100 kHz	260.4	256.4	18.9	232.6	234.7

Obesity Analysis



Segmental Lean Analysis



Body Composition History

