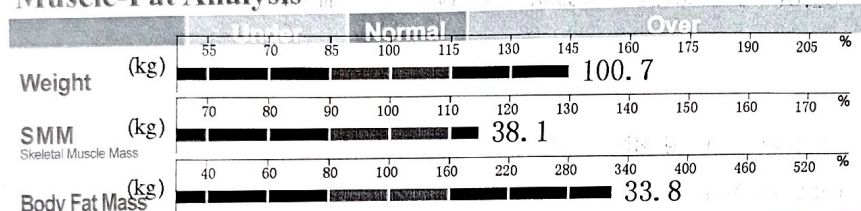


ID
66696126Height
178cmAge
50Gender
MaleTest Date & Time
12.05.2025 10:23

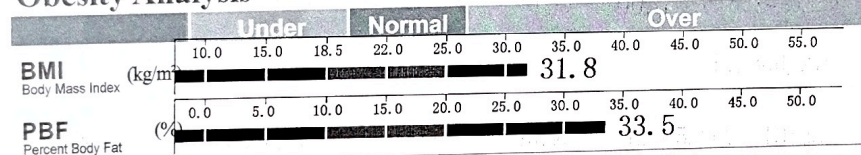
Body Composition Analysis

| | | | | |
|-------------------------------|------------------|------|-------|---------------|
| 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) |

Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis

| | |
|------------------------------|------------------------------|
| Left | Right |
| 4.13 kg 111.3 % Normal | 4.07 kg 109.7 % Normal |
| 31.2 kg 105.6 % Normal | |
| 9.79 kg 94.9 % Normal | 9.84 kg 95.4 % Normal |

Segmental Fat Analysis

| | |
|----------------------------|---------------------------|
| Left | Right |
| 2.6 kg 412.3 % Over | 2.6 kg 414.8 % Over |
| 19.0 kg 429.8 % Over | |
| 4.0 kg 224.9 % Over | 4.1 kg 227.2 % Over |

* Segmental fat is estimated.

Body Composition History

| | | | | | | |
|-------------|-------|--|--|--|--|--|
| Weight (kg) | 100.7 | | | | | |
| SMM (kg) | 38.1 | | | | | |
| PBF (%) | 33.5 | | | | | |

Recent Total
Recent Total

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

Waist-Hip Ratio

1.09 (Normal range: 0.80-0.90)

Visceral Fat Level

Level 16 (Normal range: Low-10-High)

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/m² | |
| 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 |