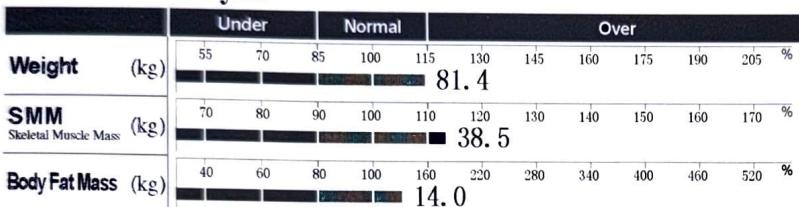


ID 17176456359	Height 180cm	Age 31	Gender Male	Test Date / Time 26. 10. 2024 16:49
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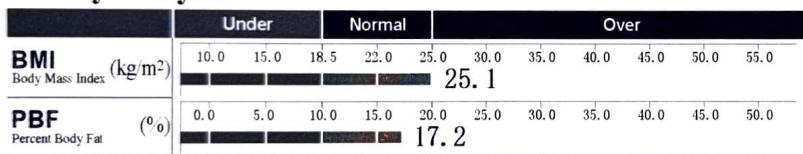
Body Composition Analysis

Total amount of water in my body	Total Body Water	(L)	49.5	(40.0 ~ 49.0)
What I need to build muscles	Protein	(kg)	13.4	(10.7 ~ 13.1)
What I need for strong bones	Mineral	(kg)	4.51	(3.71 ~ 4.53)
Where my excess energy is stored	Body Fat Mass	(kg)	14.0	(8.6 ~ 17.1)
Sum of the above	Weight	(kg)	81.4	(60.6 ~ 82.0)

Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis

4.12 kg 116.9 % Over	4.05 kg 115.0 % Over	0.6 kg 87.4 % Normal	0.6 kg 91.5 % Normal
Left	30.6 kg 109.1 % Normal	Right	7.6 kg 169.4 % Over
10.44 kg 106.7 % Normal	10.44 kg 106.7 % Normal	2.0 kg 108.7 % Normal	2.0 kg 109.9 % Normal

Segmental Fat Analysis

* Segmental fat is estimated.

Body Composition History

Weight	(kg)	81.4					
SMM	(kg)	38.5					
PBF	(%)	17.2					
Recent	Total	26.10.24 16:49					

InBody Score

85/100 Points

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

Weight Control

Target Weight	79.3 kg
Weight Control	-2.1 kg
Fat Control	-2.1 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI	<input type="checkbox"/> Normal	<input type="checkbox"/> Under	<input checked="" type="checkbox"/> Over	<input type="checkbox"/> Over
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PBF	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over
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Waist-Hip Ratio

0.89	0.80	0.90
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Visceral Fat Level

Level	6	Low	10	High
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Research Parameters

Fat Free Mass	67.4 kg	(54.5 ~ 66.6)
Basal Metabolic Rate	1825 kcal	(1715 ~ 2014)
Obesity Degree	114 %	(90 ~ 110)
SMI	9.0 kg/m²	
Recommended calorie intake	2882 kcal	

Calorie Expenditure of Exercise

Golf	143	Gateball	155
Walking	163	Yoga	163
Badminton	184	Table Tennis	184
Tennis	244	Bicycling	244
Boxing	244	Basketball	244
Mountain Climbing	265	Jumping Rope	285
Aerobics	285	Jogging	285
Soccer	285	Swimming	285
Japanese Fencing	407	Racketball	407
Squash	407	Taekwondo	407

* Based on your current weight

* Based on 30 minute duration

Impedance

Z _(Ω) 20 kHz	266.9	261.9	23.4	238.2	235.2
100 kHz	236.2	232.4	19.8	208.1	207.0