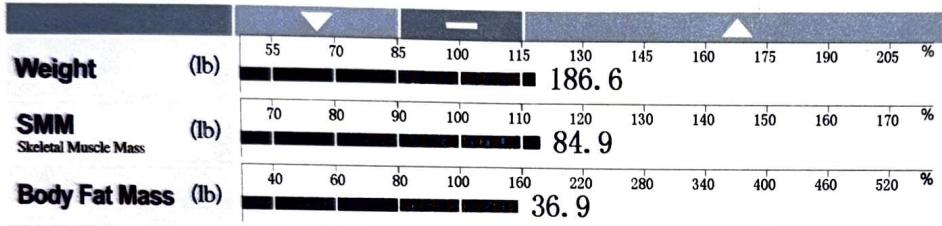


ID 7176456359	Height 5ft 11.0in	Age 32	Gender Male	Test Date / Time 04.01.2025 15:32
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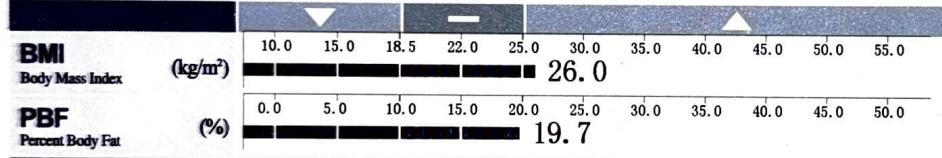
Body Composition Analysis

Total amount of water in body	Total Body Water (lb)	109.6
For building muscles and strengthening bones	Dry Lean Mass (lb)	40.1
For storing excess energy	Body Fat Mass (lb)	36.9
Sum of the above	Weight (lb)	186.6

Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis

	Left Arm	Right Arm
Weight	8.51 lb	8.33 lb
Segment Lean Mass %	108.1 %	105.9 %
	Trunk	
Weight	64.8 lb	
Segment Lean Mass %	103.3 %	
	Left Leg	Right Leg
Weight	22.58 lb	22.77 lb
Segment Lean Mass %	103.2 %	104.1 %

Body Composition History

Weight (lb)	186.6
SMM (lb)	84.9
PBF (%)	19.7
Recent	04.01.25
Total	15:32

Body Fat - Lean Body Mass Control

Body Fat Mass -10.4 lb

Lean Body Mass 0.0 lb

(+) means to gain fat/lean (-) means to lose fat/lean

Research Parameters

Lean Body Mass 149.7 lb (120.6 ~ 147.5)

Basal Metabolic Rate 1837 kcal

SMI 8.7 kg/m²

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.

SMI

Skeletal Muscle Index(SMI) is calculated by dividing appendicular lean mass by height squared.

Impedance

	RA	LA	TR	RL	LL
Z _(Ω) 20 kHz	318.3	310.1	19.8	252.7	255.6
100 kHz	278.6	271.9	16.5	223.4	227.1