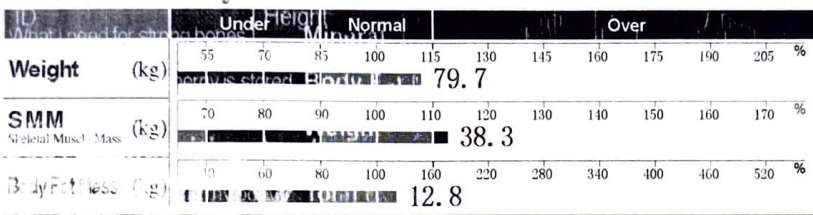


| ID          | Height | Age | Gender | Test Date / Time   |
|-------------|--------|-----|--------|--------------------|
| 17176456359 | 180cm  | 31  | Male   | 07. 11. 2024 16:11 |

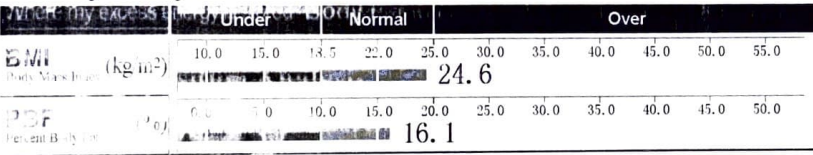
## Body Composition Analysis

|                                      |                         |      |                    |
|--------------------------------------|-------------------------|------|--------------------|
| What I need for private life my body | <b>Total Body Water</b> | (L)  | 49.0 ( 40.0~49.0 ) |
| What I need to build muscles         | <b>Protein</b>          | (kg) | 13.4 ( 10.7~13.1 ) |
| What I need for strong bones         | <b>Mineral</b>          | (kg) | 4.50 ( 3.71~4.53 ) |
| Where my excess energy is stored     | <b>Body Fat Mass</b>    | (kg) | 12.8 ( 8.6~17.1 )  |
| Sum of the above                     | <b>Weight</b>           | (kg) | 79.7 ( 60.6~82.0 ) |

## Muscle-Fat Analysis



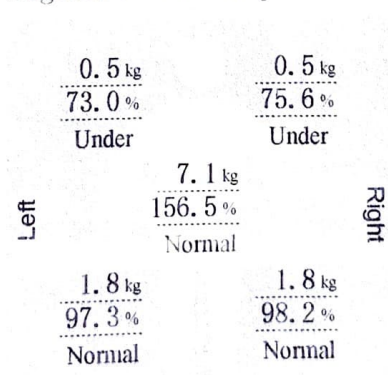
## Obesity Analysis



## Segmental Lean Analysis

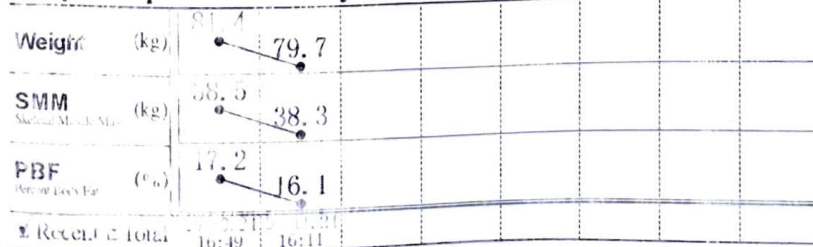


## Segmental Fat Analysis



\* Segmental fat is estimated.

## Body Composition History



## 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  | 78.7 kg |
| Weight Control | -1.0 kg |
| Fat Control    | -1.0 kg |
| Muscle Control | 0.0 kg  |

## Obesity Evaluation

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

## Waist-Hip Ratio



## Visceral Fat Level



## Research Parameters

|                            |                         |
|----------------------------|-------------------------|
| Fat Free Mass              | 66.9 kg ( 54.5~66.6 )   |
| Basal Metabolic Rate       | 1814 kcal ( 1687~1980 ) |
| Obesity Degree             | 112 % ( 90~110 )        |
| SMI                        | 8.7 kg/m <sup>2</sup>   |
| Recommended calorie intake | 2852 kcal               |

## Calorie Expenditure of Exercise

|                   |     |              |     |
|-------------------|-----|--------------|-----|
| Golf              | 140 | Gateball     | 151 |
| Walking           | 159 | Yoga         | 159 |
| Badminton         | 180 | Table Tennis | 180 |
| Tennis            | 239 | Bicycling    | 239 |
| Boxing            | 239 | Basketball   | 239 |
| Mountain Climbing | 260 | Jumping Rope | 279 |
| Aerobics          | 279 | Jogging      | 279 |
| Soccer            | 279 | Swimming     | 279 |
| Japanese Fencing  | 399 | Racketball   | 399 |
| Squash            | 399 | Taekwondo    | 399 |

\* Based on your current weight

\* Based on 30 minute duration

## Impedance

|                    | RA    | LA    | TR   | RL    | LL    |
|--------------------|-------|-------|------|-------|-------|
| <b>Z(ω) 20 kHz</b> | 287.7 | 283.5 | 22.7 | 276.8 | 275.0 |
| <b>100 kHz</b>     | 251.5 | 248.7 | 19.2 | 239.3 | 239.7 |