InBody

[InBody270]

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

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

		Under	Normal	Over	
Weight	(kg)	55 70 85	100 115 130	145 160 175 190 205	%
				81.4	
SMM Skeletal Muscle Mass	(kg)	70 80 90	100 110 120	130 140 150 160 170	%
				38.5	
Body Fat Mass	(kg)	40 60 80	100 160 220	280 340 400 460 520	%
				14.0	

Obesity Analysis

		Under	Normal	Over	
BMI Body Mass Index	(kg/m²)	10.0 15.0 18.5	22.0 25.0	30.0 35.0 40.0 45.0 50.0 55.0	
				25.1	
PBF Percent Body Fat	(%)	0.0 5.0 10.0 15.0	20.0 25.0	30.0 35.0 40.0 45.0 50.0	
				17.2	

Segmental Lean Analysis

Lean Mass % Evaluation

4.12 kg 116.9 % Over	4.05 kg 115.0 % Over
Left	30.6 kg 109.1 % Normal	Right
10.44 kg 106.7 % Normal	10.44 kg 106.7 % Normal

Segmental Fat Analysis

Fat Mass % Evaluation

0.6 kg 87.4 % Normal	0.6 kg 91.5 % Normal
Left	7.6 kg 169.4 % Over	Right
2.0 kg 108.7 % Normal	2.0 kg 109.9 % Normal

* Segmental fat is estimated.

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	☐ Normal ☐ Under	☑ Slightly Over ☐ Over	
PBF	☑ Normal	☐ Slightly Over	☐ Over

Waist-Hip Ratio

0.89   0.80 0.90

Visceral Fat Level

Level 6   Low 10 High

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

		RA	LA	TR	RL	LL
$Z_{(\Omega)}$	20 kHz	266.9	261.9	23.4	238.2	235.2
	100 kHz	236.2	232.4	19.8	208.1	207.0

Body Composition History

Weight	(kg)	81.4					
SMM Skeletal Muscle Mass	(kg)	38.5					
PBF Percent Body Fat	(%)	17.2					
☑ Recent ☐ Total		26.10.24 16:49					