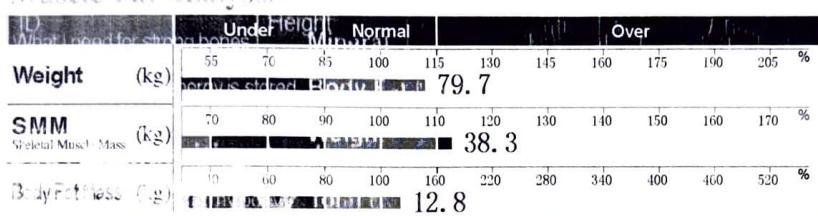


ID	Height	Age	Gender	Test Date / Time
17176456359	180cm	31	Male	07.11.2024 16:11

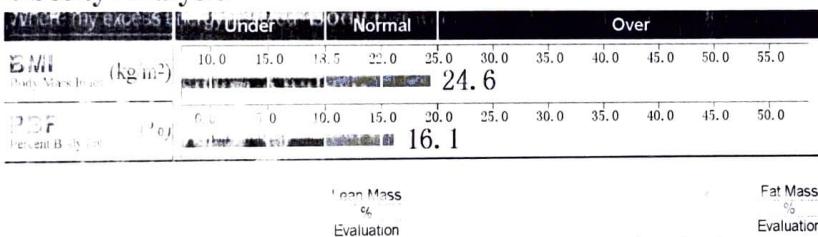
Body Composition Analysis

What I need to eat to build my body	Total Body Water	(L)	49.0	(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)	4.50	(3.71~4.53)
Where my excess energy is stored	Body Fat Mass	(kg)	12.8	(8.6~17.1)
Sum of the above	Weight	(kg)	79.7	(60.6~82.0)

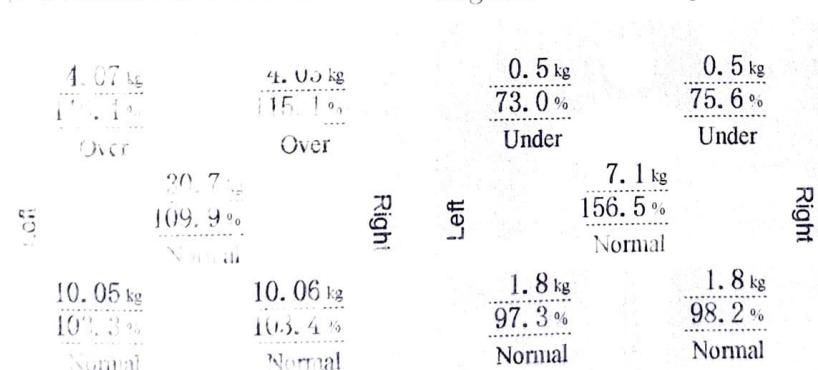
Muscle-Fat Analysis



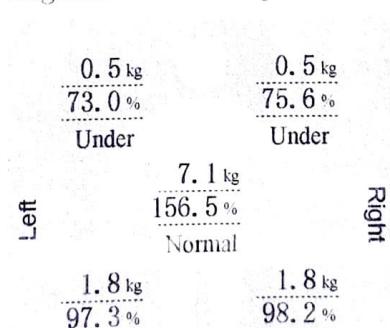
Obesity Analysis



Segmental Lean Analysis

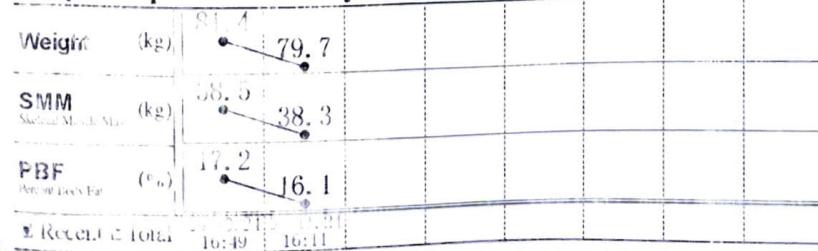


Segmental Fat Analysis



* 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

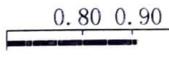
Muscle Control 0.0 kg

Obesity Evaluation

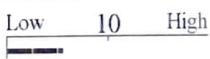
BMI Normal Under Over Over

PBF Normal Slightly Over Over

Waist-Hip Ratio

0.91 

Visceral Fat Level

Level 5 

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/m²

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
Z _{20 kHz}	287.7	283.5	22.7	276.8	275.0
Z _{100 kHz}	251.5	248.7	19.2	239.3	239.7