

| | | | | |
|----------|---------|-----|--------|---------------------|
| ID | Height | Age | Gender | Test Date / Time |
| Jane Doe | 156.9cm | 51 | Female | 2012.05.04. 09 : 46 |

Body Composition Analysis

| | Values | Total Body Water | Soft Lean Mass | Fat Free Mass | Weight |
|----------------------|-----------------------|------------------|-----------------------|-----------------------|-----------------------|
| Total Body Water (L) | 27.5 (26.3 ~ 32.1) | 27.5 | 35.1 (33.3 ~ 40.7) | 37.3 (35.8 ~ 43.7) | 59.1 (43.9 ~ 59.5) |
| Protein (kg) | 7.2 (7.0 ~ 8.6) | | | | |
| Minerals (kg) | 2.63 (2.44 ~ 2.98) | non-osseous | | | |
| Body Fat Mass (kg) | 21.8 (10.3 ~ 16.5) | | | | |

Muscle-Fat Analysis

| | Under | Normal | Over |
|---|--|--------|------|
| Weight (kg) | 55 70 85 100 115 130 145 160 175 190 205 % | 59.1 | |
| SMM (kg) <small>Skeletal Muscle Mass</small> | 70 80 90 100 110 120 130 140 150 160 170 % | 19.6 | |
| Body Fat Mass (kg) | 40 60 80 100 160 220 280 340 400 460 520 % | 21.8 | |

Obesity Analysis

| | Under | Normal | Over |
|--|--|--------|------|
| BMI (kg/m ²) <small>Body Mass Index</small> | 10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0 | 24.0 | |
| PBF (%) <small>Percent Body Fat</small> | 8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0 | 36.9 | |

Segmental Lean Analysis

| | Under | Normal | Over |
|-----------------------|--|---------------|------|
| Right Arm (kg) (%) | 40 60 80 100 120 140 160 180 200 220 240 % | 2.02 102.2 | |
| Left Arm (kg) (%) | 40 60 80 100 120 140 160 180 200 220 240 % | 1.94 98.1 | |
| Trunk (kg) (%) | 70 80 90 100 110 120 130 140 150 160 170 % | 17.7 95.4 | |
| Right Leg (kg) (%) | 70 80 90 100 110 120 130 140 150 160 170 % | 5.20 83.6 | |
| Left Leg (kg) (%) | 70 80 90 100 110 120 130 140 150 160 170 % | 5.02 80.6 | |

Body Water Analysis

| | Under | Normal | Over |
|-----------|---|--------|------|
| ECW Ratio | 0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450 | 0.397 | |

Body Composition History

| | | | | | | | | |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Weight (kg) | 65.3 | 63.9 | 62.4 | 61.8 | 62.3 | 60.9 | 60.5 | 59.1 |
| SMM (kg) <small>Skeletal Muscle Mass</small> | 20.1 | 20.0 | 19.7 | 19.7 | 19.8 | 19.7 | 19.8 | 19.6 |
| PBF (%) <small>Percent Body Fat</small> | 41.3 | 40.7 | 39.2 | 39.0 | 39.4 | 38.6 | 37.8 | 36.9 |
| ECW Ratio | 0.399 | 0.398 | 0.396 | 0.396 | 0.397 | 0.396 | 0.398 | 0.397 |
| Recent Total | 11.10.10 09:15 | 11.10.30 09:40 | 11.11.02 09:35 | 11.12.15 11:01 | 12.01.12 08:33 | 12.02.10 15:50 | 12.03.15 08:35 | 12.05.04 09:46 |

InBody Score

68 / 100 Points

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

Weight Control

| | |
|----------------|----------|
| Target Weight | 51.7 kg |
| Weight Control | - 7.4 kg |
| Fat Control | - 9.9 kg |
| Muscle Control | + 2.5 kg |

Obesity Evaluation

| | | | |
|-------|---------------------------------|--|--|
| B M I | <input type="checkbox"/> Under | <input checked="" type="checkbox"/> Normal | <input type="checkbox"/> Over |
| | | | <input type="checkbox"/> Extremely Over |
| P B F | <input type="checkbox"/> Normal | <input type="checkbox"/> Over | <input checked="" type="checkbox"/> Extremely Over |

Body Balance Evaluation

| | | | |
|-------------|--|---|---|
| Upper | <input checked="" type="checkbox"/> Balanced | <input type="checkbox"/> Slightly Unbalanced | <input type="checkbox"/> Extremely Unbalanced |
| Lower | <input type="checkbox"/> Balanced | <input checked="" type="checkbox"/> Slightly Unbalanced | <input type="checkbox"/> Extremely Unbalanced |
| Upper-Lower | <input type="checkbox"/> Balanced | <input checked="" type="checkbox"/> Slightly Unbalanced | <input type="checkbox"/> Extremely Unbalanced |

Segmental Fat Analysis

| | |
|--------------------|------|
| Right Arm (1.5kg) | 178% |
| Left Arm (1.6kg) | 183% |
| Trunk (11.7kg) | 240% |
| Right Leg (2.9kg) | 132% |
| Left Leg (2.9kg) | 132% |

Additional Data

| | | |
|--------------------------|-----------|---------------|
| Intracellular Water | 16.6 L | (16.3 ~ 19.9) |
| Extracellular Water | 10.9 L | (10.0 ~ 12.2) |
| Basal Metabolic Rate | 1176 kcal | |
| Waist-Hip Ratio | 0.92 | (0.75 ~ 0.85) |
| Visceral Fat Level | 12 | (1 ~ 9) |
| Obesity Degree | 114 % | (90 ~ 110) |
| Bone Mineral Content | 2.18 kg | (2.01 ~ 2.45) |
| Body Cell Mass | 23.8 cm | (23.4 ~ 28.6) |
| Arm Circumference | 30.2 cm | |
| Arm Muscle Circumference | 25.7 kg | |

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

| Z(Ω) | RA | LA | TR | RL | LL |
|--------|-------|-------|------|-------|-------|
| 5kHz | 373.1 | 385.4 | 25.7 | 303.0 | 314.1 |
| 50kHz | 337.2 | 352.5 | 23.0 | 282.3 | 289.8 |
| 500kHz | 297.4 | 311.5 | 19.1 | 258.1 | 267.8 |