

ID	Height	Age	Gender	Test Date / Time
0401357573	167cm	50	Female	12.09.2022 17:59

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	35.6 (30.5~37.3)	35.6	45.7 (39.2~48.0)	48.7 (41.6~50.8)	72.1 (51.0~69.0)
Protein (kg)	9.5 (8.2~10.0)	non-ossseous			
Minerals (kg)	3.58 (2.83~3.45)				
Body Fat Mass (kg)	23.4 (12.0~19.2)				

Muscle - Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	72.1	
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %	26.7	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	23.4	

Calculated Analysis

	Under	Normal	Over
BMI Body Mass Index (kg/m ²)	10.0 15.0 18.5 21.5 25.0 30.0 35.0 40.0 45.0 50.0 55.0	25.9	
PBF Percent Body Fat (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	32.4	

Segmental Lean Analysis

	Under	Normal	Over
Right Arm (kg)	40 60 80 100 120 140 160 180 200 220 240 %	2.54	
Left Arm (kg)	40 60 80 100 120 140 160 180 200 220 240 %	2.50	
Trunk (kg)	70 80 90 100 110 120 130 140 150 160 170 %	21.6	
Right Leg (kg)	70 80 90 100 110 120 130 140 150 160 170 %	7.24	
Left Leg (kg)	70 80 90 100 110 120 130 140 150 160 170 %	7.30	

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	0.382	

Body Composition History

	Weight	SMM	PBF	ECW Ratio
Recent	72.1	26.7	32.4	0.382
Total				

12.09.22 17:59

InBody Score

74/100 Points

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

Weight Control

Target Weight 63.3 kg
Weight Control -8.8 kg
Fat Control -8.8 kg
Muscle Control 0.0 kg

Body Balance Evaluation

Upper ☒ Balanced ☐ Slightly Unbalanced ☐ Extremely Unbalanced
Lower ☒ Balanced ☐ Slightly Unbalanced ☐ Extremely Unbalanced
Upper-Lower ☒ Balanced ☐ Slightly Unbalanced ☐ Extremely Unbalanced

Segmental Fat Analysis

Right Arm (1.6 kg) 158.5%
Left Arm (1.6 kg) 160.0%
Trunk (12.1 kg) 215.1%
Right Leg (3.4 kg) 133.2%
Left Leg (3.4 kg) 133.5%

Segmental Circumference

Neck 35.6 cm
Chest 96.2 cm
Abdomen 90.8 cm
Hip 98.6 cm
Right Arm 32.3 cm
Left Arm 32.3 cm
Right Thigh 53.1 cm
Left Thigh 53.1 cm

Visceral Fat Level

Level 10 Low 10 High

Research Parameters

Intracellular Water 22.0 L (18.9~23.1)
Extracellular Water 13.6 L (11.6~14.2)
Basal Metabolic Rate 1422 kcal (1449~1689)
Visceral Fat Level 10 (1~9)
Bone Mineral Content 2.99 kg (2.33~2.85)

Results Interpretation QR Code

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



Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	393.6	403.0	23.4	296.5	289.9
50 kHz	351.7	360.0	19.9	262.6	257.9
500 kHz	302.3	311.1	14.7	231.9	226.6