

ID	Height	Age	Gender	Test Date / Time
gbcna68	177.2cm	55	Male	29.06.2024 09:57

BODY COMPOSITION ANALYSIS

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	53.3 (38.9~47.5)	53.3	68.6 (49.9~60.9)	72.7 (52.8~64.6)	117.2 (58.7~79.5)
Protein (kg)	14.4 (10.4~12.8)	non-osseous			
Minerals (kg)	4.97 (3.59~4.39)				
Body Fat Mass (kg)	44.5 (8.3~16.6)				

MUSCLE-FAT ANALYSIS

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		117.2
SMM (kg)	70 80 90 100 110 120 130 140 150 160 170 %		41.3
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %		44.5

CALCULATED ANALYSIS

	Under	Normal	Over
BMI (kg/m ²)	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		37.3
PBF (%)	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0		38.0

SEGMENTAL LEAN ANALYSIS

	Under	Normal	Over
Right Arm (kg)	55 70 85 100 115 130 145 160 175 190 205 %		4.56
Left Arm (kg)	55 70 85 100 115 130 145 160 175 190 205 %		4.53
Trunk (kg)	70 80 90 100 110 120 130 140 150 160 170 %		33.6
Right Leg (kg)	70 80 90 100 110 120 130 140 150 160 170 %		10.52
Left Leg (kg)	70 80 90 100 110 120 130 140 150 160 170 %		10.75

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		0.378

BODY COMPOSITION HISTORY

Weight (kg)	117.2									
SMM (kg)	41.3									
PBF (%)	38.0									
ECW Ratio	0.378									

Recent Total

29.06.24
09:57

InBody Score

62/100 Points

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

Weight Control

Target Weight 85.5 kg

Weight Control -31.7 kg

Fat Control -31.7 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 (4.1 kg)	655.8%
Left Arm (4.1 kg)	660.5%
Trunk (23.6 kg)	540.7%
Right Leg (5.4 kg)	301.5%
Left Leg (5.4 kg)	300.8%

Segmental Circumference

Neck	44.5 cm
Chest	120.3 cm
Abdomen	129.9 cm
Hip	117.8 cm
Right Arm	43.0 cm
Left Arm	42.9 cm
Right Thigh	64.4 cm
Left Thigh	63.6 cm

Visceral Fat Level

Level 20	Low 10 High
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Research Parameters

Intracellular Water	33.2 L	(24.1~29.5)
Extracellular Water	20.1 L	(14.8~18.0)
Basal Metabolic Rate	1940 kcal	(2307~2737)
Waist-Hip Ratio	1.10	(0.80~0.90)
Visceral Fat Level	20	(1~9)
Bone Mineral Content	4.11 kg	(2.96~3.62)
Body Cell Mass	47.6 kg	(34.5~42.1)
Arm Circumference	42.9 cm	
Arm Muscle Circumference	35.7 cm	

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	275.4	276.9	21.2	239.9	226.3
50 kHz	233.7	236.6	17.5	204.2	192.8
500 kHz	199.4	202.1	13.8	178.0	167.7