

ID	Height	Age	Gender	Test Date / Time
jesler	5ft. 10. 5in	i. 35	Male	09. 23. 2018 09:50



Body Composition Analysis

Total amount of water in body	Total Body Water	(lbs)	102. 5
For building muscles and strengtheni	ng bones Dry Lean Mass	(lbs)	37. 7
For storing excess energy	Body Fat Mass	(lbs)	21.7
Sum of the above	Weight	(lbs)	161.9

Muscle-Fat Analysis

Weight	(1)	55	70	85	100	115	130	145	160	175	190	205	9/
	(lbs)			2		161.	9						
SMM		70	80	90	100	110	120	130	140	150	160	170	9
Skeletal Muscle Mass	(lbs)	Swi Bas					$\frac{1}{2}$		110	100	100	1.0	
Body Fat Mass	,	40	60	80	100	160	220	280	340	400	460	520	9

Obesity Analysis

BMI Body Mass Index	(kg/m²)	10.0	15.0	18.5	22.0	25.0 22 9	30.0	35.0	40.0	45. 0	50.0	55. 0
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

Segmental Lean Analysis

Left Arm

8. 29 lbs

110.6%

	Right Arm
Trunk	8. 14 lbs
63. 8 lbs	108.8%

106.9%

Left Leg	Right Leg
20. 79 lbs	21.01 lbs
99. 9 %	101.0%

Body Composition History

Weight	(lbs)	193. 2	182. 1	182.0	182. 1	176. 9	176. 9	175.3	161.9
SMM Skeletal Muscle Mass	(lbs)	87.1	82. 7	85. 3	85. 5	82.5	82. 2	85. 5	80. 2
PBF Percent Body Fat	(%)	21.4	20.5	17.6	17.6	18. 4	18. 4	14.8	13. 4
Recent	Total	06. 23. 18	07. 17. 18	08. 02. 18	08. 02. 18	08. 12. 18	08. 12. 18	08. 26. 18	09. 23. 18

Body Fat - Lean Body Mass Control —

Body Fat Mass

Lean Body Mass

(+) means to gain fat/lean

(-) means to lose fat/lean

(-) means to gain lablean (-) means to lose lab

Lean Body Mass

140. 2 lbs Basal Metabolic Rate

1744 kcal

Results Interpretation —

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

Segment

Lean Mass

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal.

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass.

Results Interpretation QR Code

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



Impedance-

 RA
 LA
 TR
 RL
 LL

 Z(Ω) 20 kHz
 325. 2 318. 1 22. 1 314. 5 322. 0

 100 kHz
 284. 5 278. 8 18. 4 269. 3 278. 1