

BUILT TO LAST™

Beyond the Gym Floor

UNDERSTANDING YOUR INBODY 270 RESULTS

YOUR RESULTS ARE A STARTING POINT - NOT A GRADE

The scale tells you how much you weigh. Your InBody helps us look at what that weight is made of: muscle, body fat, water and lean mass - and how those measurements change over time.

1 | BODY COMPOSITION ANALYSIS

What is your body made of?

TOTAL BODY WATER How much water comprises your body weight. Hydration affects bioelectrical impedance results, so repeat tests are most useful under similar conditions.

DRY LEAN MASS The weight of protein and mineral content in your body, excluding body water and body fat.

LEAN BODY MASS Everything that is not body fat: muscle, water, bones and organs.

MUSCLE	+ WATER	+ BONES	+ ORGANS	= LEAN BODY MASS
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2 | MUSCLE-FAT ANALYSIS

The three bars that tell a much bigger story than weight alone

WEIGHT Your total body weight.

SKELETAL MUSCLE MASS (SMM) The skeletal muscle attached to your bones - the number we can most directly influence through resistance training, nutrition and recovery. An increase over time can indicate muscle gain.

BODY FAT MASS The total weight of fat in your body. Looking at Weight + SMM + Body Fat Mass together shows whether your weight is coming more from muscle or fat.

HOW TO READ THE % BARS

The graph compares your measurements with reference values for your height and sex. 130% = about 30% above the reference value. 100% = at the reference value. 70% = about 30% below the reference value. These are reference comparisons - not a grade.

THE C-I-D METHOD

C-SHAPE	I-SHAPE	D-SHAPE
SMM shorter than Weight & Fat	Bars form a fairly straight line	SMM proportionally higher
WEIGHT SMM BODY FAT	WEIGHT SMM BODY FAT	WEIGHT SMM BODY FAT

C-SHAPE May occur when skeletal muscle is proportionally low compared with weight and body fat. It can appear at different body weights. The goal is to improve the muscle-to-fat relationship, not simply make the scale go down.

I-SHAPE Often reflects a more balanced composition, although there may still be room to build muscle, reduce body fat or improve fitness.

D-SHAPE Commonly associated with a more muscular or athletic composition. A D-shape does not automatically mean every measurement is ideal; body fat, balance, health history and goals still matter.

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3 | OBESITY ANALYSIS

Why body composition tells us more than body weight

BMI - BODY MASS INDEX Compares weight to height. A commonly used adult reference range is 18.5-24.9. BMI is a screening tool, but it cannot distinguish muscle from body fat.

PBF - PERCENT BODY FAT The percentage of your total body weight that is body fat. $\text{Body Fat Mass} \div \text{Total Body Weight} = \text{Percent Body Fat}$. It puts your weight into context by showing how much of it is fat mass.

GENERAL INBODY REFERENCE RANGES

PBF: Men 10-20% | Women 18-28%

Individual healthy ranges can vary with age, health history and other factors.

WHY TRACK PBF? Because the goal is often fat loss - not simply weight loss. Scale weight can also decrease when muscle is lost. Tracking composition helps us aim to reduce excess fat while maintaining or building lean mass.

4 | SEGMENTAL LEAN ANALYSIS

Where is your lean mass - and is it sufficient for your body weight?

LEFT

ARM



TRUNK

|

LEGS



RIGHT

ARM

TOP NUMBER - LEAN MASS The estimated amount of lean mass, in pounds, in each arm, leg and the trunk.

BOTTOM NUMBER - SUFFICIENCY % Compares lean mass in that segment with the amount considered sufficient to support your current body weight. 100% is the reference point - not a maximum.

WHY CAN IT BE MORE THAN 100%?

90% = below the reference amount | 100% = sufficient reference level | 110% = about 10% above the reference amount.

More is not automatically better. We also look for balance between right and left sides and between upper and lower body.

MUSCLE IMBALANCE Imbalances are common and may reflect repetitive movement, prior injury, sports, work demands, favoring one side, inactivity or training habits. Your program can emphasize areas that need more strength and work toward a better-balanced lean-mass distribution.

5 | RESEARCH PARAMETERS & BODY COMPOSITION CONTROL

Two common questions people have when they read the sheet

BMR - BASAL METABOLIC RATE The estimated calories your body requires for essential functions at rest, such as breathing and circulation. BMR is NOT the number of calories you should eat each day. Your total daily needs are higher because of movement, work, exercise and digestion.

SMI - SKELETAL MUSCLE INDEX An estimate of skeletal muscle relative to height. It gives another perspective on muscle status and can be useful when following muscle preservation or development over time. It is one piece of the picture, not a stand-alone diagnosis.

WHAT DOES “BODY FAT MASS / FAT CONTROL -17.6 LB” MEAN?
It does NOT mean negative body fat. A value such as -17.6 lb in the control/recommendation area means the device is estimating about 17.6 lb of fat-mass reduction to reach its calculated target. A positive Lean Control value suggests lean-mass gain; 0.0 lb means no lean-mass adjustment is suggested. These are device-generated reference targets, not personal medical prescriptions.

BUILT TO LAST™ | WHAT HAPPENS NEXT?

6 | MEASURE THE CHANGE
Your initial InBody is the baseline. The real value is comparing trends over time.

TODAY	BASELINE	Establish your starting measurements for muscle, body fat, lean-mass distribution and other key markers.
4-6 WEEKS	EARLY CHECK	Useful when actively training or changing body composition. Look for early trends rather than expecting dramatic changes.
8-12 WEEKS	MEANINGFUL COMPARISON	An excellent interval for evaluating changes in skeletal muscle, body fat and overall composition.
ONGOING	EVERY 2-3 MONTHS	Periodic testing can help you monitor progress, revisit goals and adjust your plan.

CONSISTENCY MATTERS
For the best comparison, repeat your InBody under similar testing conditions whenever possible. Hydration, recent meals, exercise and other factors can temporarily influence bioelectrical impedance measurements.

7 | TURN THE NUMBERS INTO ACTION
Your next step depends on your goals.

BUILD	REDUCE	BALANCE
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Build or preserve muscle	Reduce body fat while protecting lean mass	Improve right/left or upper/lower muscle balance
MOVE Increase daily movement and fitness	FUEL Improve everyday nutrition habits	RECOVER Support sleep, recovery and consistency

KEEP BUILDING - BEYOND THE GYM FLOOR

Resources to help you continue, whether we work together once or over time.

BUILT TO LAST WORKBOOK Goal setting, habits, nutrition, progress tracking and accountability tools.

WEBSITE Fitness education, resources, workouts and Built To Last merchandise.

FACEBOOK COMMUNITY Ongoing encouragement, education and connection through the Built To Last community.

MERCH Built To Last items that reinforce the mindset: Strength • Health • Confidence • For Life.

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The workout is the appointment. The transformation happens between appointments.

InBody results are estimates and should be interpreted as part of the bigger picture. They are not a medical diagnosis. Hydration, food intake, exercise and testing conditions can affect bioelectrical impedance results.