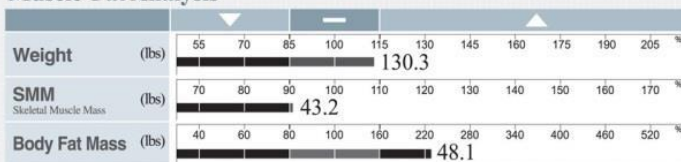


ID	Height	Age	Gender	Test Date / Time
Jane Doe	5ft.01.8in.	51	Female	05.04.2012 09:46

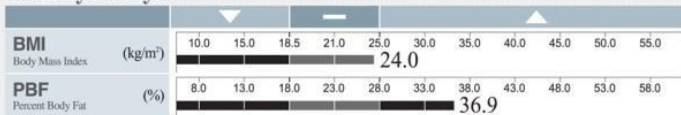
Body Composition Analysis

	Values	Lean Body Mass	Weight
Total Body Water (lbs)	60.6	82.2	130.3
Dry Lean Mass (lbs)	21.6		
Body Fat Mass (lbs)	48.1		

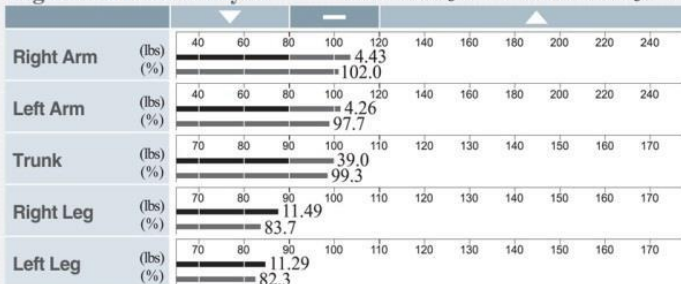
Muscle-Fat Analysis



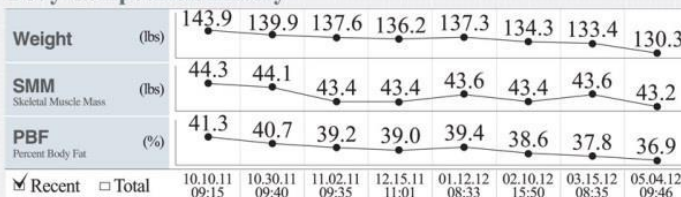
Obesity Analysis



Segmental Lean Analysis



Body Composition History



☒ Recent ☐ Total

Body Fat - Lean Body Mass Control

Body Fat Mass - 21.8 lbs
Lean Body Mass + 5.5 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Basal Metabolic Rate

1175 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

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 muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

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) 5 kHz	373.1	385.4	25.7	303.0	314.1
50 kHz	337.2	352.5	23.0	282.3	289.8
250 kHz	297.4	311.5	19.1	258.1	267.8

Total Body Water = Intracellular Water + Extracellular Water

Dry Lean Mass = Protein and Minerals

Lean Body Mass = similarly known as Fat Free Mass
(Weight – Body Fat Mass)

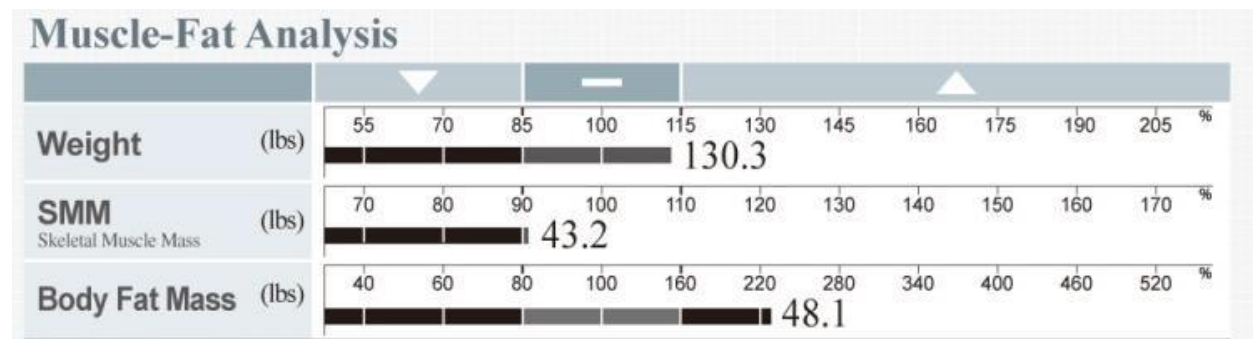
Weight = Lean Body Mass + Body Fat Mass

Total Body Water (TBW) increases with as Lean Body Mass increases

Muscle is ~73% water

Fat is ~10% water

Body Composition Analysis			
	Values	Lean Body Mass	Weight
Total Body Water (lbs)	60.6	82.2	130.3
Dry Lean Mass (lbs)	21.6		
Body Fat Mass (lbs)	48.1		



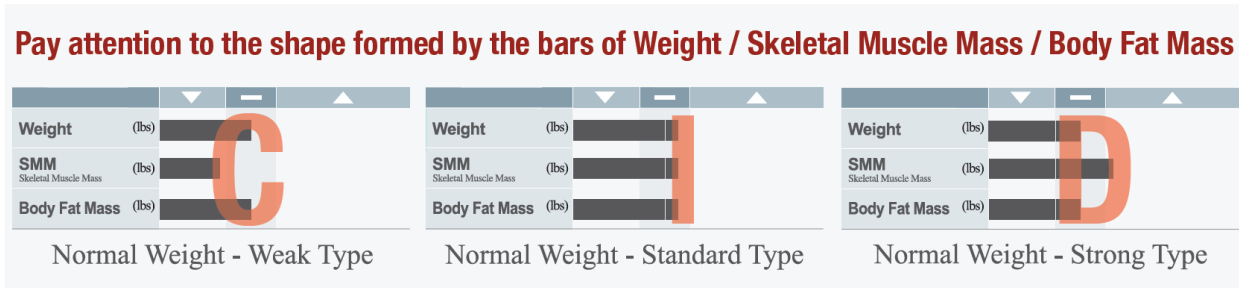
Skeletal Muscle Mass (SMM) = muscle
attached to bone

-Muscle that is most easily affected through exercise

-High SMM is good

Body Fat Mass = total lipid mass in body

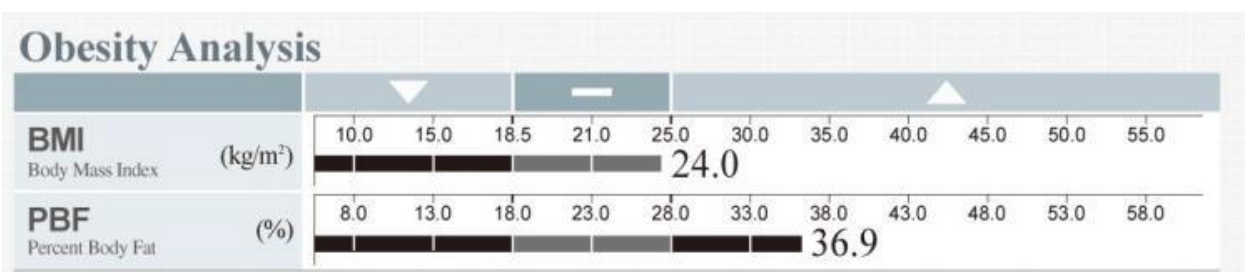
Low Body Fat Mass is good



C Shape = Skeletal Muscle Mass is lower than Body Fat Mass

I Shape = Weight, Skeletal Muscle Mass and Body Fat Mass are proportionally even

D Shape = Skeletal Muscle Mass is high compared to Weight and Body Fat Mass



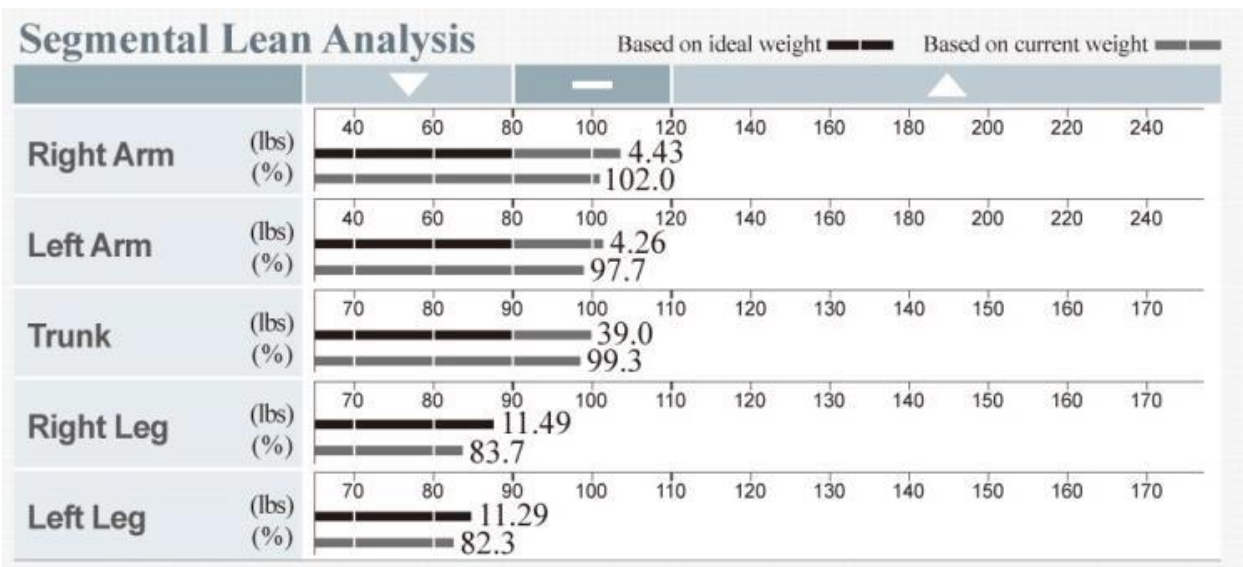
*BMI Normal Range: WHO Standard 18.5 - 24.9

***PBF Normal Range: MALES 10% - 20%, Ideal 15% / FEMALES 18% - 28%, Ideal 23%**

BMI refers to Body Mass Index, an obesity classification that uses height and weight.

Percent Body Fat is more accurate since it is based on your muscle to fat ratio.

In this section, you can find inaccuracies in BMI for muscular individuals and also skinny fat individuals.



Segmental Lean Analysis shows how much Lean Muscle Mass is in each segment of the body. The trunk refers to the torso including the chest, abdomen, back, and lower back.

- In each segment, you will find 2 bars:
 - Top bar is the actual pounds of Lean Muscle Mass in that segment
 - Bottom bar graph is the percentage of Lean Muscle Mass compared to your weight

Track the past measurements on-screen and also on the results sheet.

InBody will show historical data of past Weight, Skeletal Muscle Mass, Percent Body Fat, and ECW/TBW ratios.

Basal Metabolic Rate _____
1175 kcal

Traditionally, many companies use Harris-Benedict equation in estimating caloric needs. The Harris-Benedict equation uses gender, age, height, weight, and LBM to determine BMR.

- Some also use Mifflin-St Jeor, which closely resembles an equation similar to BMI (Body Mass Index).
- Therefore, InBody uses John J Cunningham's equation which only uses LBM (Lean Body Mass) to estimate caloric needs over a 24 hour period at absolute rest.

$BMR = 21.6 \times LBM \text{ (kg)} + 370$ (LBM = Lean Body Mass, kg)

- The amount shown above is refers to how many calories you would burn within 24 hours at rest.