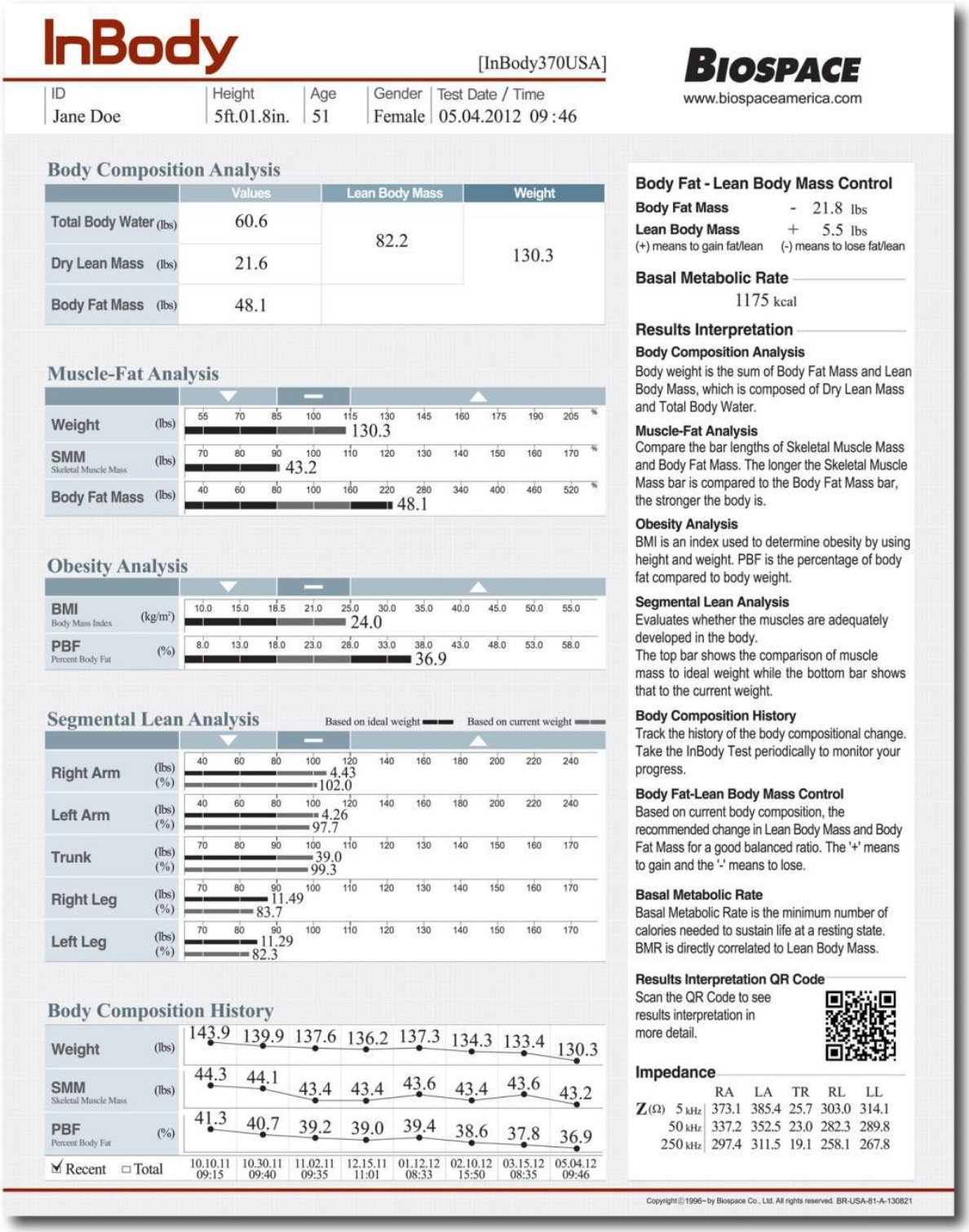
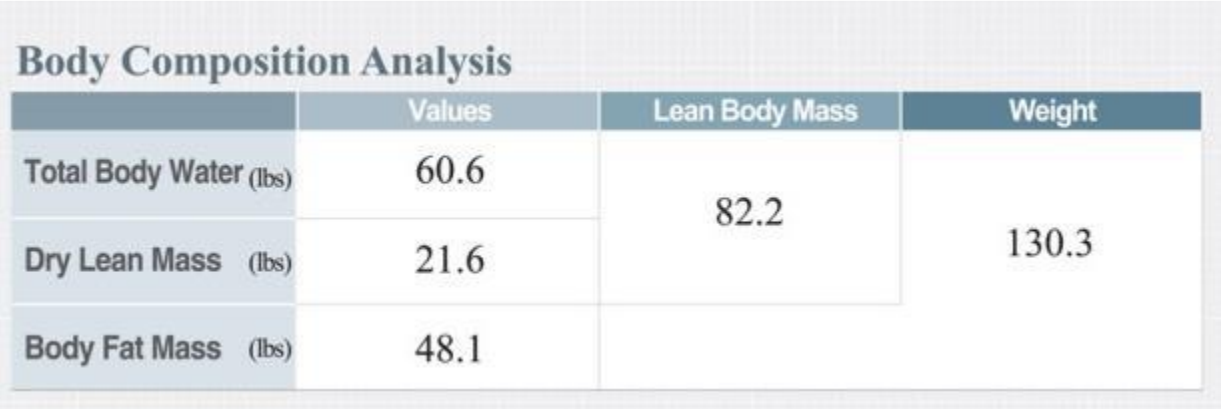


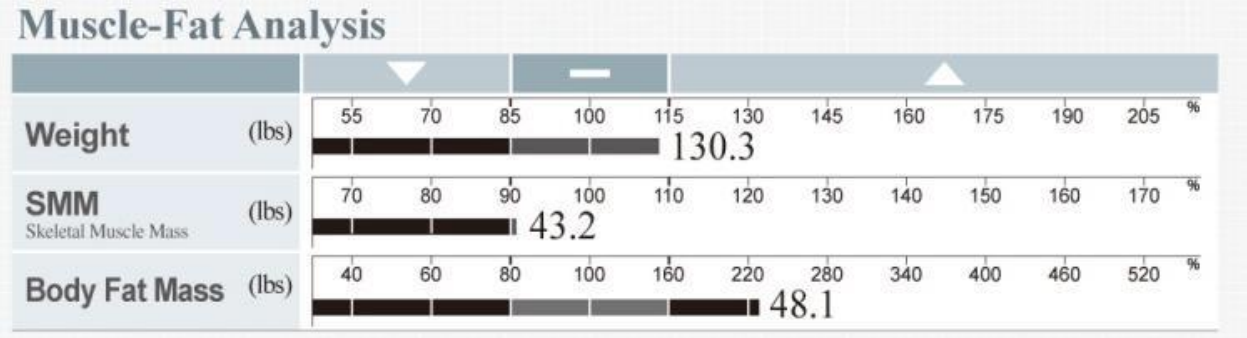
Total Body Water = Intracellular Water + Extracellular Water

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



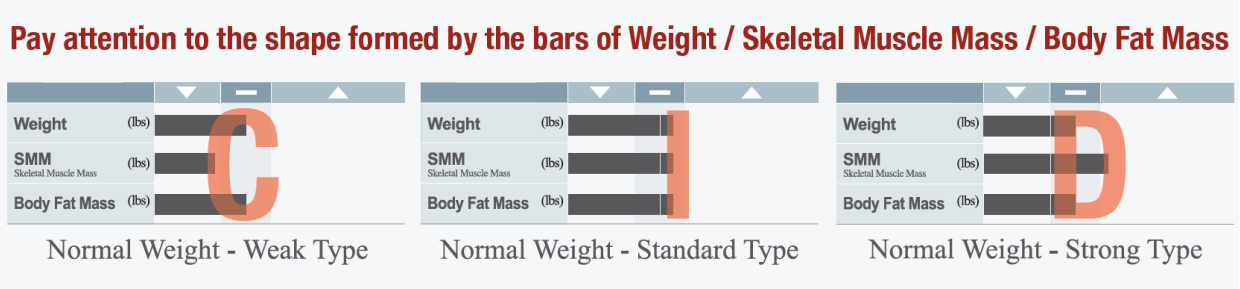
Body Composition Analysis

	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		

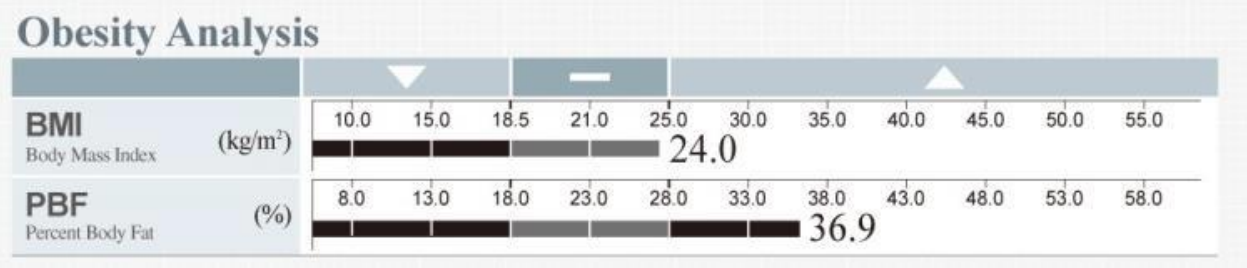


Skeletal Muscle Mass (SMM) = muscle attached to bone
-Muscle that is most easily affected through exercise
-High SMM is good

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



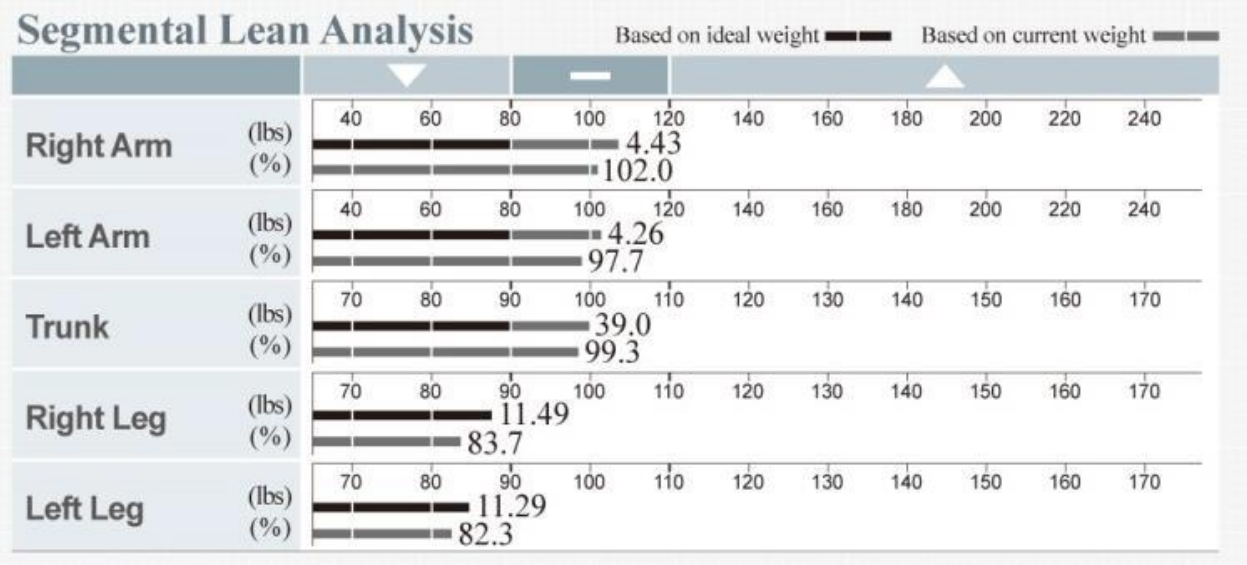
***BMI Normal Range: WHO Standard 18.5 - 24.9**

***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 X LBM (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.