

What is Body Composition?

Body composition is a method of breaking down your body into its core components: fat, muscle, and water. It gives you a more in-depth understanding of your weight and health, helps you track diet and exercise progress, and make any changes needed to meet your health goals.

Why is it important?

Body composition is a more accurate measure of your weight and health than BMI because it divides your weight into fat, muscle, and water. It tells you exactly what you're losing, gaining, or maintaining. With body composition analysis, you can measure your fat and muscle mass, track your progress, and make any changes needed to meet your goals.

◀ Open flap to view the sample Result Sheet

What is InBody?

InBody is an advanced body composition analyzer trusted by top hospitals, universities, and professional sports teams. The InBody Test is accurate, fast, and non-invasive— simply step on the device, grab the handles, and in 50 seconds, you will receive a detailed printout of your body composition results that you can review with your InBody specialist.

Reach your health goals with InBody!

InBody

www.inbody.com

InBody

Set Achievable Health Goals

Learn how the InBody Test helps you plan & meet your health goals!



InBody 770

Why take an InBody Test?

In just 50 seconds, you will receive a detailed Result Sheet with your body composition measurements. Use these results to:

1 Find Your Baseline

Scales show your weight as a basic number. See how much of your weight is Skeletal Muscle Mass and Body Fat Mass to find your baseline so you know what you need to lose, gain, or maintain.

2 Assess Your Percent Body Fat

BMI is a poor indicator of your health because it doesn't differentiate between fat and muscle. Percent Body Fat (PBF) is a better health indicator as it compares your fat levels to your weight. You can improve your health by focusing on fat loss, not just weight loss.

3 Measure Segmental Lean Mass

The InBody Test shows you how many pounds of lean mass you have in each body segment and how well developed it is. Spot any insufficiencies or imbalances and tailor your exercises to achieve adequate lean mass in each part of your body.

4 Calculate Your Caloric Needs

Basal Metabolic Rate is the minimum calories you need to support basic function at rest. Use BMR to calculate your caloric needs and create a nutritional plan to achieve your goals.

5 Set Goals & Track Progress

Set your goals and take the InBody Test every 2 weeks to track your progress. See your results from the past 8 tests to spot changes in body composition and adjust your routine to prevent a plateau.

For more info, check out:

www.inbody.com

InBody

[InBody770]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	5 ft 05.0 in	31	Female	05.28.2022 07:13

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lb)	39.9	64.2	88.0	135.3
Extracellular Water (lb)	24.3			
Dry Lean Mass (lb)	23.8			
Body Fat Mass (lb)	47.4			

Muscle-Fat Analysis

	55	70	85	100	115	130	145	160	175	190	205	%
Weight (lb)												135.3
SMM (lb)												47.6
Body Fat Mass (lb)												47.4

Obesity Analysis

	10.0	15.0	18.5	21.0	25.0	30.0	35.0	40.0	45.0	50.0	55.0	%
BMI (kg/m ²)												22.5
PBF (%)												35.0

Segmental Lean Analysis

	40	60	80	100	120	140	160	180	200	ECW/TBW
Right Arm (lb)										0.374
Left Arm (lb)										0.374
Trunk (lb)										0.377
Right Leg (lb)										0.374
Left Leg (lb)										0.377

ECW/TBW Analysis

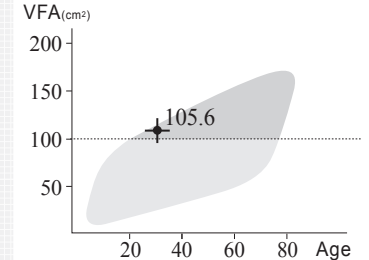
	0.320	0.340	0.360	0.380	0.390	0.400	0.410	0.420	0.430	0.440	0.450	%
ECW/TBW												0.376

Body Composition History

	135.5	134.9	135.4	136.1	137.6	135.2	134.6	135.3
Weight (lb)								
SMM (lb)	42.8	43.2	44.0	44.7	45.6	45.3	45.7	47.6
PBF (%)	40.3	39.5	38.6	37.9	37.4	36.7	35.9	35.0
ECW/TBW	0.376	0.378	0.376	0.374	0.376	0.376	0.378	0.376
Recent	02.19.22 07:13	03.05.22 07:15	03.19.22 07:05	04.02.22 07:01	04.16.22 06:58	04.30.22 06:45	05.14.22 07:11	05.28.22 07:13

SEE WHAT YOU'RE MADE OF

Visceral Fat Area



Body Fat - Lean Body Mass Control

Body Fat Mass - 18.3 lb
Lean Body Mass + 9.3 lb
(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

Right Arm (3.3 lb) 156.0%
Left Arm (3.3 lb) 158.9%
Trunk (24.0 lb) 202.2%
Right Leg (7.3 lb) 132.8%
Left Leg (7.1 lb) 132.4%

Basal Metabolic Rate

1231 kcal

Leg Lean Mass

26.9 lb

TBW/LBM

73.0 %

Reactance

	RA	LA	TR	RL	LL
Xc(Ω) 5 kHz	21.1	20.9	1.9	20.8	20.2
50 kHz	37.0	36.9	3.2	37.5	35.3
250 kHz	32.3	32.2	3.4	26.4	27.8

Whole Body Phase Angle

5.4°

	RA	LA	TR	RL	LL
φ° 50 kHz	4.7	4.5	7.0	6.2	6.0

Results Interpretation QR Code

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



Impedance

	RA	LA	TR	RL	LL
Z(Ω) 1 kHz	513.6	530.2	31.0	407.2	396.2
5 kHz	503.3	521.9	30.0	397.3	386.8
50 kHz	452.0	470.2	26.3	346.4	338.7
250 kHz	411.5	429.7	22.4	313.2	307.3
500 kHz	396.7	414.8	20.0	305.0	300.2
1000 kHz	384.3	402.2	17.8	299.4	294.0