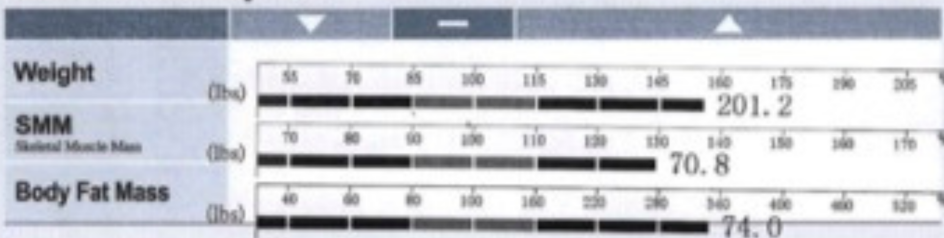


ID [REDACTED] Height 5ft. 05.0in. Age 50 Gender Female Test Date / Time 12.08.2022 06:04 [InBody270]

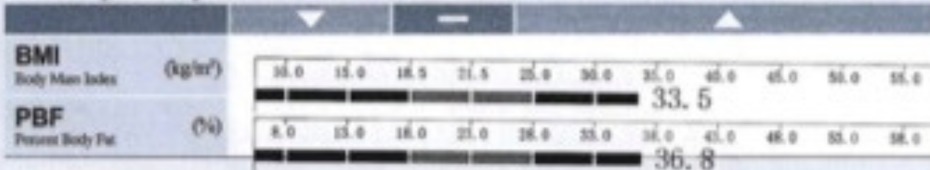
Body Composition Analysis

Total amount of water in body	Total Body Water	(lbs)	93.5
For building muscles and strengthening bones	Dry Lean Mass	(lbs)	33.7
For storing excess energy	Body Fat Mass	(lbs)	74.0
Sum of the above	Weight	(lbs)	201.2

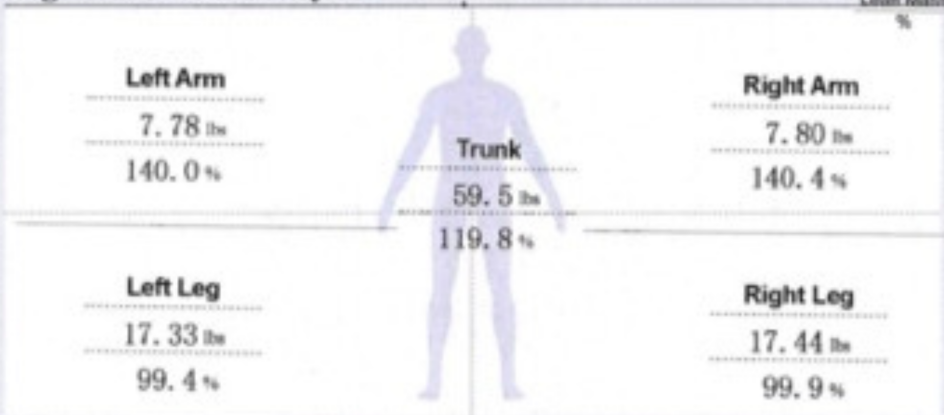
Muscle-Fat Analysis



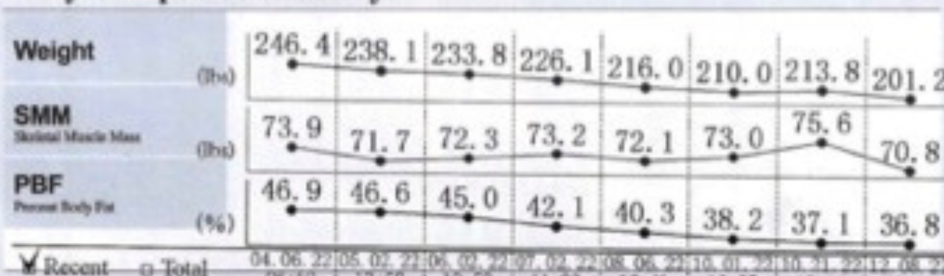
Obesity Analysis



Segmental Lean Analysis



Body Composition History



Body Fat - Lean Body Mass Control

Body Fat Mass -35.9 lbs
Lean Body Mass 0.0 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Lean Body Mass

127.2 lbs

Basal Metabolic Rate

1617 kcal

SMI

8.4 kg/m²

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 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

Recommended change in Lean Body Mass and Fat Mass for a balance ratio, based on current body composition. 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.

SMI

Skeletal Muscle Index(SMI) is calculated by dividing appendicular lean mass by height squared.

Impedance

	RA	LA	TR	RL	LL
Z ₂₀ 20 lbs	274.5	275.1	16.8	230.7	230.6
Z ₁₀₀ 100 lbs	246.4	247.8	14.9	207.4	207.7