

Personal Information/Logo

Personal Information: The examinee's ID can be inputted with the keypad. The ID can be up to 14 alpha-numeric characters.
Logo: You can enter the name, address, or telephone number under '14. Results Sheet Custom Logo' in Settings of the Administrator Menu.

Body Composition Analysis

Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass. Maintain a balanced body composition to stay healthy.

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. Skeletal Muscle Mass is the amount of muscle attached to the bones. Body Fat Mass is the sum of subcutaneous fat, visceral fat, and fat surrounding muscles. Subcutaneous fat is found beneath the skin, while visceral fat is found surrounding internal organs in the abdomen.

Obesity Analysis

Body Mass Index (BMI) is an index used to determine obesity by using height and weight.
 $BMI = \text{Weight}/\text{Height}^2(\text{kg}/\text{m}^2)$.
 Percent Body Fat (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.

ECW Ratio Analysis

ECW Ratio, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.


[InBody770]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2017.05.04. 09 : 46

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water(L)	27.5 (26.3 ~ 32.1)	27.5	35.1 (33.8 ~ 41.3)	37.3 (35.8 ~ 43.7)	59.1 (43.9 ~ 59.3)
Protein (kg)	7.2 (7.0 ~ 8.6)				
Minerals (kg)	2.65 (2.43 ~ 2.97)				
Body Fat Mass (kg)	21.8 (10.3 ~ 16.5)				

Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.1	
SMM (kg)	70 80 90 100 110 120 130 140 150 160 170 %	19.6	
Body Fat Mass (kg)	40 60 80 100 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400 420 440 460 480 500 520 %	21.8	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0	
PBF (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	36.9	

Segmental Lean Analysis


	Under	Normal	Over	ECW Ratio
Right Arm (kg)	40 60 80 100 120 140 160 180 200 %	2.01		0.381
(%)		102.0		
Left Arm (kg)	40 60 80 100 120 140 160 180 200 %	1.93		0.381
(%)		97.7		
Trunk (kg)	70 80 90 100 110 120 130 140 150 %	17.7		0.399
(%)		99.3		
Right Leg (kg)	70 80 90 100 110 120 130 140 150 %	5.21		0.399
(%)		83.7		
Left Leg (kg)	70 80 90 100 110 120 130 140 150 %	5.12		0.401
(%)		82.3		

ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450	0.397	

Body Composition History

	16.10.10 09:15	16.10.30 09:40	16.11.02 09:35	16.12.15 11:01	17.01.12 08:33	17.02.10 15:50	17.03.15 08:35	17.05.04 09:46
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg)	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.6
PBF (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.9
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.397



www.inbody.com

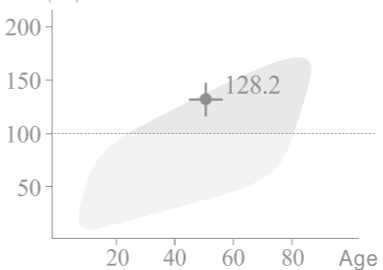
InBody Score

68 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Visceral Fat Area

VFA_(cm²)



Weight Control

Target Weight 51.7 kg
 Weight Control - 7.4 kg
 Fat Control - 9.9 kg
 Muscle Control + 2.5 kg

Body Balance Evaluation

Upper Balanced Slightly Unbalanced Extremely Unbalanced
 Lower Balanced Slightly Unbalanced Extremely Unbalanced
 Upper-Lower Balanced Slightly Unbalanced Extremely Unbalanced

Segmental Fat Analysis

Right Arm (1.6kg) 179.0%
 Left Arm (1.6kg) 184.1%
 Trunk (11.7kg) 239.9%
 Right Leg (2.9kg) 132.5%
 Left Leg (2.9kg) 131.5%

Research Parameters

Intracellular Water 16.6 L (16.3~19.9)
 Extracellular Water 10.9 L (10.0~12.2)
 Basal Metabolic Rate 1175 kcal (1255~1451)
 Waist-Hip Ratio 0.97 (0.75~0.85)
 Body Cell Mass 23.8 kg (23.3~28.5)
 SMI 5.8 kg/m²

Whole Body Phase Angle

φ (°) 50 kHz | 4.3°

Impedance

Z(Ω)	RA	LA	TR	RL	LL
1 kHz	379.6	392.7	26.8	306.8	316.1
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	307.9	322.9	20.4	263.3	272.7
500 kHz	297.4	311.5	19.1	258.1	267.8
1000 kHz	286.4	297.4	17.0	254.5	264.0

InBody Score

This score shows the evaluation of your body composition, which includes muscle, fat, and water in the body.

Visceral Fat Area

Visceral Fat Area is the estimated area of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Area under 100cm² to stay healthy.

Weight Control

See how your body measures up to the recommended Weight, Muscle Mass, and Body Fat Mass for a good balance. The '+' means to gain and the '-' means to lose.

Segmental Fat Analysis

Evaluates whether the amount of fat is adequately distributed throughout the body. Each bar shows fat mass in comparison to the ideal.

Research Parameters

Intracellular Water is the total amount of water within the body cells.
 Extracellular Water is the total amount of water outside of the body cells.
 Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Fat Free Mass.
 Waist-Hip Ratio (WHR) is the ratio of waist circumference to hip circumference.
 Body Cell Mass is the total mass of all cellular elements in the body, which constitutes all metabolically active tissues of the body.

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

Whole Body Phase Angle

Whole Body Phase Angle is the resistance value measured in the cellular membrane when electrical currents are applied throughout the body.

Impedance

Impedance is the resistance value measured when electrical currents are applied throughout the body. Based on the measured data, key body composition outputs can be analyzed. Impedance is also used for many research purposes.

* The InBody Results Sheet can be customized by selecting Results Interpretation under '13. Result Sheet Outputs/Interpretations Options' in Setup of the Administrator Menu.