

UNDERSTANDING YOUR RESULTS

1 Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	28.1 (27.0 ~ 33.0)
For building muscles	Protein	(kg)	7.4 (7.2 ~ 8.8)
For strengthening bones	Minerals	(kg)	2.76 (2.49 ~ 3.05)
For storing excess energy	Body Fat Mass	(kg)	20.8 (10.6 ~ 16.9)
Sum of the above	Weight	(kg)	59.1 (45.0 ~ 60.8)

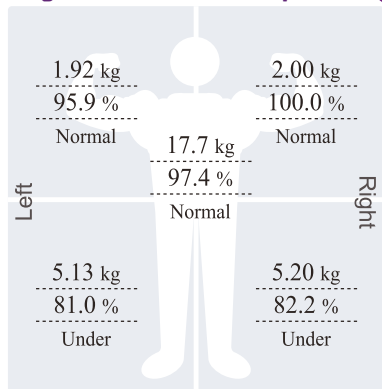
2 Muscle-Fat Analysis

	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 %		
Skeletal Muscle Mass		20.4	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %		
		20.8	

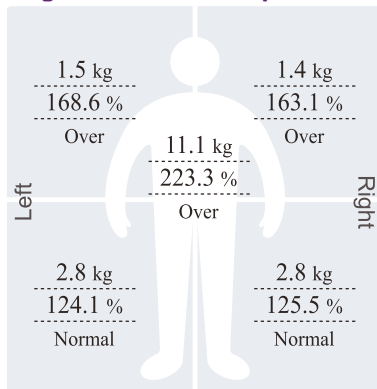
3 Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²)	10.0 15.0 18.5 21.5 25.0 30.0 35.0 40.0 45.0 50.0 55.0		
Body Mass Index		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		
Percent Body Fat		35.2	

4 Segmental Lean Analysis



5 Segmental Fat Analysis



* Segmental fat is estimated.

6 Body Composition History

Weight	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	20.4
Skeletal Muscle Mass								
PBF (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	35.2
Percent Body Fat								
☒ Recent ☐ Total	01.01.25 09:15	01.30.25 09:40	02.20.25 09:35	03.15.25 11:10	04.12.25 08:33	04.28.25 15:10	05.15.25 08:40	05.30.25 11:16

7 InBody Score

69 / 100 Points

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

8 Whole Body Phase Angle

$\phi(^{\circ})$ 50 kHz	4.3	4.4	4.2	4.1	4.3
	03.15.25 11:10	04.12.25 08:33	04.28.25 15:10	05.15.25 08:40	05.30.25 11:16

9 Weight Control

Target Weight	53.0 kg
Weight Control	- 6.1 kg
Fat Control	- 8.6 kg
Muscle Control	+ 2.5 kg

10 Waist-Hip Ratio

0.96

11 Visceral Fat Level

11

12 Research Parameters

Fat Free Mass	38.3 kg (36.7 ~ 44.8)
Basal Metabolic Rate	1197 kcal (1255 ~ 1451)
Obesity Degree	112 % (90 ~ 110)
Recommended calorie intake	1397 kcal

Calorie Expenditure of Exercise

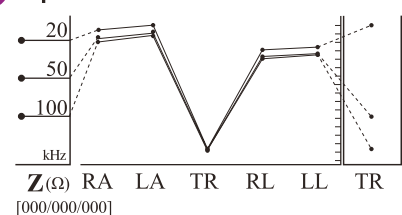
Golf	104	Gateball	112
Walking	118	Yoga	118
Badminton	134	Table Tennis	134
Tennis	177	Bicycling	177
Boxing	177	Racketball	177
Mountain Climbing	193	Jumping Rope	207
Aerobics	207	Jogging	207
Soccer	207	Swimming	207
Japanese Fencing	295	Racketball	295
Squash	295	Taekwondo	295

*Based on your current weight
*Based on 30 minute duration

13 Sarcopenia Parameters

SMI	5.8 kg/m ² (< 5.7)
HGS	15.8 kg (< 18.0)

14 Impedance



1 - 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.

2 - 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 better health status you are in.

3 - 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.

4 - Segmental Lean Analysis

Analyze to evaluate if the muscles are adequately developed in the body segments. The top bar shows your muscle mass status compared to the ideal weight and the bottom bar shows your muscle mass status compared to your current weight.

5 - Segmental Fat Analysis

Evaluate whether the fat is adequately distributed across the segments of the body. Each bar shows fat mass in comparison to the ideal amount.

6 - Body Composition History

Measure your body composition periodically to monitor your progress.

7 - InBody Score

InBody Score is your score after evaluating your body composition.

8 - Whole Body Phase Angle

Phase Angle is related to the health status of the cell membrane. Strengthening of the cellular membrane and structural function will increase the Phase Angle. In contrast, impairments to the cellular membrane can lead to a decrease in Phase Angle.

9 - Weight Control

Use the Target Weight, Weight Control, Fat Control, Muscle Control to set your own goal.

10 - Waist-Hip Ratio (WHR)

Waist-Hip Ratio is the ratio of waist circumference to hip circumference.

11 - Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen.

12 - Research Parameters

Various research parameters such as Basal Metabolic Rate, Waist-Hip Ratio, Obesity Degree, Skeletal Muscle Mass Index (SMI), and more are provided.

13 - Sarcopenia Parameters

Sarcopenia is now recognized as a disease. Skeletal Muscle Mass Index (SMI) and Hand Grip Strength (HGS) measurements provide precise assessments for sarcopenia patients, enabling healthcare professionals to develop tailored care plans for effective management.

14 - Impedance

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

