InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
190624-1 (shadi kodeih)	182cm	47	Male	12.10.2026. 10:16

Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	50.1 (41.0~50.0)
For building muscles	**Protein**	(kg)	13.4 (11.0~13.4)
For strengthening bones	**Minerals**	(kg)	4.72 (3.79~4.63)
For storing excess energy	**Body Fat Mass**	(kg)	14.8 (8.8~17.5)
Sum of the above	**Weight**	(kg)	83.0 (62.0~83.8)

Muscle-Fat Analysis

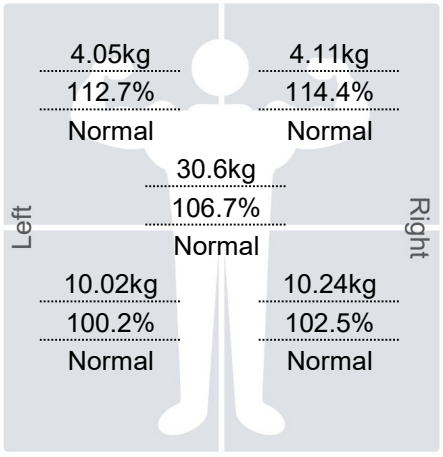
	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		83.0
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %		38.5
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %		14.8

Obesity Analysis

	Under	Normal	Over
BMI Body Mass Index (kg/m²)	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		25.1
PBF Percent Body Fat (%)	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0		17.8

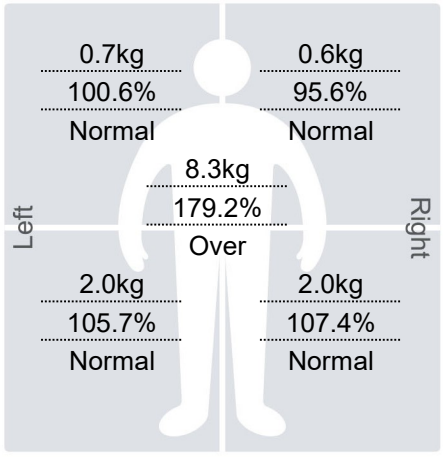
Lean Mass % Evaluation

Segmental Lean Analysis



Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

	14.09.26. 11:08	21.09.26. 12:09	25.09.26. 11:23	28.09.26. 10:26	03.10.26. 09:57	07.10.26. 11:03	09.10.26. 08:29	12.10.26. 10:16
Weight (kg)	82.8	85.4	84.1	84.6	82.2	81.8	82.7	83.0
SMM Skeletal Muscle Mass (kg)	37.3	39.6	38.9	38.6	37.7	37.8	38.6	38.5
PBF Percent Body Fat (%)	20.8	17.7	18.0	19.0	18.9	18.1	17.6	17.8

☑ Recent ☐ Total

InBody Score

84 / 100 Points

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

Weight Control

Target Weight	80.3 kg
Weight Control	- 2.7 kg
Fat Control	- 2.7 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI ☐ Normal ☐ Under ☑ Slightly Over ☐ Over

PBF ☑ Normal ☐ Slightly Over ☐ Over

Waist-Hip Ratio

0.91 (0.80 – 0.90)

Visceral Fat Level

Level 7 (Low 10 High)

Research Parameters

Fat Free Mass	68.2 kg	(55.7~68.1)
Basal Metabolic Rate	1844 kcal	(1741~2046)
Obesity Degree	114 %	(90~110)
SMI	8.6 kg/m²	
Recommended calorie intake	2770 kcal	

Calorie Expenditure of Exercise

Golf	146	Gateball	158
Walking	166	Yoga	166
Badminton	188	Table Tennis	188
Tennis	249	Bicycling	249
Boxing	249	Basketball	249
Mountain Climbing	271	Jumping Rope	291
Aerobics	291	Jogging	291
Soccer	291	Swimming	291
Japanese Fencing	415	Racketball	415
Squash	415	Taekwondo	415

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	283.7	288.2	19.6	250.7	262.2
100 kHz	250.9	256.3	16.4	225.7	235.5