InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
271026-1 (Mariane ZOughbi)	178cm	57	Female	27.10.2026. 13:02

Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	33.6 (	33.9~41.5)
For building muscles	**Protein**	(kg)	9.0 (	9.1~11.1)
For strengthening bones	**Minerals**	(kg)	3.36 (	3.13~3.83)
For storing excess energy	**Body Fat Mass**	(kg)	23.7 (	13.3~21.3)
Sum of the above	**Weight**	(kg)	69.7 (	56.5~76.5)

Muscle-Fat Analysis

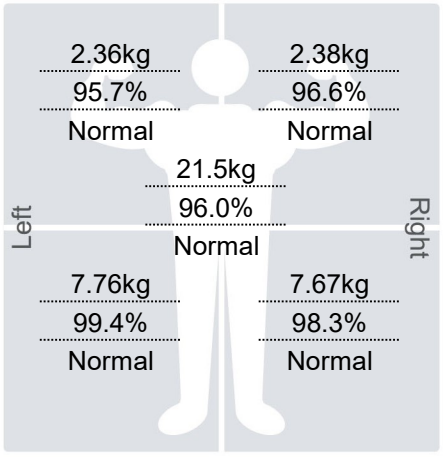
	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	69.7	
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %	25.1	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	23.7	

Obesity Analysis

	Under	Normal	Over
BMI Body Mass Index (kg/m²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	22.0	
PBF Percent Body Fat (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	34.0	

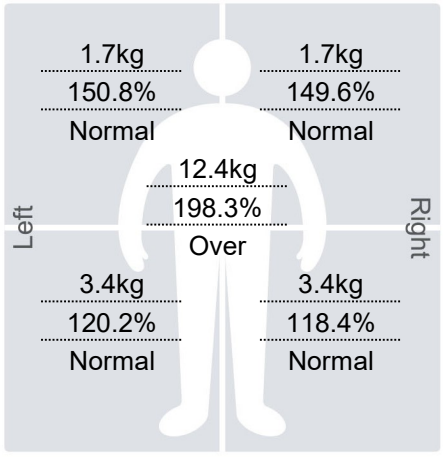
Lean Mass % Evaluation

Segmental Lean Analysis



Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight	(kg)	69.7
SMM Skeletal Muscle Mass	(kg)	25.1
PBF Percent Body Fat	(%)	34.0

☑ Recent ☐ Total 27.10.26. 13:02

InBody Score

66 / 100 Points

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

Weight Control

Target Weight	66.5 kg
Weight Control	- 3.2 kg
Fat Control	- 8.4 kg
Muscle Control	+ 5.2 kg

Obesity Evaluation

BMI ☑ Normal ☐ Under ☐ Slightly Over ☐ Over

PBF ☐ Normal ☐ Slightly Over ☑ Over

Waist-Hip Ratio

1.00 (0.75 – 0.85)

Visceral Fat Level

Level 12 (Low 10 High)

Research Parameters

Fat Free Mass	46.0 kg	(46.1~56.4)
Basal Metabolic Rate	1364 kcal	(1413~1645)
Obesity Degree	105 %	(90~110)
SMI	6.4 kg/m²	
Recommended calorie intake	1638 kcal	

Calorie Expenditure of Exercise

Golf	123	Gateball	132
Walking	139	Yoga	139
Badminton	158	Table Tennis	158
Tennis	209	Bicycling	209
Boxing	209	Basketball	209
Mountain Climbing	227	Jumping Rope	244
Aerobics	244	Jogging	244
Soccer	244	Swimming	244
Japanese Fencing	349	Racketball	349
Squash	349	Taekwondo	349

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	463.3	468.5	28.9	383.5	375.4
100 kHz	422.5	427.7	25.8	349.2	337.1