InBody

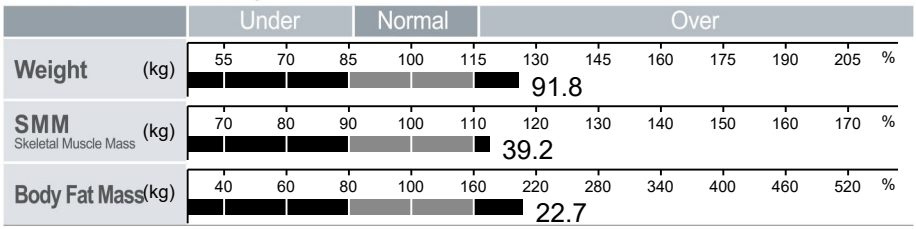
[InBody270]

ID	Height	Age	Gender	Test Date / Time
190624-1 (shadi kodeih)	182cm	45	Male	06.09.2025. 09:22

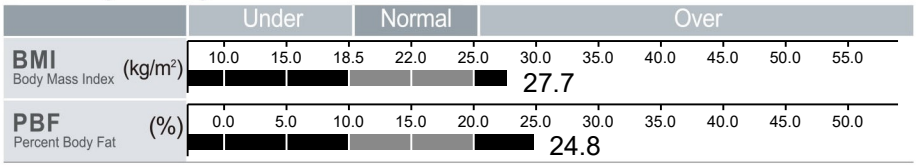
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	50.6 (41.0~50.0)
For building muscles	**Protein**	(kg)	13.7 (11.0~13.4)
For strengthening bones	**Minerals**	(kg)	4.83 (3.79~4.63)
For storing excess energy	**Body Fat Mass**	(kg)	22.7 (8.8~17.5)
Sum of the above	**Weight**	(kg)	91.8 (62.0~83.8)

Muscle-Fat Analysis

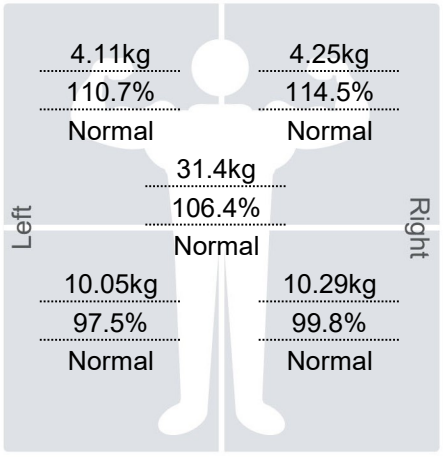


Obesity Analysis



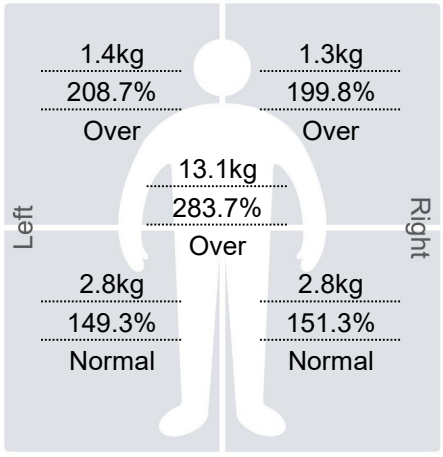
Lean Mass % Evaluation

Segmental Lean Analysis



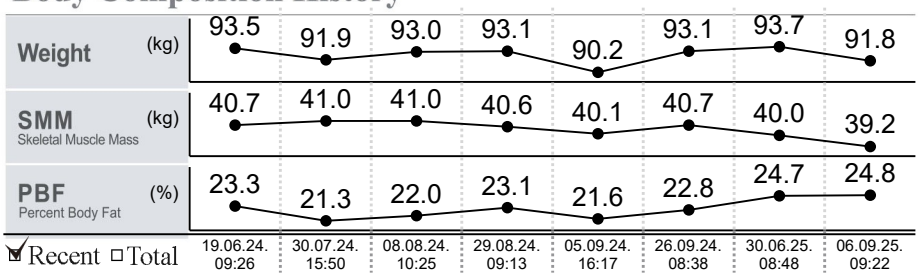
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

77 /100 Points

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

Weight Control

Target Weight	81.2	kg
Weight Control	- 10.6	kg
Fat Control	- 10.6	kg
Muscle Control	0.0	kg

Obesity Evaluation

BMI	☐ Normal ☐ Under	☑ Slightly Over	☐ Over
PBF	☐ Normal	☑ Slightly Over	☐ Over

Waist-Hip Ratio

1.01 (0.80 – 0.90)

Visceral Fat Level

Level 10 (Low – 10 – High)

Research Parameters

Fat Free Mass	69.1	kg	(55.7~68.1)
Basal Metabolic Rate	1862	kcal	(1887~2224)
Obesity Degree	126	%	(90~110)
SMI	8.7	kg/m²	
Recommended calorie intake	2444	kcal	

Calorie Expenditure of Exercise

Golf	162	Gateball	174
Walking	184	Yoga	184
Badminton	208	Table Tennis	208
Tennis	275	Bicycling	275
Boxing	275	Basketball	275
Mountain Climbing	299	Jumping Rope	321
Aerobics	321	Jogging	321
Soccer	321	Swimming	321
Japanese Fencing	459	Racketball	459
Squash	459	Taekwondo	459

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	280.8	292.5	21.8	262.3	275.4
100 kHz	249.8	260.6	18.4	232.6	244.1