InBody

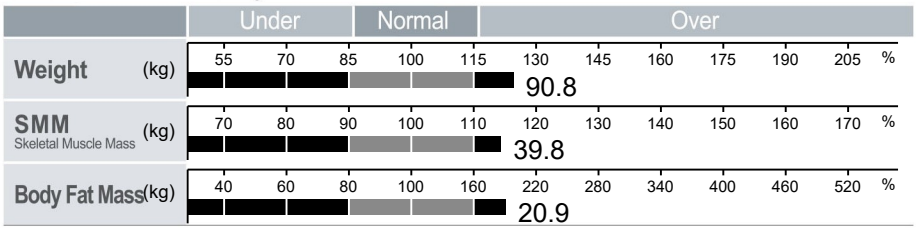
[InBody270]

ID	Height	Age	Gender	Test Date / Time
190624-1 (shadi kodeih)	182cm	46	Male	31.07.2026. 08:50

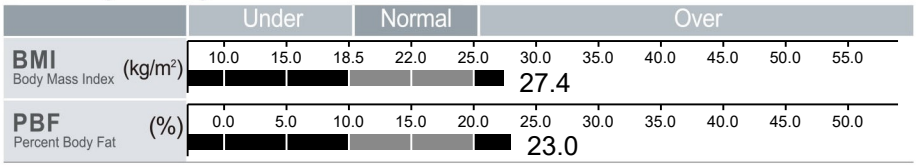
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	51.2 (	41.0~50.0)
For building muscles	**Protein**	(kg)	13.9 (	11.0~13.4)
For strengthening bones	**Minerals**	(kg)	4.84 (	3.79~4.63)
For storing excess energy	**Body Fat Mass**	(kg)	20.9 (	8.8~17.5)
Sum of the above	**Weight**	(kg)	90.8 (	62.0~83.8)

Muscle-Fat Analysis

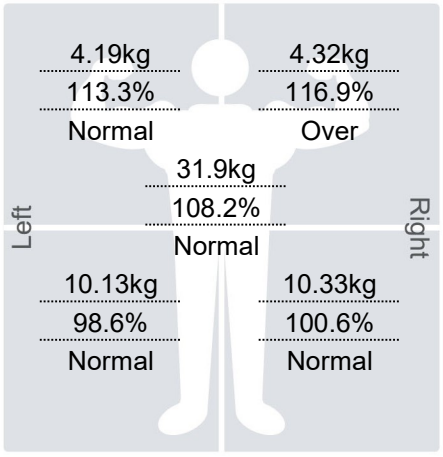


Obesity Analysis



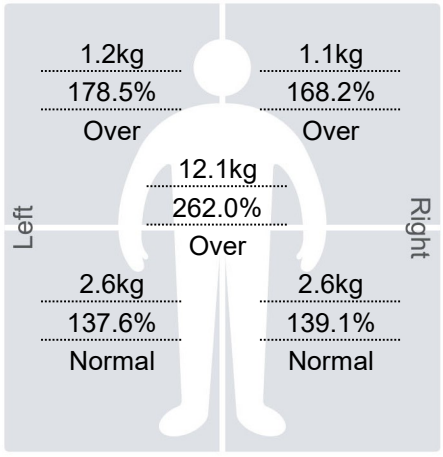
Lean Mass % Evaluation

Segmental Lean Analysis



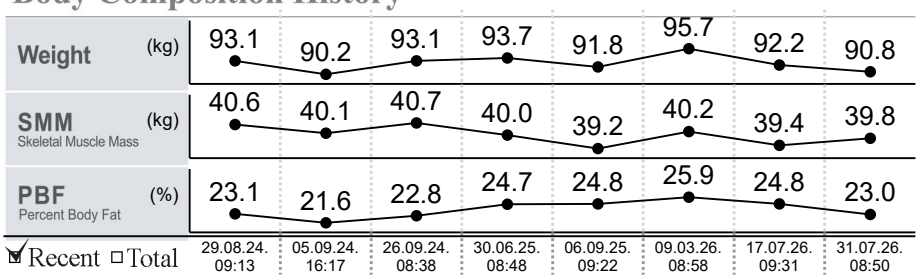
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

79 / 100 Points

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

Weight Control

Target Weight	82.3 kg
Weight Control	- 8.5 kg
Fat Control	- 8.5 kg
Muscle Control	0.0 kg

Obesity Evaluation

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

Waist-Hip Ratio

0.99 (0.80 – 0.90)

Visceral Fat Level

Level 10 (Low – 10 – High)

Research Parameters

Fat Free Mass	69.9 kg	(55.7~68.1)
Basal Metabolic Rate	1880 kcal	(1870~2204)
Obesity Degree	125 %	(90~110)
SMI	8.7 kg/m²	
Recommended calorie intake	2417 kcal	

Calorie Expenditure of Exercise

Golf	160	Gateball	173
Walking	182	Yoga	182
Badminton	205	Table Tennis	205
Tennis	272	Bicycling	272
Boxing	272	Basketball	272
Mountain Climbing	296	Jumping Rope	318
Aerobics	318	Jogging	318
Soccer	318	Swimming	318
Japanese Fencing	454	Racketball	454
Squash	454	Taekwondo	454

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	278.7	288.8	21.5	264.7	276.2
100 kHz	245.7	256.2	18.0	234.5	244.1