InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
190624-1 (shadi kodeih)	182cm	47	Male	28.09.2026. 10:26

Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	50.3 (	41.0~50.0)
For building muscles	**Protein**	(kg)	13.5 (	11.0~13.4)
For strengthening bones	**Minerals**	(kg)	4.72 (	3.79~4.63)
For storing excess energy	**Body Fat Mass**	(kg)	16.1 (	8.8~17.5)
Sum of the above	**Weight**	(kg)	84.6 (	62.0~83.8)

Muscle-Fat Analysis

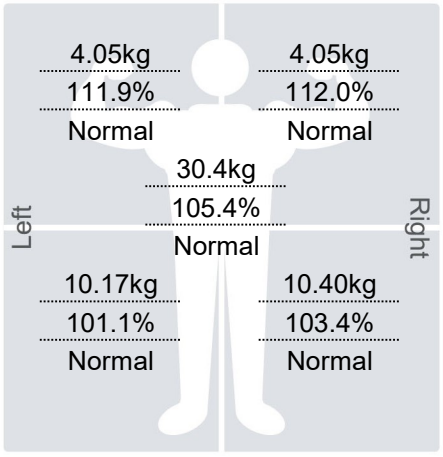
	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		84.6
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %		38.6
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %		16.1

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		25.5
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		19.0

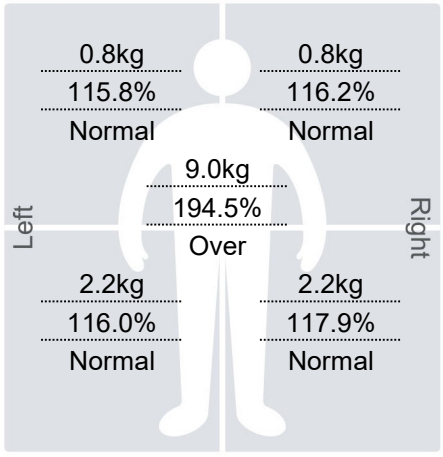
Lean Mass % Evaluation

Segmental Lean Analysis



Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

	19.08.26. 08:57	22.08.26. 11:00	02.09.26. 09:28	08.09.26. 10:22	14.09.26. 11:08	21.09.26. 12:09	25.09.26. 11:23	28.09.26. 10:26
Weight (kg)	88.9	87.7	87.9	85.5	82.8	85.4	84.1	84.6
SMM Skeletal Muscle Mass (kg)	39.8	39.9	39.6	38.8	37.3	39.6	38.9	38.6
PBF Percent Body Fat (%)	21.3	20.1	20.5	20.0	20.8	17.7	18.0	19.0

☑ Recent ☐ Total

InBody Score

83 / 100 Points

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

Weight Control

Target Weight	80.6 kg
Weight Control	- 4.0 kg
Fat Control	- 4.0 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	68.5 kg	(55.7~68.1)
Basal Metabolic Rate	1849 kcal	(1768~2079)
Obesity Degree	116 %	(90~110)
SMI	8.7 kg/m²	
Recommended calorie intake	2798 kcal	

Calorie Expenditure of Exercise

Golf	149	Gateball	161
Walking	169	Yoga	169
Badminton	191	Table Tennis	191
Tennis	254	Bicycling	254
Boxing	254	Basketball	254
Mountain Climbing	276	Jumping Rope	296
Aerobics	296	Jogging	296
Soccer	296	Swimming	296
Japanese Fencing	423	Racketball	423
Squash	423	Taekwondo	423

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	285.3	285.8	19.3	240.1	250.2
100 kHz	253.8	254.1	16.5	216.5	225.5