InBody

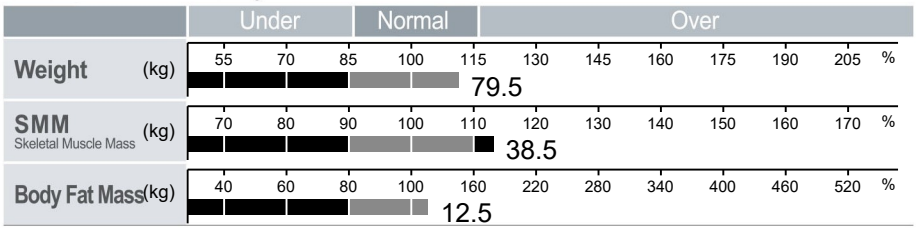
[InBody270]

ID	Height	Age	Gender	Test Date / Time
291026-3 (Anthonie Boust...)	180cm	33	Male	29.10.2026. 18:01

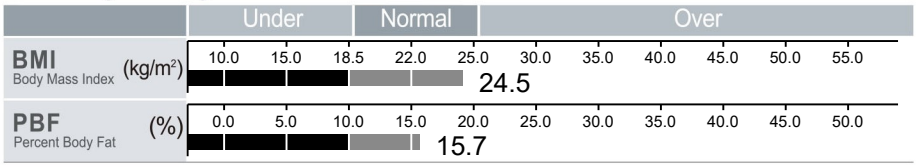
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	49.1 (	40.0~49.0)
For building muscles	**Protein**	(kg)	13.4 (	10.7~13.1)
For strengthening bones	**Minerals**	(kg)	4.50 (	3.71~4.53)
For storing excess energy	**Body Fat Mass**	(kg)	12.5 (	8.6~17.1)
Sum of the above	**Weight**	(kg)	79.5 (	60.6~82.0)

Muscle-Fat Analysis

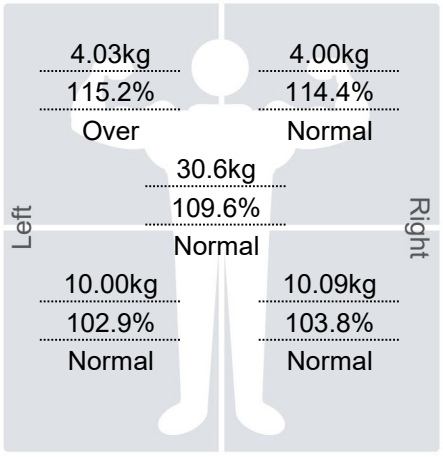


Obesity Analysis



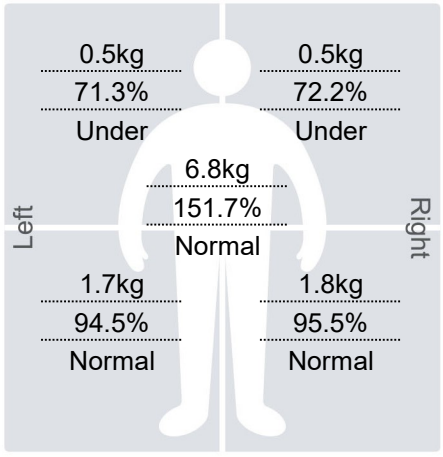
Lean Mass % Evaluation

Segmental Lean Analysis



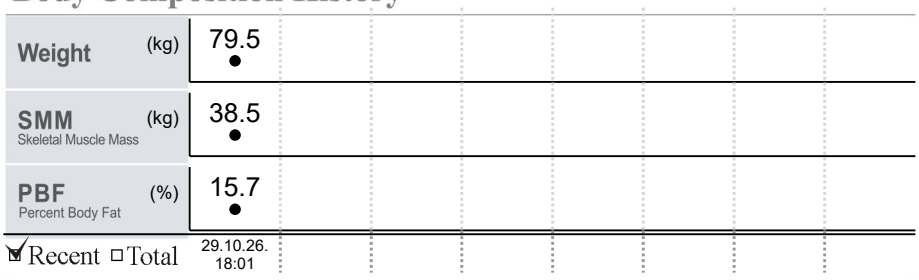
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

86 / 100 Points

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

Weight Control

Target Weight	78.9	kg
Weight Control	- 0.6	kg
Fat Control	- 0.6	kg
Muscle Control	0.0	kg

Obesity Evaluation

BMI ☑ Normal ☐ Under ☐ Slightly Over ☐ Over

PBF ☑ Normal ☐ Slightly Over ☐ Over

Waist-Hip Ratio

0.90 (0.80 – 0.90)

Visceral Fat Level

Level 5 (Low 10 High)

Research Parameters

Fat Free Mass	67.0	kg	(54.5~66.6)
Basal Metabolic Rate	1818	kcal	(1684~1976)
Obesity Degree	112	%	(90~110)
SMI	8.7	kg/m²	
Recommended calorie intake	2830	kcal	

Calorie Expenditure of Exercise

Golf	140	Gateball	151
Walking	159	Yoga	159
Badminton	180	Table Tennis	180
Tennis	239	Bicycling	239
Boxing	239	Basketball	239
Mountain Climbing	259	Jumping Rope	278
Aerobics	278	Jogging	278
Soccer	278	Swimming	278
Japanese Fencing	398	Racketball	398
Squash	398	Taekwondo	398

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

Impedance

Z(Ω)	RA	LA	TR	RL	LL
20 kHz	295.1	292.1	23.3	282.6	286.9
100 kHz	256.6	255.3	18.9	244.3	248.8