InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
190624-1 (shadi kodeih)	182cm	46	Male	17.07.2026. 09:31

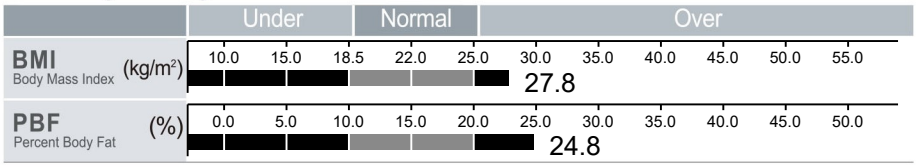
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	50.8 (	41.0~50.0)
For building muscles	**Protein**	(kg)	13.8 (	11.0~13.4)
For strengthening bones	**Minerals**	(kg)	4.83 (	3.79~4.63)
For storing excess energy	**Body Fat Mass**	(kg)	22.8 (	8.8~17.5)
Sum of the above	**Weight**	(kg)	92.2 (	62.0~83.8)

Muscle-Fat Analysis

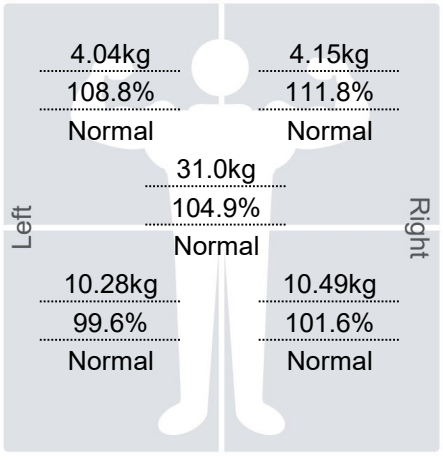


Obesity Analysis



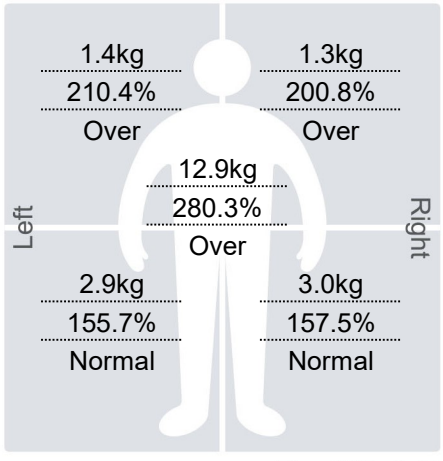
Lean Mass % Evaluation

Segmental Lean Analysis



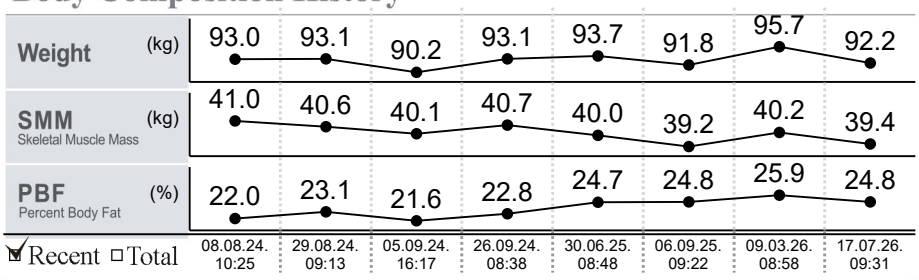
Fat Mass % Evaluation

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

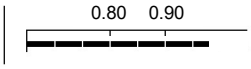
Target Weight	81.6	kg
Weight Control	- 10.6	kg
Fat Control	- 10.6	kg
Muscle Control	0.0	kg

Obesity Evaluation

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

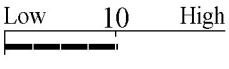
Waist-Hip Ratio

0.98



Visceral Fat Level

Level 10



Research Parameters

Fat Free Mass	69.4 kg	(55.7~68.1)	
Basal Metabolic Rate	1868 kcal	(1894~2232)	
Obesity Degree	127 %	(90~110)	
SMI	8.7 kg/m²		
Recommended calorie intake	2442 kcal		

Calorie Expenditure of Exercise

Golf	162	Gateball	175
Walking	184	Yoga	184
Badminton	208	Table Tennis	208
Tennis	277	Bicycling	277
Boxing	277	Basketball	277
Mountain Climbing	301	Jumping Rope	323
Aerobics	323	Jogging	323
Soccer	323	Swimming	323
Japanese Fencing	461	Racketball	461
Squash	461	Taekwondo	461

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	289.5	298.1	21.8	254.3	265.2
100 kHz	255.4	265.1	18.2	225.8	235.1