InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
281026-1 (Khalil Zein)	174cm	49	Male	28.10.2026. 11:03

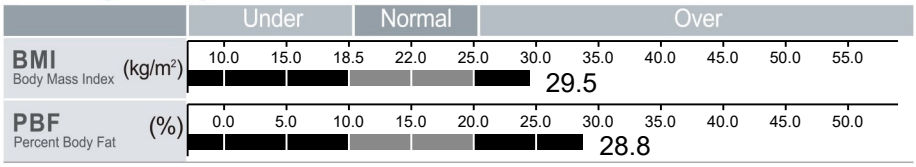
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	46.7 (	37.4~45.8)
For building muscles	**Protein**	(kg)	12.5 (	10.1~12.3)
For strengthening bones	**Minerals**	(kg)	4.46 (	3.46~4.23)
For storing excess energy	**Body Fat Mass**	(kg)	25.7 (	8.0~16.0)
Sum of the above	**Weight**	(kg)	89.4 (	56.6~76.6)

Muscle-Fat Analysis

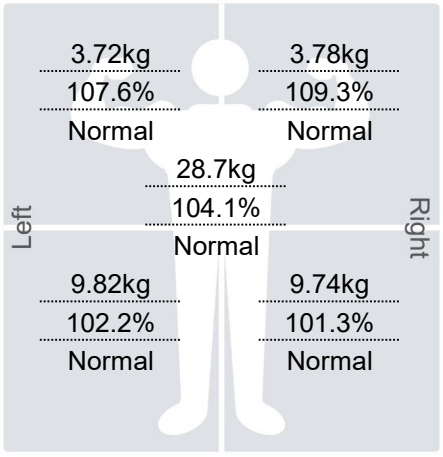


Obesity Analysis



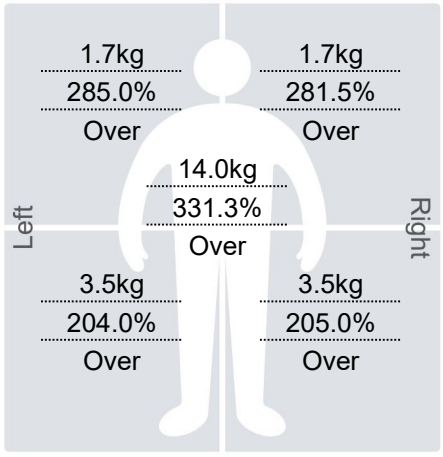
Lean Mass % Evaluation

Segmental Lean Analysis



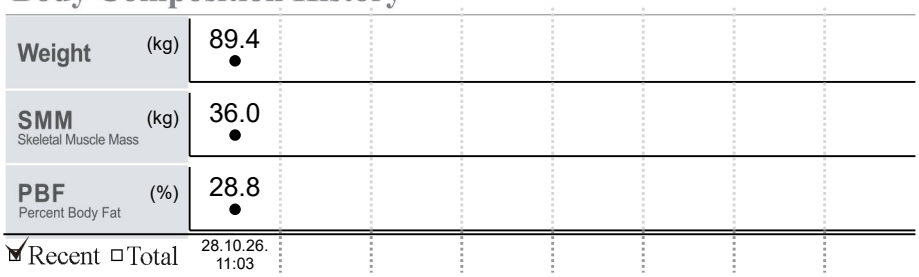
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

73 / 100 Points

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

Weight Control

Target Weight	74.9	kg
Weight Control	- 14.5	kg
Fat Control	- 14.5	kg
Muscle Control	0.0	kg

Obesity Evaluation

BMI ☐ Normal ☐ Under ☑ Slightly Over ☐ Over

PBF ☐ Normal ☐ Slightly Over ☑ Over

Waist-Hip Ratio

0.95 (0.80 – 0.90)

Visceral Fat Level

Level 10 (Low – 10 – High)

Research Parameters

Fat Free Mass	63.7	kg	(51.0~62.3)
Basal Metabolic Rate	1746	kcal	(1847~2176)
Obesity Degree	134	%	(90~110)
SMI	8.9	kg/m²	
Recommended calorie intake	2316	kcal	

Calorie Expenditure of Exercise

Golf	157	Gateball	170
Walking	179	Yoga	179
Badminton	202	Table Tennis	202
Tennis	268	Bicycling	268
Boxing	268	Basketball	268
Mountain Climbing	291	Jumping Rope	313
Aerobics	313	Jogging	313
Soccer	313	Swimming	313
Japanese Fencing	447	Racketball	447
Squash	447	Taekwondo	447

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

Impedance

Z(Ω)	RA	LA	TR	RL	LL
20 kHz	265.4	270.1	21.7	221.8	215.3
100 kHz	238.8	243.3	20.0	193.2	187.5