InBody

[InBody270]

ID	Height	Age	Gender	Test Date / Time
271026-2 (Rabih Dika)	170cm	45	Male	27.10.2026. 15:58

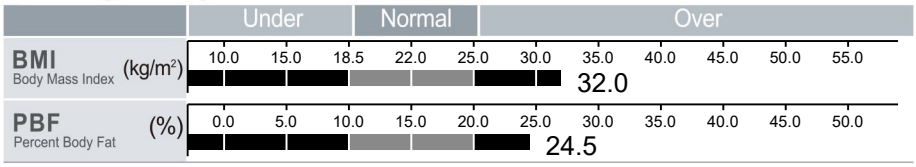
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	51.3 (	35.7~43.7)
For building muscles	**Protein**	(kg)	14.1 (	9.5~11.7)
For strengthening bones	**Minerals**	(kg)	4.64 (	3.30~4.04)
For storing excess energy	**Body Fat Mass**	(kg)	22.6 (	7.6~15.3)
Sum of the above	**Weight**	(kg)	92.6 (	54.1~73.1)

Muscle-Fat Analysis

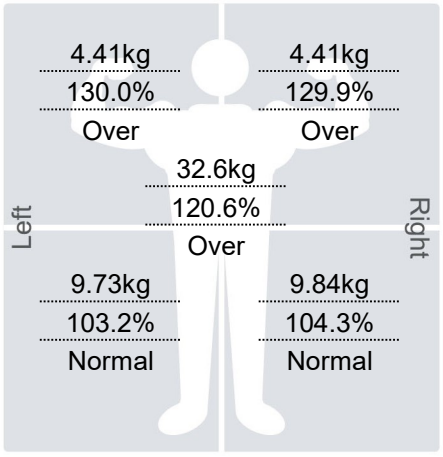


Obesity Analysis



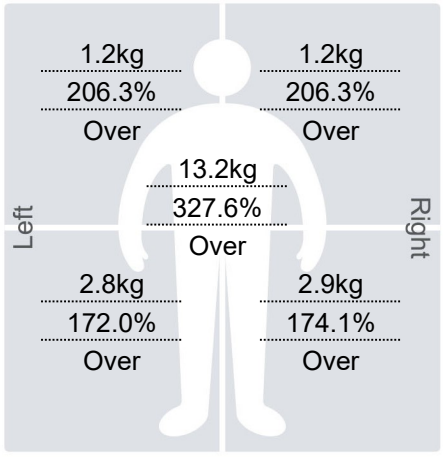
Lean Mass % Evaluation

Segmental Lean Analysis



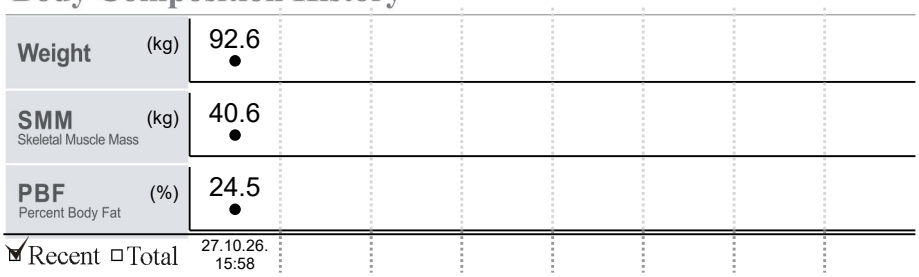
Fat Mass % Evaluation

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

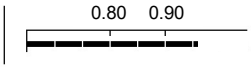
Target Weight	82.3	kg
Weight Control	- 10.3	kg
Fat Control	- 10.3	kg
Muscle Control	0.0	kg

Obesity Evaluation

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

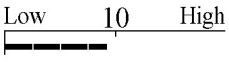
Waist-Hip Ratio

0.96



Visceral Fat Level

Level 9



Research Parameters

Fat Free Mass	70.0 kg	(48.6~59.4)	
Basal Metabolic Rate	1881 kcal	(1900~2240)	
Obesity Degree	146 %	(90~110)	
SMI	9.8 kg/m²		
Recommended calorie intake	2387 kcal		

Calorie Expenditure of Exercise

Golf	163	Gateball	176
Walking	185	Yoga	185
Badminton	209	Table Tennis	209
Tennis	278	Bicycling	278
Boxing	278	Basketball	278
Mountain Climbing	302	Jumping Rope	324
Aerobics	324	Jogging	324
Soccer	324	Swimming	324
Japanese Fencing	463	Racketball	463
Squash	463	Taekwondo	463

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

Impedance

Z(Ω)	RA	LA	TR	RL	LL
20 kHz	251.6	251.3	20.3	240.6	244.2
100 kHz	213.8	214.1	16.3	204.9	208.0