InBody

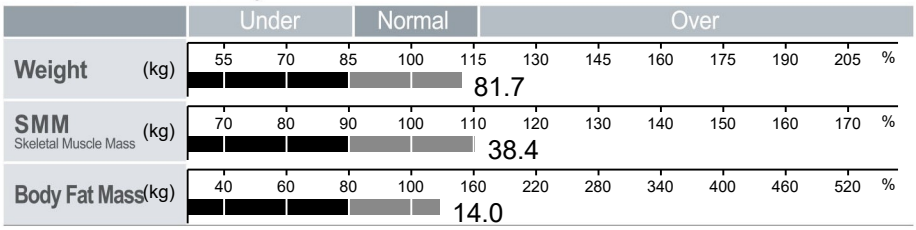
[InBody270]

ID	Height	Age	Gender	Test Date / Time
190624-1 (shadi kodeih)	182cm	47	Male	27.10.2026. 08:35

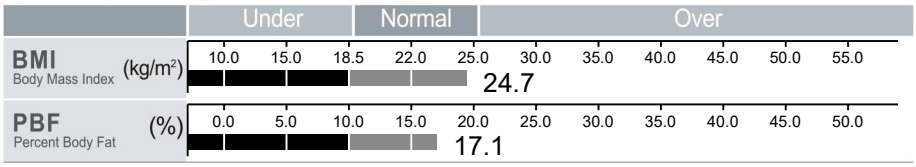
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(L)	49.7 (	41.0~50.0)
For building muscles	**Protein**	(kg)	13.4 (	11.0~13.4)
For strengthening bones	**Minerals**	(kg)	4.61 (	3.79~4.63)
For storing excess energy	**Body Fat Mass**	(kg)	14.0 (	8.8~17.5)
Sum of the above	**Weight**	(kg)	81.7 (	62.0~83.8)

Muscle-Fat Analysis

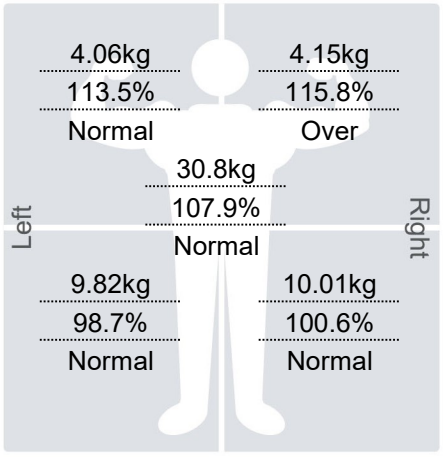


Obesity Analysis



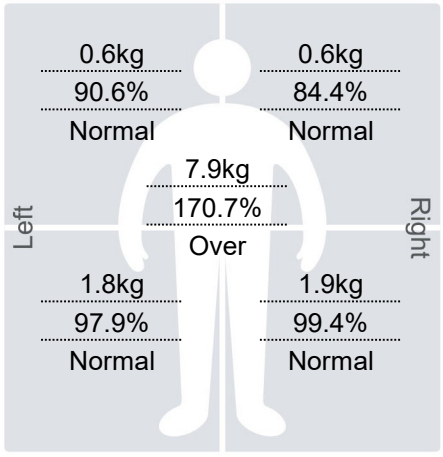
Lean Mass % Evaluation

Segmental Lean Analysis



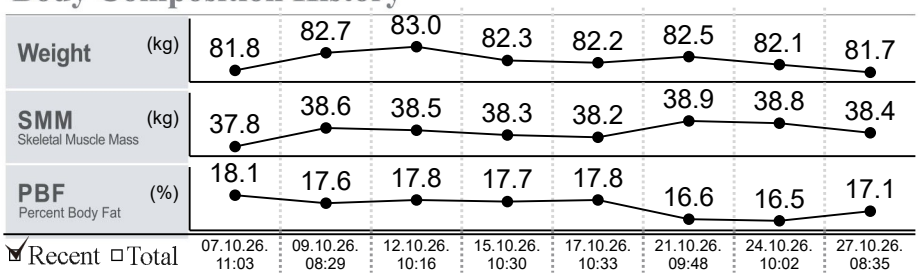
Fat Mass % Evaluation

Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

84 / 100 Points

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

Weight Control

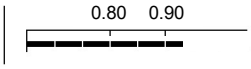
Target Weight	79.7 kg
Weight Control	- 2.0 kg
Fat Control	- 2.0 kg
Muscle Control	0.0 kg

Obesity Evaluation

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

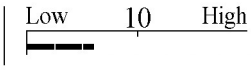
Waist-Hip Ratio

0.93



Visceral Fat Level

Level 6



Research Parameters

Fat Free Mass	67.7 kg	(55.7~68.1)
Basal Metabolic Rate	1833 kcal	(1720~2020)
Obesity Degree	112 %	(90~110)
SMI	8.5 kg/m²	
Recommended calorie intake	2747 kcal	

Calorie Expenditure of Exercise

Golf	144	Gateball	155
Walking	163	Yoga	163
Badminton	185	Table Tennis	185
Tennis	245	Bicycling	245
Boxing	245	Basketball	245
Mountain Climbing	266	Jumping Rope	286
Aerobics	286	Jogging	286
Soccer	286	Swimming	286
Japanese Fencing	409	Racketball	409
Squash	409	Taekwondo	409

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	286.0	292.5	20.1	271.6	283.8
100 kHz	253.1	260.1	16.8	241.8	252.3