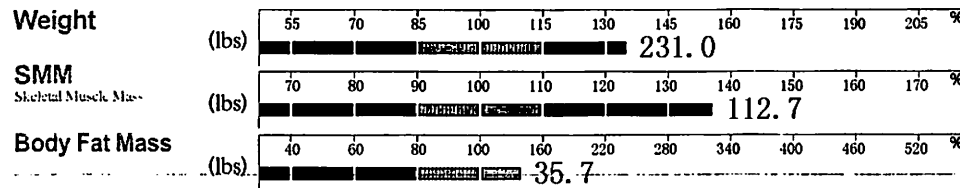


ID	Height	Age	Gender	Test Date / Time
6098484842	6ft. 02.0in	36	Male	03.28.2017 10:48

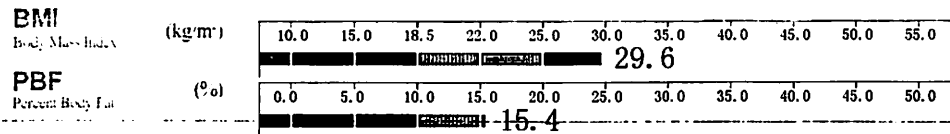
## Body Composition Analysis

Total amount of water in body	<b>Total Body Water</b>	(lbs)	142.9
For building muscles and strengthening bones	<b>Dry Lean Mass</b>	(lbs)	52.5
For storing excess energy	<b>Body Fat Mass</b>	(lbs)	35.7
Sum of the above	<b>Weight</b>	(lbs)	231.0

## Muscle-Fat Analysis



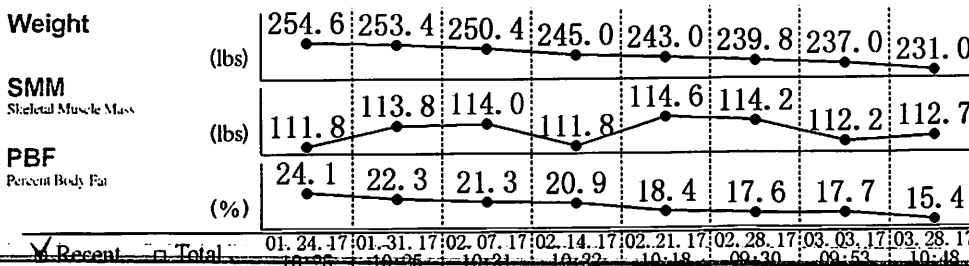
## Obesity Analysis



## Segmental Lean Analysis

		Segment Lean Mass %
<b>Left Arm</b>		
11.97 lbs		
134.3 %		
<b>Right Arm</b>		
11.71 lbs		
131.2 %		
<b>Trunk</b>		
83.7 lbs		
117.8 %		
<b>Left Leg</b>		
28.35 lbs		
114.3 %		
<b>Right Leg</b>		
29.01 lbs		
117.0 %		

## Body Composition History



## Body Fat - Lean Body Mass Control

Body Fat Mass	-1.1 lbs
Lean Body Mass	0.0 lbs
(+ ) means to gain fat/lean (- ) means to lose fat/lean	

## Lean Body Mass

195.3 lbs

## Basal Metabolic Rate

2285 kcal

## Results Interpretation

### Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

### Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

### Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

### Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal.

### Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

### Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

### Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass.

### Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



### Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	244.6	237.8	17.4	204.9	210.7
100 kHz	215.2	209.6	14.6	176.8	184.3

## Monitoring your weight is not enough

Weight can be misleading when used as an indicator of health. Anyone may experience frustration when their weight shows no change, even with exercise and an improved nutrition. Your body is a complex structure made of different components; such as body water, fat and muscle. Your body cannot be expressed with one simple number.

## InBody Test will show a true assessment of your body

To thoroughly learn about your body and its condition, take the InBody Test. In less than 60 seconds, the InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body water balance; components that are key in understanding more about your body.

## Track your progress with the InBody Test

Taking the InBody Test once will give you a snapshot of your body in that moment of time. However, taking the InBody Test consistently will give you a timeline of your progress. Watch the improvements from exercise and diet and do not let your hard work go to waste.

## Prior to testing

For the most accurate results, there are a few steps you should follow.

- Remove socks, stockings, and any items out of your pockets before testing.
- Stand upright for about 5 minutes before testing.
- Do not eat or exercise before testing.
- Use the bathroom before testing.
- Take the test in the morning.
- Testing under similar conditions will enhance reproducibility when comparing tests.
- \* Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not take the test.

For more information about the InBody, visit [www.inbodyusa.com](http://www.inbodyusa.com)

# InBody Test

## See what you're made of

The InBody Test breaks down your body composition and in turn tracks your progress to staying fit and healthy.