InBody

ID

Height 5ft. 10, 5in. 56

Age

Gender Male

| Test Date / Time

WM4L Method The best version of you. One bite at a time. 561.501.1007

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (Ibs)	76. 9	125. 0		
Extracellular Water(Ibs)	48. 1	120.0	170. 2	
Dry Lean Mass (lbs)	45. 2			233. 4
Body Fat Mass (lbs)	63.3			

Muscle-Fat Analysis

			V							八明			
Weight	(lbs)	55	70	85	100	115	130	145	233.	175	190	205	%
SMM Skeletal Muscle Mass	(lbs)	70	80	90	100	110	120	130	140	150	160	170	%
Body Fat Mass	(lbs)	40	60	80	100	160	220	280	340	400	460	520	' %

Obesity Analysis

			Z						NIX.	VIII.		A.
BMI Body Mass Index	(kg/m²)	10.0	15.0	18.5	22.0	25.0	30.0	35.0 33.	40.0	-45. 0	50.0	55.0
PBF Percent Body Fat	(%)	0.0	5.0	10.0	15.0	20.0	25.0	30.0	35.0	40.0	45.0	50.0

Segmental Lean Analysis

Segmental Lean Analysis					В	ased on	ideal we	ight —	Bas	ed on cu	urrent we	eight 🚾	
数是是否是是			V										
Right Arm	(lbs)	55	70	85	100	115	130		0.74	. 175	190	205	%
	(%)	MEDICAL DEPUTE	HINTER ENDING	THE STATE		NAMES PROD	12	28. 0					
Left Arm	(lbs)	55	70	85	100	115	130	145	160	175	190	205	%
Leit Ailli	(%)	DESIGN DIESES		COLUMN MONEY			1	30.0	10. 91				
Trunk	(lbs)	70	80	90	100	110	120	130	140 77, 6	150	160	170	%
ITUIK	(%)	DESCRIPTION OF THE PERSON		anisara nasara	CHEST PART	STREET, STREET,	1 16		11.0				
Distance.	(lbs)	70	80	90	100	110	120	130	140	150	160	170	%
Right Leg	(%)					101. 7	23.	(2					
		70	80	90	100	110	120	130	140	150	160	170	%
Left Leg	(lbs)		service Statement	10505	ORDER BRANC	00 5	23. 4	6					
	(%)	STATE OF STA	COLUMN DESTRUCT	SHAME	Marie I	Mr. 9	Control of						

ECW/TBW Analysis

W. Children Carley				气点					
ECW/TBW	0.320 0.340	0.360	0.380	0. 400 34	0.410	0. 420	0.430	0.440	0. 450

Rody Composition History

Body Composition Instory											
Weight (lbs)	233. 4										
SMM Skeletal Muscle Mass (1bs)	96. 1										
PBF Percent Body Fat (%)	27. 1										
ECW/TBW	0. 384										
¥ Recent □ Total	04. 14. 17 11:21										

Body Fat - Lean Body Mass Control -

Body Fat Mass -33.3 lbs Lean Body Mass 0. 0 lbs (+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

			A CONTRACTOR OF THE PARTY OF TH			
Right Arm	(4.41	bs) —	1-	_	 308.
Left Arm	(4.21	bs) ——			306.
Trunk	(36. 61	bs) ——			37
Right Leg	(7. 31	bs) ——		- 180.	5%
Left Leg	(7. 311	os) ——		- 179.	7%
Basal Me	etal	oolic R	Rate			
		2036	kcal			
Visceral	Fat	Level				
Leve	1 1	3	Low	1()	High

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.

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 muscles are adequately developed in the body.

The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW / TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code

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



Impedance

		RA	LA	TR	RI.	11
$\mathbf{Z}(\Omega)$	5 kHz	251.4	246. 9	17.6	227.3	232 0
	50 kHz	220.3	216. 1	15 1	201 9	205 1
	$500\mathrm{kHz}$	186. 7	184. 0	11.1	176.6	178 9