InBody

[InBody570]

ID	Height	Age	Gender	Test Date / Time

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

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	59.3	95.7	130.3	145.5
Extracellular Water (lbs)	36.4			
Dry Lean Mass (lbs)	34.6			
Body Fat Mass (lbs)	15.2			

Muscle-Fat Analysis

Weight	(lbs)	145.5
SMM Skeletal Muscle Mass	(lbs)	73.0
Body Fat Mass	(lbs)	15.2

Obesity Analysis

BMI Body Mass Index	(kg/m²)	22.8
PBF Percent Body Fat	(%)	10.4

Segmental Lean Analysis

Based on ideal weight ▬ Based on current weight ▬

Right Arm	(lbs)	7.83
	(%)	116.1
Left Arm	(lbs)	7.63
	(%)	112.9
Trunk	(lbs)	58.5
	(%)	108.7
Right Leg	(lbs)	18.59
	(%)	99.0
Left Leg	(lbs)	18.25
	(%)	97.3

ECW/TBW Analysis

ECW/TBW	0.381

Body Composition History

		12.06.20 19:40
Weight	(lbs)	145.5
SMM Skeletal Muscle Mass	(lbs)	73.0
PBF Percent Body Fat	(%)	10.4
ECW/TBW		0.381

☑ Recent ☐ Total

Body Fat - Lean Body Mass Control

Body Fat Mass	0.0 lbs
Lean Body Mass	0.0 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

Right Arm	(0.41lbs)	26.3%
Left Arm	(0.41lbs)	39.2%
Trunk	(6.81lbs)	77.6%
Right Leg	(2.41lbs)	67.3%
Left Leg	(2.41lbs)	65.6%

Basal Metabolic Rate

1647 kcal

Visceral Fat Level

Level 3 | Low 10 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	RL	LL
Z(Ω)	5 kHz	279.5	277.5	19.5	250.2	255.3
	50 kHz	242.7	248.5	16.0	218.4	224.1
	500 kHz	206.6	217.1	11.3	189.6	195.7

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