

ID Height Age Gender Test Date / Time 150105-1 5ft. 04.0in. 34 Male 01.07.2015. 10:28 (Paul Roberts)

Body Composition Analysis

41.9

Muscle-Fat Analysis

Body Fat Mass (lbs)

			\vee		12-3				2	<u> </u>			
Weight	(lbs)	55	70	85	100	115	130	145 175.	160 4	175	190	205	%
SMM Skeletal Muscle Mass	(lbs)	70	80	90	100	110	120	130 77	.2	150	160	170	%
Body Fat Mass	(lbs)	40	60	80	100	160	220	280 1.9	340	400	460	520	%

Obesity Analysis

			10		23							
BMI Body Mass Index	(kg/m²)	10.0	15.0	18.5	22.0	25.0	30.0	35.0 0.1	40.0	45.0	50.0	55.0
PBF	(%)	0.0	5.0	10.0	15.0	20.0	25.0	30.0	35.0	40.0	45.0	50.0
Percent Body Fat	(,,)						23	.9				

Segmental		Resed on Ideal weight Based on current weight											
		3	7										
Right Arm	(lbs) (%)	55	70	85	100	115	130 121.8	145 8.16	160	175	190	205	%
Left Arm	(lbs) (%)	55	70	85	100	115	130 7.8 117.3	145 3 5	160	175	190	205	%
Trunk	(lbs) (%)	70	80	90	100	110	120	130 61.0	140	150	160	170	%
Right Leg	(lbs) (%)	70	80	90	100	110	120 18.94	130	140	150	160	170	%
Left Leg	(lbs) (%)	70	80	90	100	01.3	120 18.85	130	140	150	160	170	%

ECW/TBW Analysis

		0.75	100					_		
ECW/TBW	0.320	0.340		0.390	0.400	0.410	0.420	0.430	0.440	0.450

Body Composition History

Weight	(lbs)	175.6	175.4	175.3	175.5	175.3	175.4	175.4
SMM Skeletal Muscle Mass	(lbs)	76.1	76.3	76.5	75.8	77.2	77.4	77.2
PBF Percent Body Fat	(%)	24.9	24.8	24.6	25.2	23.9	23.7	23.9
ECW/TBW		0.359	0.359	0.359	0.359	0.358	0.358	0.359
¥Recent □T	otal	01.05.15. 13:20	01.06.15. 19:38	01.06.15. 19:58	01.06.15. 20:11	01.07.15. 10:17	01.07.15. 10:24	01.07.15. 10:28

Body Fat - Lean Body Mass Control —

Body Fat Mass - 18.3 lbs Lean Body Mass 0.0 lbs

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

Segmental Fat Analysis

1.3%
94.9%
2 82.8%
5.9%
1.7%

Basal Metabolic Rate

1678 kcal

Visceral Fat Level

		Low	10	High
Level	7		• '	

Results Interpretation

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.

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-

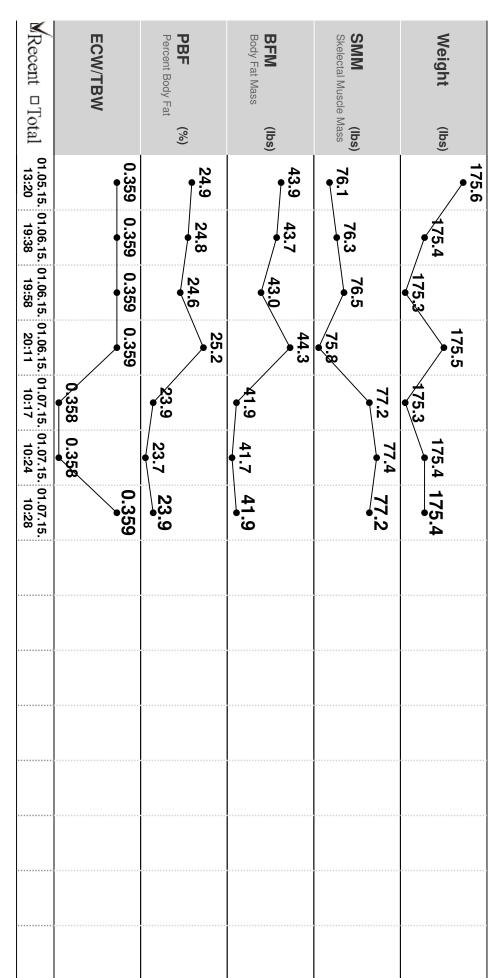
RA LA TR RL LL 276.4 288.7 24.3 257.0 256.9 50 kHz 229.3 240.1 19.2 210.6 211.1 500 kHz 190.4 201.6 14.2 175.2 175.0

150105-1 (Paul Roberts)

Height Age 5ft. 04.0in. 34

Gender Test Date / Time Male 01.05.2015. 13:2

01.05.2015. 13:20 ~ 01.07.2015. 10:28



^{*} Recent: Up to 15 test results

^{*} Total: All test results

nBody Results Interpretation

ID 150105-1 (Paul Roberts) Height 5ft. 04.0in.

Age 34 Gender Test Date / Time Male 01.07.2015. 10:28

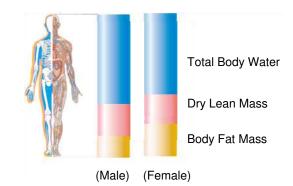
InBody Test

The InBody Test not only examines the composition 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.

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 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.

Body Composition History

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