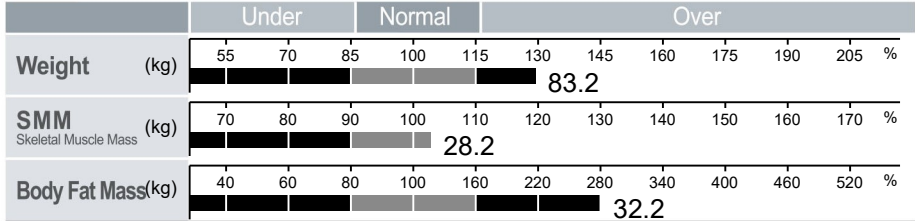


ID	Height	Age	Gender	Test Date / Time
220926-1	175cm	46	Female	22.09.2026. 14:52
(Alia Saleme)				

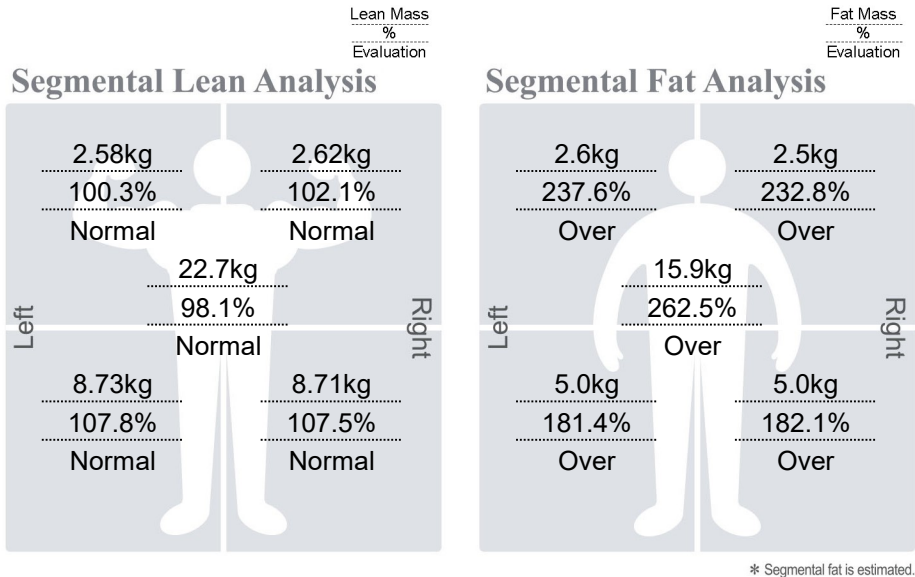
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	37.3 (32.8~40.0)
For building muscles	Protein	(kg)	10.0 (8.8~10.8)
For strengthening bones	Minerals	(kg)	3.72 (3.03~3.71)
For storing excess energy	Body Fat Mass	(kg)	32.2 (12.9~20.6)
Sum of the above	Weight	(kg)	83.2 (54.7~73.9)

Muscle-Fat Analysis



Obesity Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	83.2								
SMM (kg)	28.2								
PBF (%)	38.7								
Recent Total 22.09.26. 14:52									

InBody Score

64/100 Points

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

Weight Control

Target Weight	66.2 kg
Weight Control	- 17.0 kg
Fat Control	- 17.0 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI	☐ Normal ☐ Under ☒ Slightly Over ☐ Over
PBF	☐ Normal ☐ Slightly Over ☒ Over

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	51.0 kg (44.6~54.5)
Basal Metabolic Rate	1471 kcal (1615~1892)
Obesity Degree	129 % (90~110)
SMI	7.4 kg/m²
Recommended calorie intake	1831 kcal

Calorie Expenditure of Exercise

Golf	146	Gateball	158
Walking	166	Yoga	166
Badminton	188	Table Tennis	188
Tennis	250	Bicycling	250
Boxing	250	Basketball	250
Mountain Climbing	271	Jumping Rope	291
Aerobics	291	Jogging	291
Soccer	291	Swimming	291
Japanese Fencing	416	Racketball	416
Squash	416	Taekwondo	416

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	386.2	392.9	28.6	264.1	261.1
100 kHz	349.5	358.6	25.5	237.2	234.9