

ID	Height	Age	Gender	Test Date / Time
250125-1 (Lina Nesr)	168cm	53	Female	25.08.2026. 11:20

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	37.8 (30.1~36.8)
For building muscles	Protein	(kg)	10.2 (8.1~9.9)
For strengthening bones	Minerals	(kg)	3.51 (2.79~3.41)
For storing excess energy	Body Fat Mass	(kg)	27.2 (11.9~19.0)
Sum of the above	Weight	(kg)	78.7 (50.4~68.2)

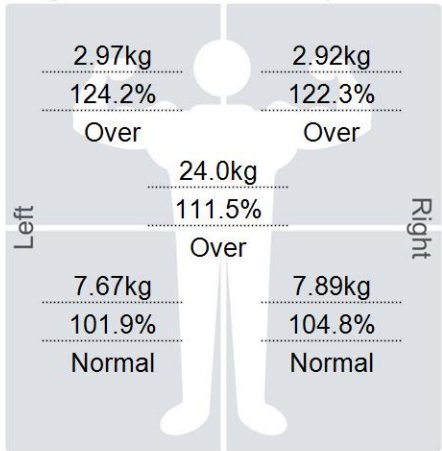
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		78.7
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %		28.7
Body Fat Mass(kg)	40 60 80 100 160 220 280 340 400 460 520 %		27.2

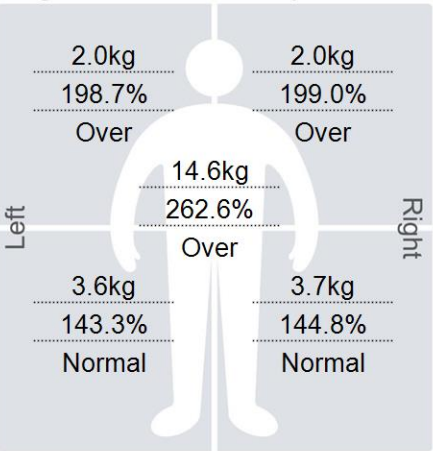
Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		27.9
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		34.5

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	75.3	77.6	78.7
SMM (kg) Skeletal Muscle Mass	28.2	28.1	28.7
PBF (%) Percent Body Fat	32.6	35.0	34.5
Recent Total	25.01.25. 10:32	16.02.26. 11:04	25.08.26. 11:20

InBody Score

74/100 Points

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

Weight Control

Target Weight	66.9 kg
Weight Control	- 11.8 kg
Fat Control	- 11.8 kg
Muscle Control	0.0 kg

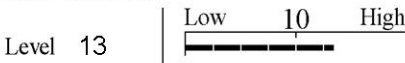
Obesity Evaluation

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

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	51.5 kg (41.1~50.2)
Basal Metabolic Rate	1483 kcal (1548~1810)
Obesity Degree	133 % (90~110)
SMI	7.6 kg/m ²
Recommended calorie intake	1679 kcal

Calorie Expenditure of Exercise

Golf	139	Gateball	150
Walking	157	Yoga	157
Badminton	178	Table Tennis	178
Tennis	236	Bicycling	236
Boxing	236	Basketball	236
Mountain Climbing	257	Jumping Rope	275
Aerobics	275	Jogging	275
Soccer	275	Swimming	275
Japanese Fencing	394	Racketball	394
Squash	394	Taekwondo	394

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	308.5	302.7	25.6	249.2	261.8
100 kHz	279.7	275.9	22.4	222.2	233.2