

ID	Height	Age	Gender	Test Date / Time
270826-1 (Maria Fayad)	162cm	35	Female	27.08.2026. 08:24

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	30.6 (28.1~34.3)
For building muscles	Protein	(kg)	8.3 (7.6~9.2)
For strengthening bones	Minerals	(kg)	3.00 (2.60~3.18)
For storing excess energy	Body Fat Mass	(kg)	21.6 (11.0~17.6)
Sum of the above	Weight	(kg)	63.5 (46.8~63.4)

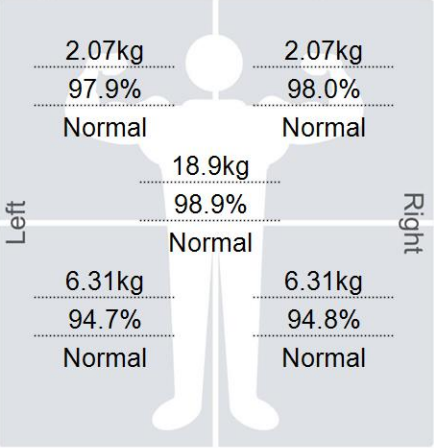
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		
		63.5	
SMM (kg)	70 80 90 100 110 120 130 140 150 160 170 %		
Skeletal Muscle Mass		22.8	
Body Fat Mass(kg)	40 60 80 100 160 220 280 340 400 460 520 %		
		21.6	

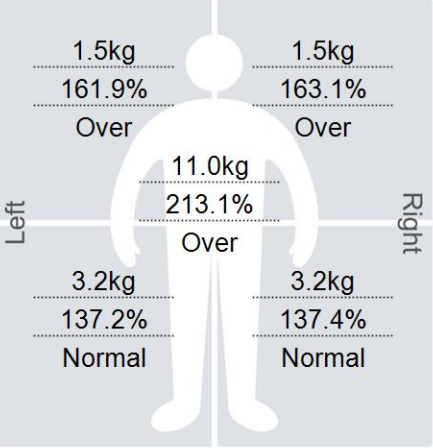
Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		
Body Mass Index		24.2	
PBF (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		
Percent Body Fat		34.1	

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	63.5								
SMM (kg)	22.8								
PBF (%)	34.1								
Recent Total	27.08.26. 08:24								

InBody Score

70/100 Points

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

Weight Control

Target Weight	55.1 kg
Weight Control	- 8.4 kg
Fat Control	- 9.0 kg
Muscle Control	+ 0.6 kg

Obesity Evaluation

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

Waist-Hip Ratio

0.91 | 0.75 0.85

Visceral Fat Level

Level 10 | Low 10 High

Research Parameters

Fat Free Mass	41.9 kg (38.2~46.7)
Basal Metabolic Rate	1274 kcal (1321~1532)
Obesity Degree	115 % (90~110)
SMI	6.4 kg/m ²
Recommended calorie intake	1595 kcal

Calorie Expenditure of Exercise

Golf	112	Gateball	121
Walking	127	Yoga	127
Badminton	144	Table Tennis	144
Tennis	191	Bicycling	191
Boxing	191	Basketball	191
Mountain Climbing	207	Jumping Rope	222
Aerobics	222	Jogging	222
Soccer	222	Swimming	222
Japanese Fencing	318	Racketball	318
Squash	318	Taekwondo	318

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	399.8	400.9	26.2	302.5	301.7
100 kHz	364.3	363.8	22.9	269.9	269.6