

ID	Height	Age	Gender	Test Date / Time
090926-1 (Mustapha Kher)	178cm	56	Male	09.09.2026. 14:48

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	51.0 (39.2~47.8)
For building muscles	Protein	(kg)	13.9 (10.5~12.9)
For strengthening bones	Minerals	(kg)	4.73 (3.63~4.43)
For storing excess energy	Body Fat Mass	(kg)	54.4 (8.4~16.7)
Sum of the above	Weight	(kg)	124.0 (59.2~80.2)

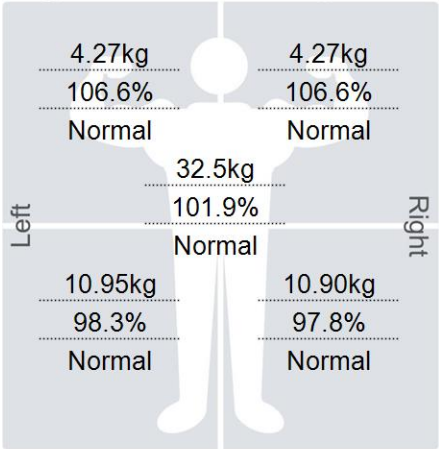
Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		124.0
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %		39.6
Body Fat Mass(kg)	40 60 80 100 160 220 280 340 400 460 (520.1) %		54.4

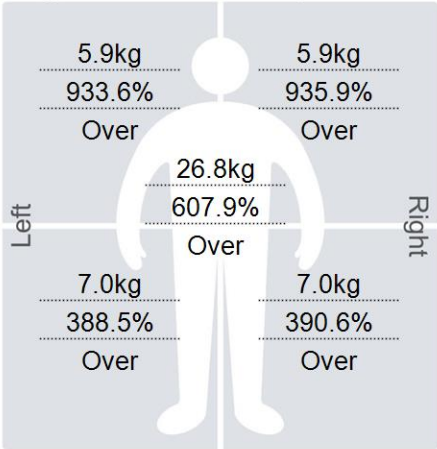
Obesity Analysis

	Under	Normal	Over
BMI (kg/m²) Body Mass Index	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		39.1
PBF (%) Percent Body Fat	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0		43.9

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

Weight (kg)	124.0								
SMM (kg) Skeletal Muscle Mass	39.6								
PBF (%) Percent Body Fat	43.9								
Recent Total 09.09.26. 14:48									

InBody Score

48/100 Points

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

Weight Control

Target Weight	81.9 kg
Weight Control	- 42.1 kg
Fat Control	- 42.1 kg
Muscle Control	0.0 kg

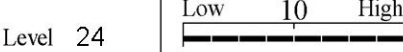
Obesity Evaluation

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

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

Fat Free Mass	69.6 kg (53.3~65.2)
Basal Metabolic Rate	1874 kcal (2419~2874)
Obesity Degree	178 % (90~110)
SMI	9.6 kg/m²
Recommended calorie intake	2884 kcal

Calorie Expenditure of Exercise

Golf	218	Gateball	236
Walking	248	Yoga	248
Badminton	280	Table Tennis	280
Tennis	372	Bicycling	372
Boxing	372	Basketball	372
Mountain Climbing	404	Jumping Rope	434
Aerobics	434	Jogging	434
Soccer	434	Swimming	434
Japanese Fencing	620	Racketball	620
Squash	620	Taekwondo	620

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

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	279.2	279.4	23.9	218.9	214.6
100 kHz	248.8	248.9	20.4	193.3	188.9