

|                            |        |     |        |                   |
|----------------------------|--------|-----|--------|-------------------|
| ID                         | Height | Age | Gender | Test Date / Time  |
| 190624-1<br>(shadi kodeih) | 182cm  | 46  | Male   | 08.09.2026. 10:22 |

Body Composition Analysis

|                               |                  |      |                    |
|-------------------------------|------------------|------|--------------------|
| Total amount of water in body | Total Body Water | (L)  | 50.2 ( 41.0~50.0 ) |
| For building muscles          | Protein          | (kg) | 13.6 ( 11.0~13.4 ) |
| For strengthening bones       | Minerals         | (kg) | 4.62 ( 3.79~4.63 ) |
| For storing excess energy     | Body Fat Mass    | (kg) | 17.1 ( 8.8~17.5 )  |
| Sum of the above              | Weight           | (kg) | 85.5 ( 62.0~83.8 ) |

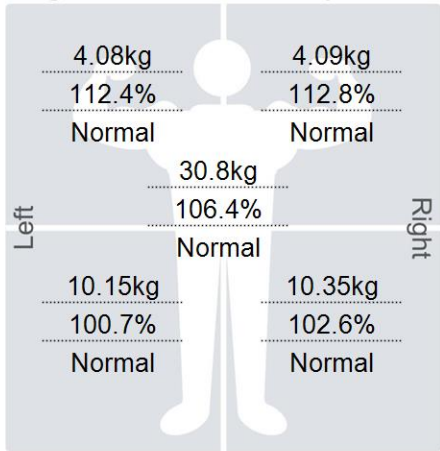
Muscle-Fat Analysis

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

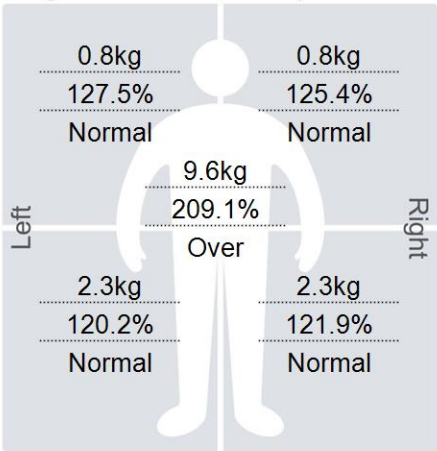
Obesity Analysis

|             | Under                                                  | Normal | Over |
|-------------|--------------------------------------------------------|--------|------|
| BMI (kg/m²) | 10.0 15.0 18.5 22.0 25.0 30.0 35.0 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   |        |      |

Segmental Lean Analysis



Segmental Fat Analysis



\* Segmental fat is estimated.

Body Composition History

|              |                 |                 |                 |                 |                 |                 |                 |                 |
|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Weight (kg)  | 95.7            | 92.2            | 90.8            | 88.8            | 88.9            | 87.7            | 87.9            | 85.5            |
| SMM (kg)     | 40.2            | 39.4            | 39.8            | 39.9            | 39.8            | 39.9            | 39.6            | 38.8            |
| PBF (%)      | 25.9            | 24.8            | 23.0            | 21.3            | 21.3            | 20.1            | 20.5            | 20.0            |
| Recent Total | 09.03.26. 08:58 | 17.07.26. 09:31 | 31.07.26. 08:50 | 13.08.26. 11:56 | 19.08.26. 08:57 | 22.08.26. 11:00 | 02.09.26. 09:28 | 08.09.26. 10:22 |

InBody Score

81/100 Points

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

Weight Control

|                |          |
|----------------|----------|
| Target Weight  | 80.5 kg  |
| Weight Control | - 5.0 kg |
| Fat Control    | - 5.0 kg |
| Muscle Control | 0.0 kg   |

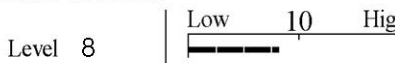
Obesity Evaluation

|     |                                                                                                                                                |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------|
| BMI | <input type="checkbox"/> Normal <input type="checkbox"/> Under <input checked="" type="checkbox"/> Slightly Over <input type="checkbox"/> Over |
| PBF | <input type="checkbox"/> Normal <input checked="" type="checkbox"/> Slightly Over <input type="checkbox"/> Over                                |

Waist-Hip Ratio



Visceral Fat Level



Research Parameters

|                            |                         |
|----------------------------|-------------------------|
| Fat Free Mass              | 68.4 kg ( 55.7~68.1 )   |
| Basal Metabolic Rate       | 1847 kcal ( 1783~2097 ) |
| Obesity Degree             | 117 % ( 90~110 )        |
| SMI                        | 8.7 kg/m²               |
| Recommended calorie intake | 2324 kcal               |

Calorie Expenditure of Exercise

|                   |     |              |     |
|-------------------|-----|--------------|-----|
| Golf              | 151 | Gateball     | 162 |
| Walking           | 171 | Yoga         | 171 |
| Badminton         | 193 | Table Tennis | 193 |
| Tennis            | 257 | Bicycling    | 257 |
| Boxing            | 257 | Basketball   | 257 |
| Mountain Climbing | 279 | Jumping Rope | 299 |
| Aerobics          | 299 | Jogging      | 299 |
| Soccer            | 299 | Swimming     | 299 |
| Japanese Fencing  | 428 | Racketball   | 428 |
| Squash            | 428 | Taekwondo    | 428 |

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

Impedance

|             |       |       |      |       |       |
|-------------|-------|-------|------|-------|-------|
|             | RA    | LA    | TR   | RL    | LL    |
| Z(Ω) 20 kHz | 285.5 | 286.2 | 21.4 | 253.0 | 262.7 |
| 100 kHz     | 252.1 | 254.0 | 17.7 | 226.0 | 234.6 |