

ID	Längd 170cm	Ålder 37	Kön Female	Testdag /tid 2018.01.22. 11:08
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Kroppssammansättning

	Värde	Total vätskemängd	Mjukvävnads massa	Fettfri massa	Vikt
Total vätskemängd (gd)	40.8 (31.7~38.7)	40.8	52.6 (40.7~49.7)	55.9 (43.1~52.6)	66.0 (52.8~71.4)
Proteiner (kg)	11.2 (8.5~10.3)	non-osseous			
Mineraler (kg)	3.87 (2.92~3.58)				
Fettmassa (kg)	10.1 (12.4~19.9)				

Muskel- & fettanalys

	Under	Normal	Över
Vikt (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 %		
Fettmassa (kg)	40 60 80 100 160 220 280 340 400 460 520 %		

Viktanalys

	Under	Normal	Över
BMI (kg/m ²)	10.0 15.0 18.5 21.5 25.0 30.0 35.0 40.0 45.0 50.0 55.0		
Fettprocent (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		

Segmental fettfri massa

	Under	Normal	Över
Höger arm (kg)	40 60 80 100 120 140 160 180 200 220 240 %		
Vänster arm (kg)	40 60 80 100 120 140 160 180 200 220 240 %		
Bål (kg)	70 80 90 100 110 120 130 140 150 160 170 %		
Höger ben (kg)	70 80 90 100 110 120 130 140 150 160 170 %		
Vänster ben (kg)	70 80 90 100 110 120 130 140 150 160 170 %		

ECW Kvot

	Under	Normal	Över
ECW Kvot	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450		

Din utveckling

	Vikt (kg)	SMM (kg)	Fettprocent (%)	ECW Kvot
Recent	66.0	31.8	15.3	0.365
Total	18.01.22: 11:08			

Weight Control

Target Weight	66.0 kg
Weight Control	0.0 kg
Fat Control	0.0 kg
Muscle Control	0.0 kg

Body Balance Evaluation

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input type="checkbox"/> Balanced	<input checked="" type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced

Segmental Fat Analysis

Right Arm (0.5 kg)	44.9%
Left Arm (0.5 kg)	47.0%
Trunk (4.5 kg)	77.3%
Right Leg (1.9 kg)	69.7%
Left Leg (1.8 kg)	69.0%

Visceral Fat Level

Level 2	Low 10 High
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Research Parameters

Intracellular Water	25.9 L (19.6~24.0)
Extracellular Water	14.9 L (12.1~14.7)
Basal Metabolic Rate	1578 kcal
Waist-Hip Ratio	0.75 (0.75~0.85)
Visceral Fat Level	2 (1~9)
Arm Muscle Circumference	27.4 cm

InBody Score

88/100 Points

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

Results Interpretation

Obesity Analysis

BMI is an index used to determine obesity by using height and weight.
PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body.
The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

Impedance

	RA	LA	TR	RL	LL
Z(α) 5 kHz	410.7	422.9	24.2	278.2	284.8
50 kHz	359.2	395.3	20.9	240.3	250.0
500 kHz	298.8	310.6	15.8	201.3	207.2