InBody 570

The Fastest, Upgraded Solution for Monitoring Your Health
See What You’re Made of

Monitoring weight is not enough to see progressive changes in health and body

Weight alone does not correctly reflect the effects of exercise and improved diet. The graph above shows a man whose weight, throughout a month of exercise, had minimal change; however, his muscle mass and fat mass dramatically increased and decreased respectively.

Changes in muscle and fat mass are vital to understanding the body’s true composition. Upon this, the InBody Test utilizes its patented technologies to reveal segmental body fat and muscle distribution percentages as well as the body water balance.

The InBody Test shows a true assessment of the body.

InBody, the Body Composition Analyzer

Have an effective exercise plan and track the progress of the body’s change with the Inbody Test

- More than 40 result outputs are given through an easy and fast InBody Test.
- The InBody results are used as the first screening tool for indicators of potential diseases and poor health.
- Segmental Muscle Analysis allows for a more focused exercise plan.
- Body Water Analysis can be an indicator of a poor physical status.

* Height: 174cm, Age: 27, Gender: Male
Accuracy and Reliability of the InBody are Proven by the World’s Top Journals and Scholars

More than 500 articles have been published by renowned journals

Clinical reliability was proved by the world’s medical professionals in numerous articles. The InBody has 98% of correlation with the gold standard device DXA and the InBody’s own technologies hold patents in numerous countries throughout the world.

The InBody Technology

Arms, trunk, and legs are measured separately
High precision by using a set of high and low frequencies simultaneously
Highly reproducible data due to fixed measuring locations on the wrist and ankle

No need of empirical estimation

Age or gender does not affect the result

The InBody’s body composition data deliver research-level results and thus have been utilized by thousands of studies to accurately track changes in body composition.

Validation Studies


The InBody570,
Your One and Only Smart Healthcare Solution

Just step on and let the InBody570 do the rest

Fast and easy test
User friendly interface with voice guidance lets you easily take the InBody Test and collect results.

Two different test modes:
Self Mode and Professional Mode
Two different modes satisfy both the user and the consultant. The user can easily take the test with the Self Mode, by only inputting their own height. When the Professional Mode is on, a more detailed consultation information is provided on the screen.

The InBody Results Sheet with more than 40 outputs
Various body composition outputs are provided on the single-paged InBody Results Sheet. Provide individualized consultation by customizing outputs on the InBody Results Sheet and track progress with the Body Composition History graph. The personalized InBody Results Sheet will give enough motivation to exercise!
Lookin’Body Data Management Software
The Best Way to Manage from Your PC

Wireless connection between the InBody570 and PC allows for better data management

Wireless Connection with the InBody570
Connect your PC with the InBody570 via Wi-Fi or Bluetooth. User data will be listed up in your PC and by using it, you can remotely control the InBody570, save details of the user, and manage appointments with email service.

Strategic Consultation
The Body Composition History graph of each category helps you see your body composition change at a glance. Additionally, the comment functionality of each consultation allows for a more personalized healthcare.

* Lookin’Body is an optional software.
**InBody570**

### Body Composition Analysis

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Reference Range</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Water (L)</td>
<td>27.5</td>
<td>(26.1 – 31.1)</td>
<td>27.5</td>
</tr>
<tr>
<td>Protein (kg)</td>
<td>7.2</td>
<td>(7.0 – 8.6)</td>
<td>kg</td>
</tr>
<tr>
<td>Minerals (kg)</td>
<td>2.63</td>
<td>(2.44 – 2.98)</td>
<td>kg</td>
</tr>
<tr>
<td>Body Fat Mass (kg)</td>
<td>21.8</td>
<td>(18.3 – 23.5)</td>
<td>kg</td>
</tr>
<tr>
<td>Soft Lean Mass</td>
<td>35.1</td>
<td>(33.3 – 40.7)</td>
<td></td>
</tr>
<tr>
<td>Fat Free Mass</td>
<td>37.3</td>
<td>(35.8 – 43.7)</td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td>59.1</td>
<td>(43.9 – 59.5)</td>
<td></td>
</tr>
</tbody>
</table>

### Muscle-Fat Analysis

<table>
<thead>
<tr>
<th>Category</th>
<th>Under</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (kg)</td>
<td>65</td>
<td>70</td>
<td>75</td>
</tr>
<tr>
<td>SMM</td>
<td>24</td>
<td>24.5</td>
<td>25</td>
</tr>
<tr>
<td>Body Fat Mass</td>
<td>21.8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Obesity Analysis

<table>
<thead>
<tr>
<th>Category</th>
<th>Under</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI (Kg/m²)</td>
<td>16.0</td>
<td>18.5</td>
<td>24.0</td>
</tr>
<tr>
<td>PBF (%)</td>
<td>8.0</td>
<td>12.0</td>
<td>36.9</td>
</tr>
</tbody>
</table>

### Segmental Lean Analysis

<table>
<thead>
<tr>
<th>Segment</th>
<th>Right Arm</th>
<th>Left Arm</th>
<th>Trunk</th>
<th>Right Leg</th>
<th>Left Leg</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>14.0</td>
<td>14.0</td>
<td>17.7</td>
<td>15.0</td>
<td>15.0</td>
</tr>
<tr>
<td>%</td>
<td>14.0</td>
<td>14.0</td>
<td>15.0</td>
<td>15.0</td>
<td>15.0</td>
</tr>
<tr>
<td>%</td>
<td>8.0</td>
<td>8.0</td>
<td>8.0</td>
<td>8.0</td>
<td>8.0</td>
</tr>
</tbody>
</table>

### Body Water Analysis

<table>
<thead>
<tr>
<th>Ratio</th>
<th>Under</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECW Ratio</td>
<td>0.300</td>
<td>0.340</td>
<td>0.397</td>
</tr>
</tbody>
</table>

### Additional Data

- Intracellular Water: 16.6 L (16.3 – 19.9)
- Extracellular Water: 10.9 L (10.0 – 12.2)
- Basal Metabolic Rate: 1176 kcal
- Waist-Hip Ratio: 0.92 (0.75 – 0.85)
- Visceral Fat Level: 12 (1 – 9)
- Obesity Degree: 114 % (90 – 110)
- Bone Mineral Content: 2.18 kg (2.01 – 2.45)
- Body Cell Mass: 23.8 kg (23.4 – 28.6)
- Arm Circumference: 30.2 cm
- Arm Muscle Circumference: 25.7 cm

### Body Composition History

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Reference Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (kg)</td>
<td>65.3</td>
<td>63.9 – 62.4 – 61.8 – 62.3 – 60.9 – 60.5 – 59.1</td>
</tr>
<tr>
<td>SMM</td>
<td>20.1</td>
<td>20.0 – 19.7 – 19.7 – 19.8 – 19.7 – 19.8 – 19.6</td>
</tr>
<tr>
<td>PBF (%)</td>
<td>41.3</td>
<td>40.7 – 39.2 – 39.0 – 39.4 – 38.6 – 37.8 – 36.9</td>
</tr>
<tr>
<td>ECW Ratio</td>
<td>0.399</td>
<td>0.398 – 0.396 – 0.396 – 0.397 – 0.396 – 0.398 – 0.397</td>
</tr>
</tbody>
</table>

### Impedance

- RA: 373.1 ohms (385.5 – 25.7 – 303.0 – 314.1)
- LA: 50 ohms (372.2 – 342.5 – 23.0 – 282.3 – 289.8)
- TR: 500 ohms (297.4 – 311.5 – 19.1 – 258.1 – 267.8)

### InBody Score

68 / 100 Points

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

### Weight Control

- Target Weight: 51.7 kg
- Weight Control: -7.4 kg
- Fat Control: -9.9 kg
- Muscle Control: +2.5 kg

### BIOSPACE

TEL: 02-501-3939  FAX: 02-501-2716

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The InBody Results Sheet

Body composition assessment and nutritional information at a glance

1. Body Composition Analysis
   The body weight is the sum of Total Body Water, Protein, Minerals and Body Fat Mass. Maintain a balanced body composition to stay healthy.

2. Muscle-Fat Analysis
   Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

3. 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.

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

5. Body Water Analysis
   ECW Ratio, the ratio of Extracellular Water to Total Body Water, is an important indicator whether the body water is balanced.

6. Body Composition History
   Track the history of the body compositional change. Take the InBody Test periodically and monitor the progress.

7. InBody Score
   This score shows the evaluation of the body composition, which includes muscle, fat, and water in the body.

8. Weight Control
   See how the body measures up to the recommended Weight, Muscle Mass, and Body Fat Mass for a good balance. The ‘+’ means to gain and the ‘-’ means to lose.

9. Obesity Evaluation
   Evaluates obesity based on your BMI and Percent Body Fat.

    Evaluates the balance of the body based on the Segmental Lean Analysis.

11. Segmental Fat Analysis
    Evaluates whether the amount of fat is adequately distributed in all parts of the body. Each bar shows fat mass in comparison to the ideal.

12. Additional Data
    Various nutritional outputs are provided such as Intracellular Water, Extracellular Water, Basal Metabolic Rate, Waist-Hip Ratio, Visceral Fat Level, Obesity Degree, and so on.

13. Impedance
    Impedance is the resistance value measured when electrical currents are applied throughout the body. Based on the measured data, key body composition outputs can be analyzed. Impedance is also used for many research purposes.

The InBody Results Sheet for a Child

Specially designed results sheet with Growth Graph is available for a Child
**InBody570 Specifications**

### Key Specifications

**Bioelectrical Impedance Analysis (BIA) Measurement Items**
- Bioelectrical Impedance Analysis (BIA) at each of 5 segments (Right Arm, Left Arm, Trunk, Right Leg, and Left Leg)

**Electrode Method**
- Tetrapolar 8-Point Tactile Electrodes

**Measurement Method**
- Direct Segmental Measurement Bioelectrical Impedance Analysis Method (DSM-BIA)

**Body Composition Calculation Method**
- No Empirical Estimation

**Outputs (InBody Results Sheet)**
- Results and Interpretations
- Body Composition Analysis (Total Body Water, Protein, Lean Mass, Minerals, Body Fat Mass, Weight, Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass), Obesity Analysis (Body Mass Index, Percent Body Fat, Segmental Lean Analysis (Based on ideal weight/Based on current weight: Right Arm, Left Arm, Trunk, Right Leg, Left Leg), Body Water Analysis (ECW Ratio), Body Composition History (Weight, Skeletal Muscle Mass, Percent Body Fat, ECW Ratio), InBody Score, Body Type (Based on BMI and Percent Body Fat, Athletic Shape, Slightly Obese, Obesity, Muscular Shape, Average, Slightly Obese, Slim Muscular, Slim Sarcoemic Obesity, Thin, Slightly thin), Weight Control (Target Weight, Weight Control, Fat Control, Muscle Control), Obesity Evaluation (BMI, Percent Body Fat, Nutrition Evaluation (Protein, Minerals, Fat Mass), Body Balance (Upper, Lower, Upper-Lower), Segmental Lean Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg), Segmental Extradors (Neck, Chest, Abdomen, Right Arm, Left Arm, Hip, Right Thigh, Left Thigh), Additional Data (Intracellular Water, Extracellular Water, Skeletal Muscle Mass, Basal Metabolic Rate, Waist-Hip Ratio, Waist Circumference, Visceral Fat Level, Obesity Degree, Bone Mineral Content, Body Cell Mass, Arm Circumference, Arm Muscle Circumference), Blood Pressure (Systolic, Diastolic, Pulse), Main Artery Pressure, Pulse Pressure, Rate Pressure Product)
- Results Interpretation QR Code
- Impedance

**Outputs (InBody Results Sheet for a Child)**
- Body Composition Analysis (Total Body Water, Protein, Lean Mass, Minerals, Body Fat Mass, Weight, Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass), Obesity Analysis (Body Mass Index, Percent Body Fat), Growth Graph (Height, Weight), Body Composition History (Height, Weight, Skeletal Muscle Mass, Percent Body Fat), Growth Score, Obesity Evaluation (BMI, Percent Body Fat), Nutrition Evaluation (Protein, Minerals, Fat Mass), Body Balance (Upper, Lower, Upper-Lower), Segmental Lean Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg), Additional Data (Intracellular Water, Extracellular Water, Basal Metabolic Rate, Child Obesity Degree, Bone Mineral Content, Body Cell Mass), Blood Pressure (Systolic, Diastolic, Pulse, Main Artery Pressure, Pulse Pressure, Rate Pressure Product)
- Results Interpretation QR Code
- Impedance

**Feature Specifications**

- **Optional Equipment**: Stadiometer from BIOSPACE and blood pressure monitors from BIOSPACE
- **Custom Logo**: Name, Address, and Contact Information can be shown on the InBody Results Sheet
- **Digital Results**: LCD Monitor, Data management software Lookin’Body
- **Types of Result Sheets**: InBody Test Results Sheet, InBody Test Results Sheet for a Child
- **Voice Guidance**: Provides audible indication for test in progress, test complete, and successfully saved settings changes
- **Database**: Test Results can be saved when inputting ID into the InBody. Test Results can be saved up to 100,000
- **Test Mode**: Self Mode, Professional Mode
- **Administrator Menu**: Settings: Configure settings and manage data
- **Troubleshooting**: Additional information to help use the InBody570
- **USB Thumb Drive**: Copy, backup, or restore the InBody570 data (data can be viewed on Excel or Lookin’Body data management software)
- **Backup Data**: Backup data saved in the InBody by using a USB Thumb Drive, Restore results on the InBody from a backup file

**Other Specifications**

- **Applied Rating Current**
  - 400µA (±40µA)
- **Adapter**
  - Manufacturer: BridgePower Corp.
  - Model: JMW140CA1240F02
  - Power Input: AC 100 ~ 240V, 50/60Hz, 1.2A
  - Power Output: DC 12V, 3.4A
- **Display Type**
  - 800 x 480 7inch Color TFT LCD
- **Internal Interface**
  - Touchscreen, Keypad
- **External Interface**
  - RS-232C 4EA, USB HOST 2EA, USB SLAVE 1EA, LAN (10T) 1EA, Bluetooth 1EA, Wi-Fi 1EA
- **Compatible Printer**
  - Laser/InkJet Printers (Printers recommended by BIOSPACE)
- **Dimension**
  - 522 (W) x 893 (L) x 1113 (H): mm
  - 20.55 (W) x 35.16 (L) x 43.82 (H): inch
- **Equipment Weight**
  - 24kg (52.9lbs)
- **Testing Time**
  - About 50 seconds
- **Operation Environment**
  - 10 ~ 40°C (50 ~ 104°F), 30 ~ 75% RH, 70 ~ 106kPa
- **Storage Environment**
  - -20 ~ 70°C (-4 ~ 158°F), 10 ~ 95% RH, 50 ~ 106kPa (No Condensation)
- **Testing Weight Range**
  - 10 ~ 250kg (22.0 ~ 551.1lbs)
- **Testing Age Range**
  - 3 ~ 99 years
- **Height Range**
  - 95 ~ 220cm (3ft. 1.40in. ~ 7ft. 2.61in.)

*Specifications may change without prior notice.*

BIOSPACE is a body composition analysis device manufacturer that has acquired over 80 patent rights across the globe.

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