

Äter och tränar du rätt?

InBody570

InBody Sweden

ID	Height	Age	Gender	Test Date / Time
SM2008	156.9cm	51	Female	2015.05.04. 09 : 46

www.inbodysweden.nu
070 921 55 01

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	26.6 (27.0 ~ 33.0)	26.6	33.9 (24.7 ~ 42.3)	36.1 (36.7 ~ 44.8)	59.1 (45.0 ~ 60.8)
Protein (kg)	6.9 (7.2 ~ 8.8)				
Minerals (kg)	2.63 (2.49 ~ 3.05)				
Body Fat Mass (kg)	23.0 (10.6 ~ 16.9)				

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/m ²)	10.0 15.0 18.5 21.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		
PBF (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		

Segmental Lean Analysis

	Under	Normal	Over
Right Arm (kg)	40 60 80 100 120 140 160 180 200 220 240 %		
Left Arm (kg)	40 60 80 100 120 140 160 180 200 220 240 %		
Trunk (kg)	70 80 90 100 110 120 130 140 150 160 170 %		
Right Leg (kg)	70 80 90 100 110 120 130 140 150 160 170 %		
Left Leg (kg)	70 80 90 100 110 120 130 140 150 160 170 %		

ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450		

Body Composition History

	14.10.10 09:15	14.10.30 09:40	14.11.02 09:35	14.12.15 11:01	15.01.12 08:33	15.02.10 15:50	15.03.15 08:35	15.05.04 09:46
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg)	20.1	20.0	19.7	19.7	19.8	19.7	19.8	18.8
PBF (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	38.9
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.397

InBody Score

66 / 100 Points

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

Weight Control

Target Weight	53.0 kg
Weight Control	- 6.1 kg
Fat Control	- 10.8 kg
Muscle Control	+ 4.7 kg

Obesity Evaluation

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

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 type="checkbox"/> Slightly Unbalanced	<input checked="" type="checkbox"/> Extremely Unbalanced

Segmental Fat Analysis

Right Arm	(1.7kg)	194.4%
Left Arm	(1.8kg)	198.4%
Trunk	(12.4kg)	248.5%
Right Leg	(3.0kg)	132.1%
Left Leg	(3.0kg)	131.3%

Research Parameters

Intracellular Water	15.9 L	(16.7 ~ 20.5)
Extracellular Water	10.7 L	(10.0 ~ 12.5)
Basal Metabolic Rate	1149 kcal	
Waist-Hip Ratio	1.00	(0.75 ~ 0.85)
Visceral Fat Level	14	(1 ~ 9)
Obesity Degree	112 %	(90 ~ 110)
Bone Mineral Content	2.15 kg	(2.05 ~ 2.51)
Body Cell Mass	22.8 kg	(23.9 ~ 29.3)
Arm Circumference	29.6 cm	
Arm Muscle Circumference	25.0 cm	

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

Z (Ω)	RA	LA	TR	RL	LL
5kHz	373.1	385.4	25.7	303.0	314.1
50kHz	337.2	352.5	23.0	282.3	289.8
500kHz	297.4	311.5	19.1	258.1	267.8

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Mät

Fettprocent

Muskelmassa

Visceralt fett

så vet du!