

# Äter och tränar du rätt?

## InBody570

## InBody Sweden

ID SM2008 | Height 156.9cm | Age 51 | Gender Female | Test Date / Time 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 <sup>2</sup> )	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  Normal  Under  Slightly Over  Over  
PBF  Normal  Slightly Over  Over

### Body Balance Evaluation

Upper  Balanced  Slightly Unbalanced  Extremely Unbalanced  
Lower  Balanced  Slightly Unbalanced  Extremely Unbalanced  
Upper-Lower  Balanced  Slightly Unbalanced  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!