

Äter och tränar du rätt?

InBody770

InBody Sweden

www.inbodysweden.nu
070 921 55 01

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

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water(L)	27.5 (26.4 ~ 32.2)	27.5	35.1 (33.8 ~ 41.4)	37.3 (35.8 ~ 43.8)	59.1 (43.9 ~ 59.5)
Protein (kg)	7.3 (7.0 ~ 8.6)				
Minerals (kg)	2.54 (2.44 ~ 2.98)	non-osseous			
Body Fat Mass (kg)	21.8 (10.3 ~ 16.6)				

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	ECW Ratio
Right Arm (kg)	40 60 80 100 120 140 160 180 200 %			0.381
(%)		2.01 102.1		
Left Arm (kg)	40 60 80 100 120 140 160 180 200 %			0.381
(%)		1.93 97.8		
Trunk (kg)	70 80 90 100 110 120 130 140 150 %			0.399
(%)		17.7 99.3		
Right Leg (kg)	70 80 90 100 110 120 130 140 150 %			0.399
(%)		5.22 83.8		
Left Leg (kg)	70 80 90 100 110 120 130 140 150 %			0.401
(%)		5.13 82.4		

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

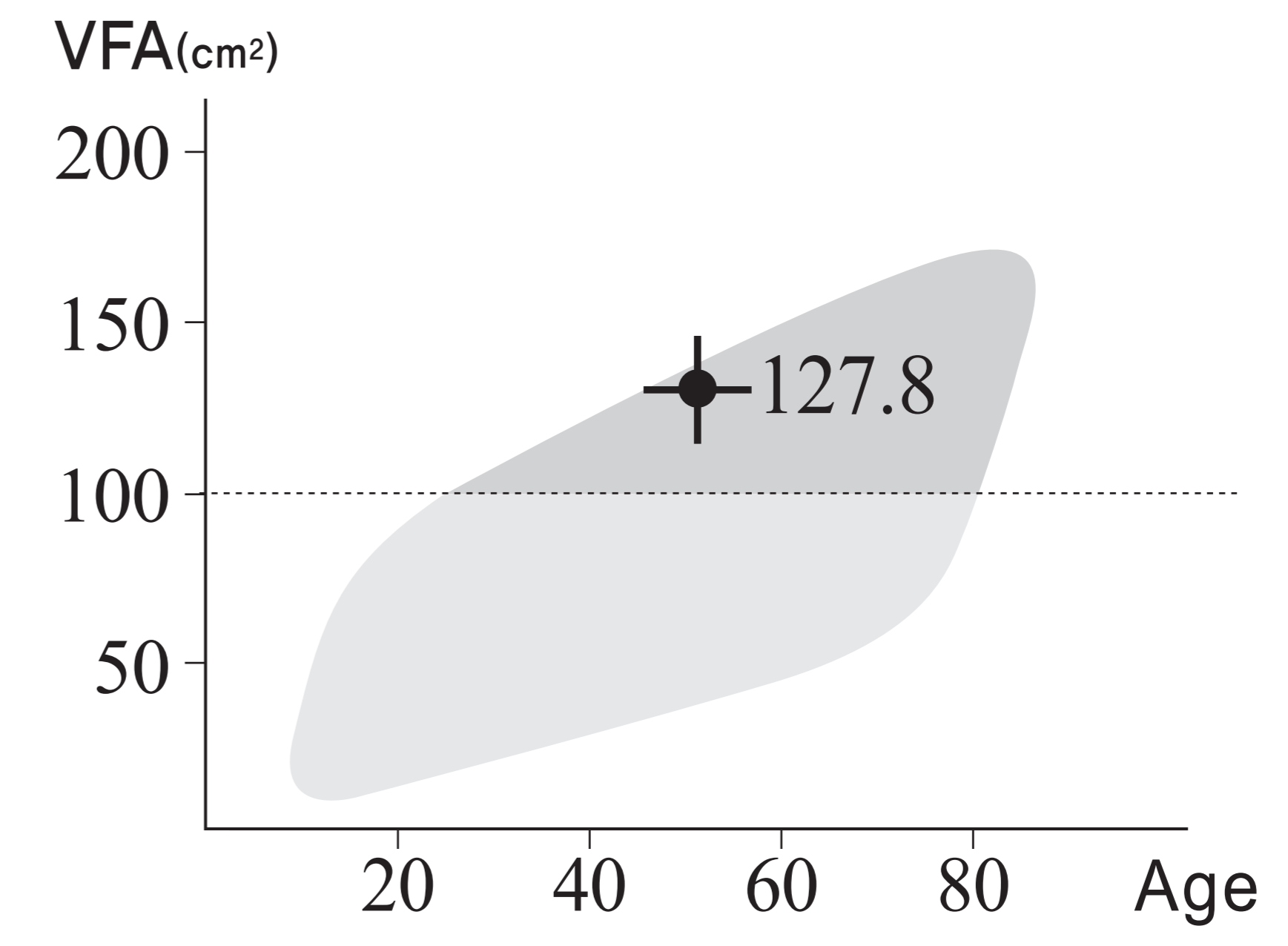
	11.10.10 09:15	11.10.30 09:40	11.11.02 09:35	11.12.15 11:01	12.01.12 08:33	12.02.10 15:50	12.03.15 08:35	12.05.04 09:46
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg)	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.7
PBF (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.8
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.397

InBody Score

68/100 Points

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

Visceral Fat Area



Weight Control

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

Segmental Fat Analysis

Right Arm (1.5kg) 178.0%
Left Arm (1.6kg) 183.0%
Trunk (11.6kg) 239.0%
Right Leg (2.9kg) 132.1%
Left Leg (2.9kg) 132.1%

Research Parameters

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 0.97 (0.75~0.85)
Body Cell Mass 23.8 kg (23.4~28.6)

Results Interpretation QR Code

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



Whole Body Phase Angle

ϕ (°) 50 kHz | 4.3°

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 1 kHz	379.6	392.7	26.8	306.8	316.1
5 kHz	373.1	385.4	25.7	303.0	314.1
50 kHz	337.2	352.5	23.0	282.3	289.8
250 kHz	307.9	322.9	20.4	263.3	272.7
500 kHz	297.4	311.5	19.1	258.1	267.8
1000 kHz	286.4	297.4	17.0	254.5	264.0

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Mät

Fettprocent

Muskelmassa

Visceralt fett

så vet du!