

# 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 )	non-osseous			
Minerals (kg)	2.54 (2.44 ~ 2.98)				
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 <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	ECW Ratio
Right Arm (kg)	40 60 80 100 120 140 160 180 200 %			0.381
Left Arm (kg)	40 60 80 100 120 140 160 180 200 %			0.381
Trunk (kg)	70 80 90 100 110 120 130 140 150 %			0.399
Right Leg (kg)	70 80 90 100 110 120 130 140 150 %			0.399
Left Leg (kg)	70 80 90 100 110 120 130 140 150 %			0.401

### 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

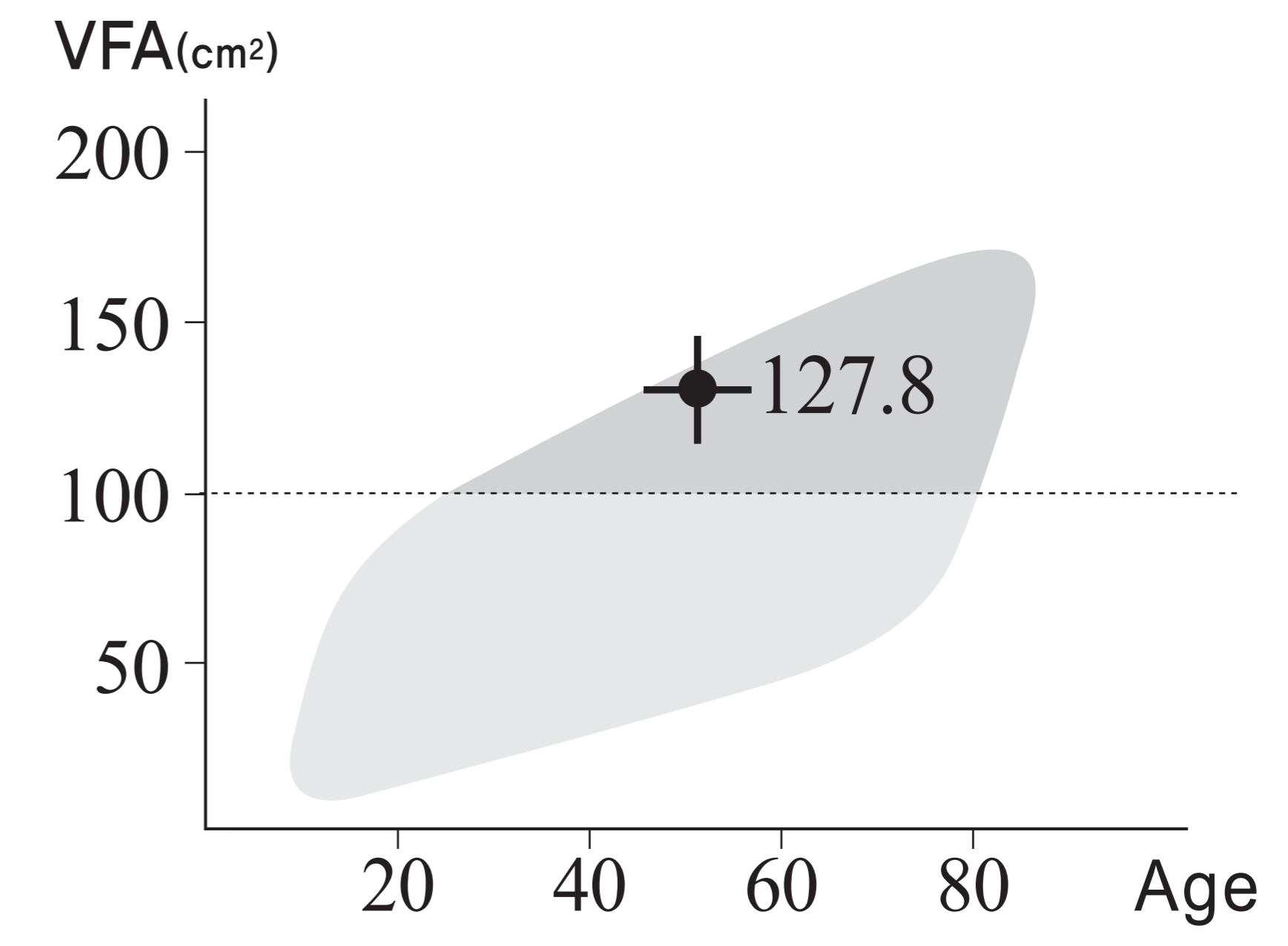
	11.10.10 09:15	11.10.30 09:40	11.11.02 09:35	11.12.15 11:01	12.01.12 08:33	12.02.10 15:50	12.03.15 08:35	12.05.04 09:46
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg)	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.7
PBF (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.8
ECW Ratio	0.399	0.398	0.396	0.396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

$\phi$  (°) 50 kHz | 4.3°

### Impedance

Z(Ω)	RA	LA	TR	RL	LL
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

Copyright ©1996~ by InBody Co., Ltd. All rights reserved. BR-English-C7-B-140206

# Mät

Fettprocent

Muskelmassa

Visceralt fett

# så vet du!