

Personal Information

The examinee's ID can be inputted with the keypad. The ID can be up to 14 alpha-numeric characters.

Body Composition Analysis

The body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water. Intracellular Water is the total amount of water inside the body's cells and Extracellular Water is the total amount of water outside the body's cells. Maintain a balanced body composition to stay healthy.

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. Skeletal Muscle Mass is the amount of muscle attached to the bones. Body Fat Mass is the sum of subcutaneous fat, visceral fat, and fat surrounding muscles. Subcutaneous fat is found beneath the skin, while visceral fat is found surrounding internal organs in the abdomen.

Obesity Analysis

Body Mass Index (BMI) is an index used to determine obesity by using height and weight. BMI=Weight/Height²(kg/m²)
Percent Body Fat (PBF) is the percentage of body fat compared to body weight. The normal PBF range for males is 10-20% and 18-28% for females. Ideal PBF for males is 15% and 23% for females.

Segmental Lean Analysis

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

ECW /TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator whether your body water is balanced. If your ECW/TBW is higher than 0.390, please consult your physician.

Body Composition History

Track the history of body compositional changes. Take the InBody Test periodically to monitor your progress. Continuously measuring under the same ID allows the InBody to save each test for future comparison. The Body Composition History allows an individual to track the changes in body composition over his/her most recent eight results (if selecting 'Recent') or a cumulative graph that shows the progress from the first test results to the most recent results (if selecting 'Total').

InBody

[InBody770]

ID	Height	Age	Gender	Test Date / Time
John Doe	5ft. 08. 4in.	22	Male	08.23.2014 10 : 22

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	70.5	109.6	149.9	163.3
Extracellular Water (lbs)	39.0			
Dry Lean Mass (lbs)	40.3			
Body Fat Mass (lbs)	13.4			

Muscle-Fat Analysis

Weight (lbs)	55 70 85 100 115 130 145 160 175 190 205 %			
SMM Skeletal Muscle Mass (lbs)	70 80 90 100 110 120 130 140 150 160 170 %			
Body Fat Mass (lbs)	40 60 80 100 160 220 280 340 400 460 520 %			

Obesity Analysis

BMI Body Mass Index (kg/m²)	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0			
PBF Percent Body Fat (%)	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0			

Segmental Lean Analysis

Right Arm (lbs) (%)	55 70 85 100 115 130 145 160 175			
Left Arm (lbs) (%)	50 70 85 100 115 130 145 160 175			
Trunk (lbs) (%)	70 80 90 100 110 120 130 140 150			
Right Leg (lbs) (%)	70 80 90 100 110 120 130 140 150			
Left Leg (lbs) (%)	70 80 90 100 110 120 130 140 150			

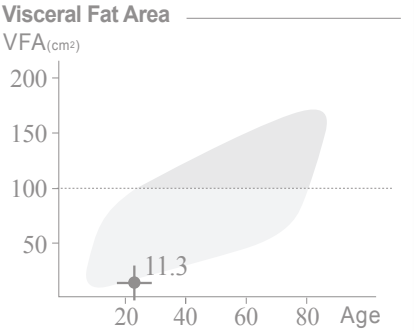
ECW/TBW Analysis

ECW/TBW	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

Weight (lbs)	159.8	161.3	164.5	163.4	162.4	163.3	
SMM Skeletal Muscle Mass (lbs)	86.9	88.0	87.1	88.6	88.4	87.5	
PBF Percent Body Fat (%)	6.3	5.6	8.1	6.6	6.6	8.2	
ECW/TBW	0.361	0.365	0.366	0.362	0.357	0.357	

SEE WHAT YOU'RE MADE OF



Body Fat - Lean Body Mass Control	
Body Fat Mass	0.0 lbs
Lean Body Mass	0.0 lbs
(+) means to gain fat/lean (-) means to lose fat/lean	

Segmental Fat Analysis	
Right Arm (0.2lbs)	16.7%
Left Arm (0.2lbs)	16.7%
Trunk (6.0lbs)	62.1%
Right Leg (2.2lbs)	59.6%
Left Leg (2.2lbs)	59.5%

Basal Metabolic Rate	
1838 kcal	
Body Cell Mass	
101.0 lbs	

Results Interpretation QR Code

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

Reactance					
Xc(Ω) 5 kHz	RA	LA	TR	RL	LL
50 kHz	18.7	19.0	2.2	19.5	18.6
250 kHz	30.8	3.8	2.7	33.1	175.4
	19.8	0.0	1.6	21.3	149.8

Whole Body Phase Angle	
φ (°) 50 kHz	8.0°

Segmental Phase Angle					
φ (°) 50 kHz	RA	LA	TR	RL	LL
	7.5	0.9	7.3	8.5	52.9

Impedance					
Z (Ω) 1 kHz	RA	LA	TR	RL	LL
5 kHz	291.2	295.4	27.4	282.4	274.6
50 kHz	282.1	286.2	26.6	273.1	266.3
250 kHz	236.3	240.6	21.5	224.2	219.9
500 kHz	206.3	210.6	17.1	193.9	189.8
1000 kHz	198.4	202.4	15.5	186.9	182.8
	193.5	197.3	14.8	181.6	177.6

Custom Logo

You can enter the name, address, or telephone number through the Administrator Menu by selecting “14. Results Sheet Custom Logo” under Setup.

The InBody Results Sheet can be customized through the Administrator Menu by selecting “13. Outputs / Interpretations for Results Sheet” under Setup.

Visceral Fat Area

Visceral Fat, also known as organ fat, is located in the abdominal region between the organs. The Visceral Fat Area graph depicts how many cm² of visceral fat is measured at the cross section of the abdominal region.

Body Fat-Lean Body Mass Control

Body Fat-Lean Body Mass Control refers to the recommended changes in body fat and muscle to obtain the ideal Percent Body Fat. The '+' means to gain and the '-' means to lose.

Segmental Fat Analysis

This 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.

Basal Metabolic Rate

Basal Metabolic Rate (BMR) is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass.

Body Cell Mass

Body Cell Mass constitutes all cellular, metabolically active tissue (muscle, organ, blood, immune cells), in the body. This value is mainly tracked for the purposes of intracellular potassium (K).

Results Interpretation QR Code

This QR code provides explanations of each result on the InBody Results Sheet.

Reactance

Reactance is the opposition to a change in current or voltage. In BIA, reactance is a common measurement associated with how cells react to the electrical current. This value is measured in BIA mainly for the purpose in obtaining the phase angle.

Phase Angle

Phase Angle is known to be an indicator of cellular integrity. The InBody provides Whole Body Phase Angle and Segmental Phase Angle at 50 kHz. The higher the PA, the healthier cellular integrity is.

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.