Body Composition Result Sheet

InBody®970
Body Composition Analysers

[InBody970]

ID	Height	Age	Gender	Test Date / Time
	156.9cm	51	Female	2021.03.31. 15 : 44

Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	27.4 (26.4 ~ 32.2)	27.4	34.9 (33.8 ~ 41.4)	37.1 (35.8 ~ 43.8)	59.1 (43.9 ~ 59.5)
Protein (kg)	7.1 (7.0 ~ 8.6)				
Minerals (kg)	2.64 (2.44 ~ 2.98)	non-osseous			
Body Fat Mass (kg)	22.0 (10.3 ~ 16.5)				

Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.1	
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %	19.5	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	22.0	

Calculated Analysis

	Under	Normal	Over
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	24.0	
PBF Percent Body Fat (%)	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	37.2	

Segmental Lean Analysis

Based on ideal weight ▬▬ Based on current weight ▬▬

	Under	Normal	Over	ECW Ratio
Right Arm (kg) (%)	55 70 85 100 115 130 145 160 175 %	2.00 101.2		0.378
Left Arm (kg) (%)	55 70 85 100 115 130 145 160 175 %	1.91 97.1		0.378
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 %	17.7 99.0		0.398
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.24 84.2		0.403
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.15 82.7		0.404

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	0.398	

Body Composition History

	20.07.21 15:11	20.08.27 14:58	20.09.20 15:02	20.11.23 15:23	20.12.21 15:00	21.02.19 14:52	21.03.20 15:12	21.03.31 15:44
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM Skeletal Muscle Mass (kg)	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.5
PBF Percent Body Fat (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.7	37.2
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.398

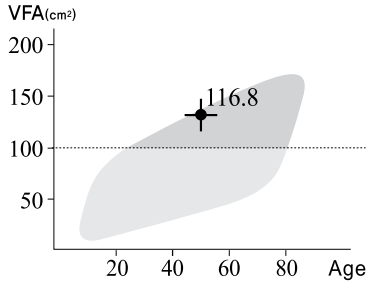
☑ Recent ☐ Total

InBody Score

67 / 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	- 10.1 kg
Muscle Control	+ 2.7 kg

Research Parameters

Intracellular Water	16.5 L	(16.3~19.9
Extracellular Water	10.9 L	(10.0~12.2
Basal Metabolic Rate	1171 kcal	(1255~1451
Waist-Hip Ratio	0.94	(0.75~0.85
Body Cell Mass	23.6 kg	(23.4~28.6
SMI	5.8 kg/m²	

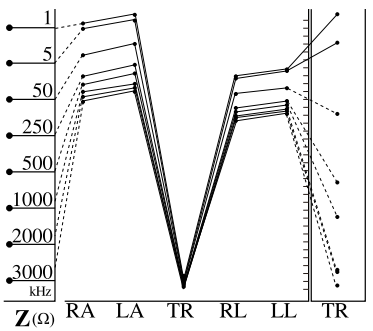
Whole Body Phase Angle

ϕ(°) 50kHz | 4.0°

Segmental Body Phase Angle

ϕ(°)	RA	LA	TR	RL	LL
5kHz	1.7	4.7	1.7	1.6	4.5
50kHz	4.1	5.7	4.0	3.8	4.3
250kHz	3.8	5.6	2.9	2.9	2.9

Impedance



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Body Water Result Sheet

InBody Body Water [InBody970] [Yscope]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2021.03.31. 15 : 44

Body Water Composition

	Under	Normal	Over
TBW Total Body Water (L)	40 60 90 100 110 140 160 180 200 220 240 %	27.4	
ICW Intracellular Water (L)	40 60 90 100 110 140 160 180 200 220 240 %	16.5	
ECW Extracellular Water (L)	70 80 90 100 110 120 130 140 150 160 170 %	10.9	

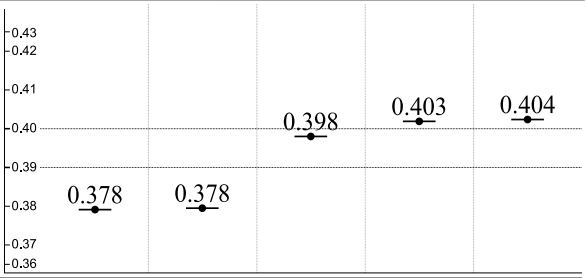
ECW Ratio Analysis

	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	0.398	

Segmental Body Water Analysis

	Under	Normal	Over
Right Arm (L)	40 60 80 100 120 140 160 180 200 220 240 %	1.55	
Left Arm (L)	40 60 80 100 120 140 160 180 200 220 240 %	1.49	
Trunk (L)	70 80 90 100 110 120 130 140 150 160 170 %	13.8	
Right Leg (L)	70 80 90 100 110 120 130 140 150 160 170 %	4.12	
Left Leg (L)	70 80 90 100 110 120 130 140 150 160 170 %	4.05	

Segmental ECW Ratio Analysis



Body Water Composition History

		20.07.21 15:11	20.08.27 14:58	20.09.20 15:02	20.11.23 15:23	20.12.21 15:00	21.02.19 14:52	21.03.20 15:12	21.03.31 15:44
Weight	(kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
TBW Total Body Water	(L)	28.3	28.0	28.0	27.9	27.9	27.6	27.8	27.4
ICW Intracellular Water	(L)	17.0	16.9	16.9	16.8	16.8	16.7	16.7	16.5
ECW Extracellular Water	(L)	11.3	11.1	11.1	11.0	11.1	10.9	11.1	10.9
ECW Ratio		0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.398

☑ Recent ☐ Total

Body Composition Analysis

Protein	7.1 kg	(7.0 ~ 8.6)
Minerals	2.64 kg	(2.44 ~ 2.98)
Body Fat Mass	22.0 kg	(10.3 ~ 16.5)
Fat Free Mass	37.1 kg	(35.8 ~ 43.8)
Bone Mineral Content	2.18 kg	(2.01 ~ 2.45)

Muscle-Fat Analysis

Weight	59.1 kg	(43.9 ~ 59.5)
Skeletal Muscle Mass	19.5 kg	(19.5 ~ 23.9)
Soft Lean Mass	34.9 kg	(33.8 ~ 41.4)
Body Fat Mass	22.0 kg	(10.3 ~ 16.5)

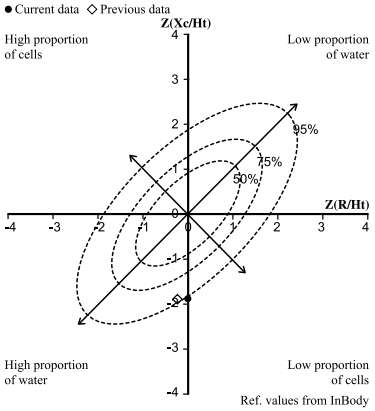
Whole Body Phase Angle

ϕ(°) 50 kHz | 4.0°

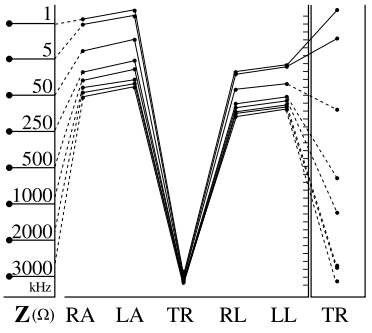
Segmental Body Phase Angle

ϕ(°)	RA	LA	TR	RL	LL
5 kHz	1.7	4.7	1.7	1.6	4.5
50 kHz	4.1	5.7	4.0	3.8	4.3
250 kHz	3.8	5.6	2.9	2.9	2.9

Bioeletrical Impedance Vector Analysis



Impedance



Evaluation Result Sheet

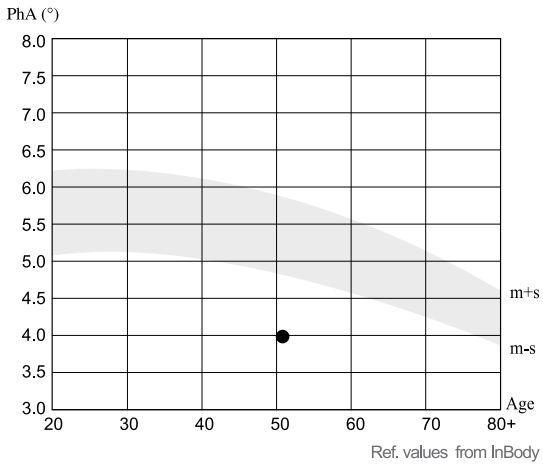
InBody Evaluation

[InBody970] [Yscope]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2021.03.31. 15 : 44

Research Parameters

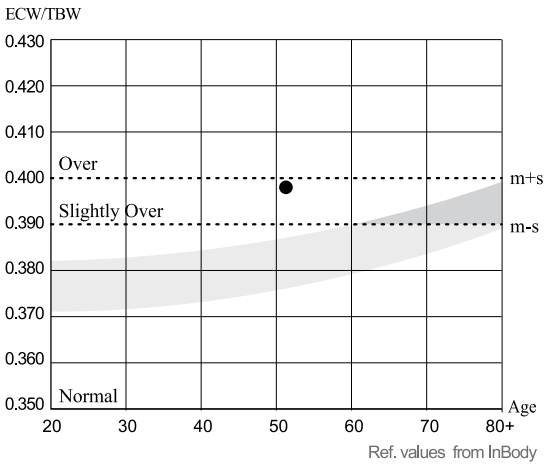
Whole Body Phase Angle_50kHz



PhA (°)	Young adults (T-score)	Age-matched (Z-score)
4.0	- 2.9	- 2.4

Body Water Evaluation

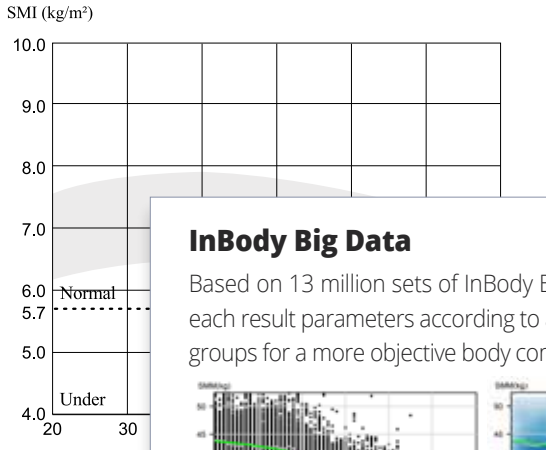
Whole Body ECW Ratio



ECW/TBW	Young adults (T-score)	Age-matched (Z-score)
0.398	3.9	2.8

Muscle · Nutrition Evaluation

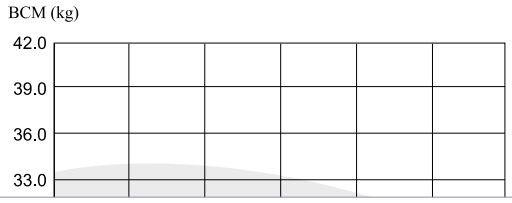
Skeletal Muscle mass Index



SMI (kg/m²)
5.8

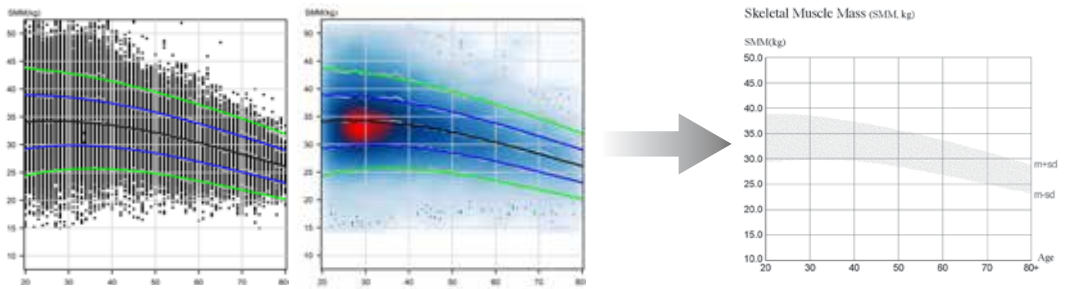
Research Parameters

Body Cell Mass



InBody Big Data

Based on 13 million sets of InBody Big Data, InBody provides averages and standard deviation graphs for each result parameters according to age. It allows for comparative evaluation between different or same age groups for a more objective body composition analysis.



** InBody Big Data is used for the evaluation by age which is shown as T-Score and Z-score that indicate the relative position of subject. It does not affect the subjects' body composition analysis result.*

** Depending on the country, the graph will be set differently.*

Research Result Sheet

InBody Research

[InBody970] [Yscope]

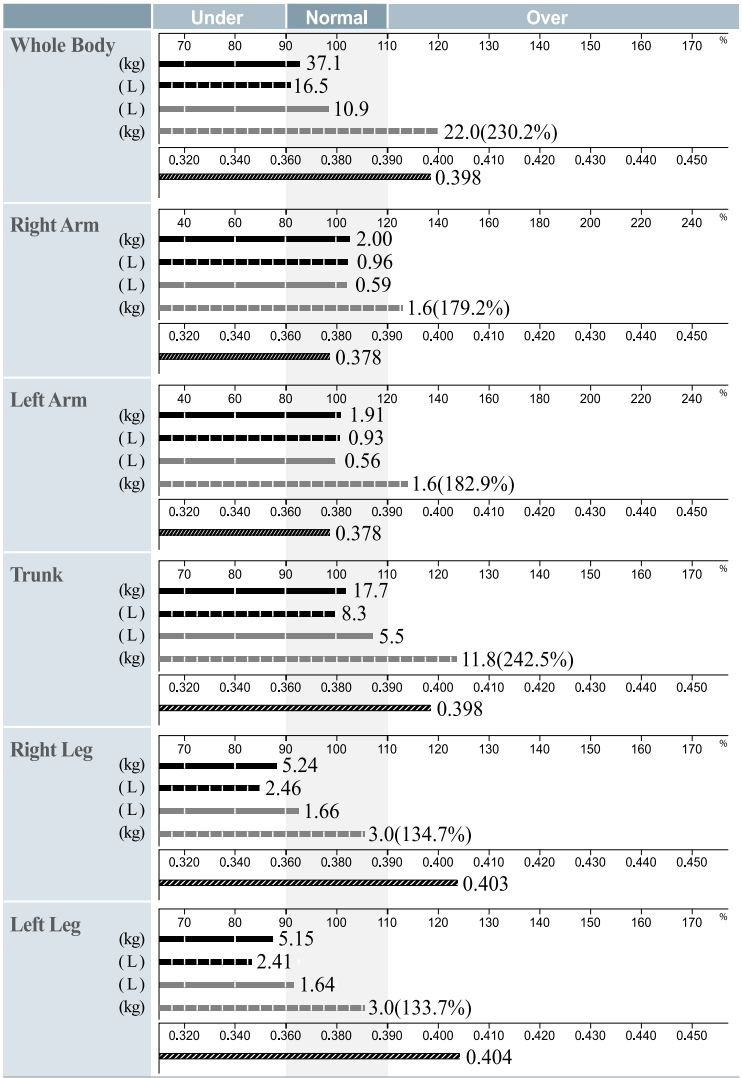
ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2021.03.31. 15 : 44

Body Composition Summary

	FFM	FM	ICW	ECW	TBW	ECW/TBW
Right Arm	2.00 kg	1.6 kg	0.96 L	0.59 L	1.55 L	0.378
Left Arm	1.91 kg	1.6 kg	0.93 L	0.56 L	1.49 L	0.378
Trunk	17.7 kg	11.8kg	8.3 L	5.5 L	13.8 L	0.398
Right Leg	5.24 kg	3.0 kg	2.46 L	1.66 L	4.12 L	0.403
Left Leg	5.15 kg	3.0 kg	2.41 L	1.64 L	4.05 L	0.404
Whole Body	37.1 kg	22.0 kg	16.5 L	10.9 L	27.4 L	0.398
Weight		59.1 kg	* The difference between the whole body values and sum of segmental values are from the craniocervical region.			

Body Composition Analysis

Lean Mass ICW ECW
Fat Mass ECW/TBW



Research Parameters

Body Mass Index	24.0 kg/m²	(18.5~25.0)
Percent Body Fat	37.2 %	(18.0~28.0)
Skeletal Muscle Mass	19.5 kg	(19.5~23.9)
Soft Lean Mass	34.9 kg	(33.8~41.4)
Protein	7.1 kg	(7.0~8.6)
Mineral	2.64 kg	(2.44~2.98)
Bone Mineral Content	2.18 kg	(2.01~2.45)
Basal Metabolic Rate	1171 kcal	(1255~1451)
Waist Hip Ratio	0.94	(0.75~0.85)
Waist Circumference	85.0 cm	
Visceral Fat Area	116.8 cm²	
Obesity Degree	114 %	(90~110)
Body Cell Mass	23.6 kg	(23.4~28.6)
Arm Circumference	30.5 cm	
Arm Muscle Circumference	26.0 cm	
TBW/FFM	73.7 %	
Fat Free Mass Index	15.1 kg/m²	
Fat Mass Index	8.9 kg/m²	
Skeletal Muscle mass Index	5.8 kg/m²	

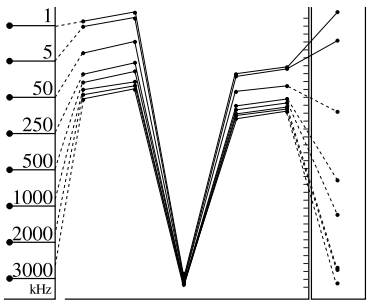
Whole Body Phase Angle

ϕ(°) 50 kHz | 4.0°

Segmental Body Phase Angle

	RA	LA	TR	RL	LL
ϕ(°) 5 kHz	1.7	4.7	1.7	1.6	4.5
50 kHz	4.1	5.7	4.0	3.8	4.3
250 kHz	3.8	5.6	2.9	2.9	2.9

Impedance



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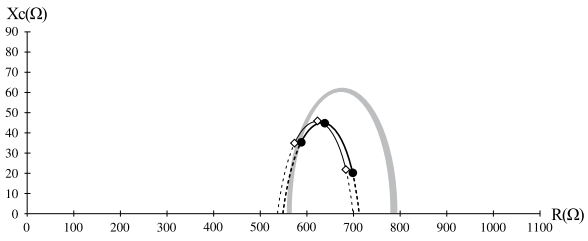
Comparison Result Sheet

InBody Comparison [InBody970] [Yscope]

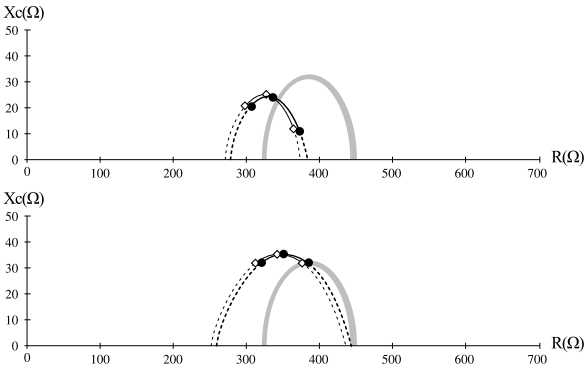
ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2021.03.31. 15 : 44

Standard median curve — Today's Results — Recent Results
(2021.03.20 15:12)

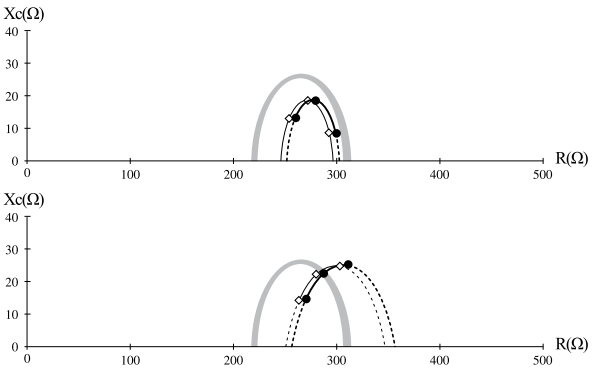
Whole Body		Today	Recent	Difference
Weight	(kg)	59.1	60.5	-1.4
SMM Skeletal Muscle Mass	(kg)	19.5	19.8	-0.3
Body Fat Mass	(kg)	22.0	22.8	-0.8
ECW Ratio		0.398	0.398	0.000
Phase Angle	(°)	4.0	4.1	-0.1



Right Arm		Today	Recent	Difference
Lean Mass	(kg)	2.00	2.06	-0.06
ECW Ratio		0.378	0.378	0.000
Phase Angle	(°)	4.1	4.3	-0.2
Left Arm		**Today**	**Recent**	**Difference**
Lean Mass	(kg)	1.91	1.98	-0.07
ECW Ratio		0.378	0.377	+0.001
Phase Angle	(°)	5.7	5.7	0.0



Right Leg		Today	Recent	Difference
Lean Mass	(kg)	5.24	5.35	-0.11
ECW Ratio		0.403	0.403	0.000
Phase Angle	(°)	3.8	3.8	0.0
Left Leg		**Today**	**Recent**	**Difference**
Lean Mass	(kg)	5.15	5.26	-0.11
ECW Ratio		0.404	0.405	-0.001
Phase Angle	(°)	4.3	4.3	0.0



Trunk		Today	Recent	Difference
Lean Mass	(kg)	17.7	18.0	-0.3
ECW Ratio		0.398	0.399	-0.00
Phase Angle	(°)	4.0	4.1	-0.1