

ID FERGUS	Height 184.4cm	Age 22	Gender Male	Test Date / Time 13.03.2026 15:28
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Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	57.1 (42.0~51.4)	57.1	73.8 (54.0~66.0)	78.3 (57.2~69.9)	85.1 (63.6~86.0)
Protein (kg)	15.8 (11.3~13.8)	non-osseous			
Minerals (kg)	5.44 (3.89~4.75)				
Body Fat Mass (kg)	6.8 (9.0~18.0)				

Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	85.1	
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	45.4	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	6.8	

Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	25.0	
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	8.0	

Segmental Lean Analysis

	Under	Normal	Over	ECW Ratio
Right Arm (kg) (%)	55 70 85 100 115 130 145 160 175 %	4.55 123.2		0.370
Left Arm (kg) (%)	55 70 85 100 115 130 145 160 175 %	4.48 121.3		0.372
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 %	33.1 112.6		0.365
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	11.54 112.5		0.360
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	11.61 113.2		0.361

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	0.364	

Body Composition History

	07.11.25 11:15	24.02.26 15:10	13.03.26 15:28
Weight (kg)	86.0	85.9	85.1
SMM (kg) Skeletal Muscle Mass	44.3	45.7	45.4
PBF (%) Percent Body Fat	11.2	7.8	8.0
ECW Ratio	0.362	0.368	0.364

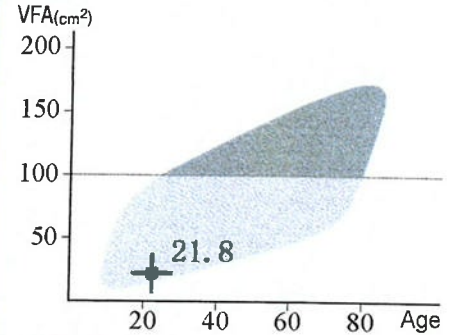
Recent Total 07.11.25:11:15 24.02.26:15:10 13.03.26:15:28

InBody Score

95/100 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	85.1 kg
Weight Control	0.0 kg
Fat Control	0.0 kg
Muscle Control	0.0 kg

Body Balance Evaluation

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced

Segmental Fat Analysis

Right Arm (0.1 kg)	14.7%
Left Arm (0.1 kg)	19.6%
Trunk (3.5 kg)	72.9%
Right Leg (1.0 kg)	52.0%
Left Leg (1.0 kg)	52.4%

Research Parameters

Intracellular Water	36.3 L (26.1~31.9)
Extracellular Water	20.8 L (16.0~19.6)
Basal Metabolic Rate	2061 kcal (1776~2089)
Waist-Hip Ratio	0.77 (0.80~0.90)
Body Cell Mass	52.1 kg (37.3~45.7)
SMI	9.5 kg/m ²
Recommended calorie intake	3060 kcal

Whole Body Phase Angle

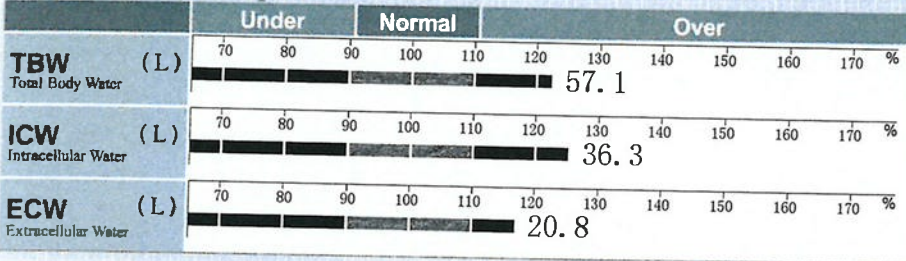
φ(°) 50 kHz | 7.6°

Impedance

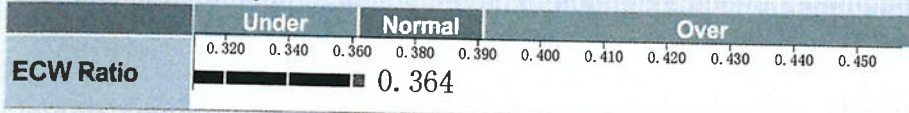
Z(Ω)	1 kHz	5 kHz	50 kHz	250 kHz	500 kHz	1000 kHz
RA	301.6	295.3	252.8	222.5	213.6	208.1
LA	307.1	299.2	257.4	227.8	219.1	213.3
TR	22.3	21.3	16.9	13.1	12.0	10.6
RL	276.1	267.1	219.0	192.7	186.6	182.8
LL	270.3	262.1	216.0	189.6	183.5	179.0

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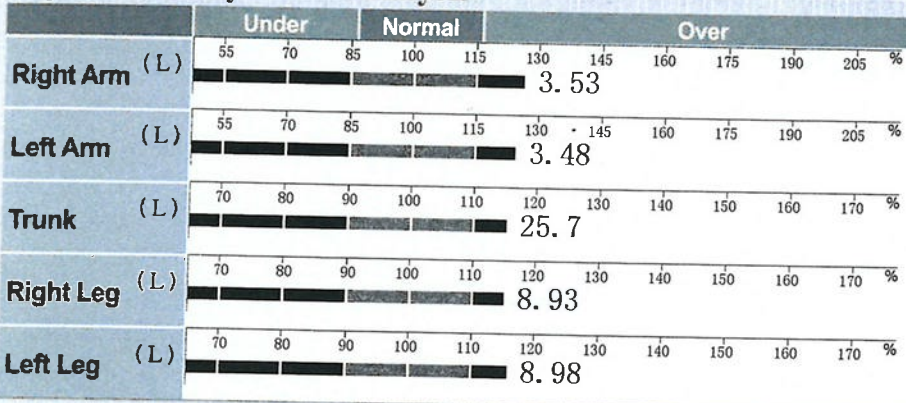
Body Water Composition



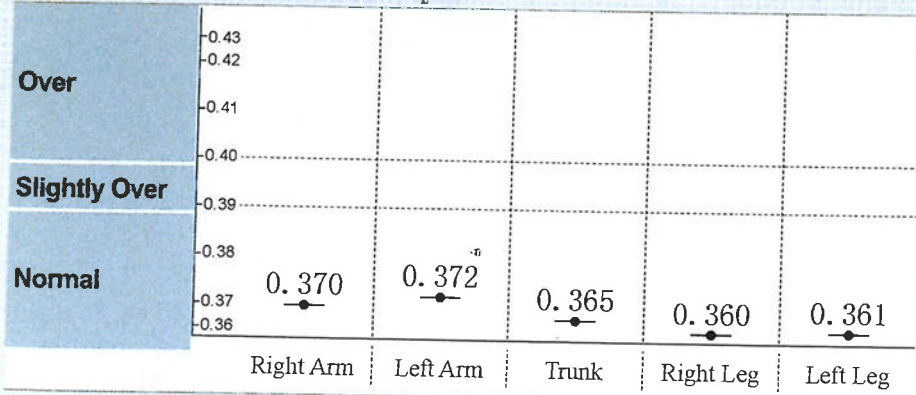
ECW Ratio Analysis



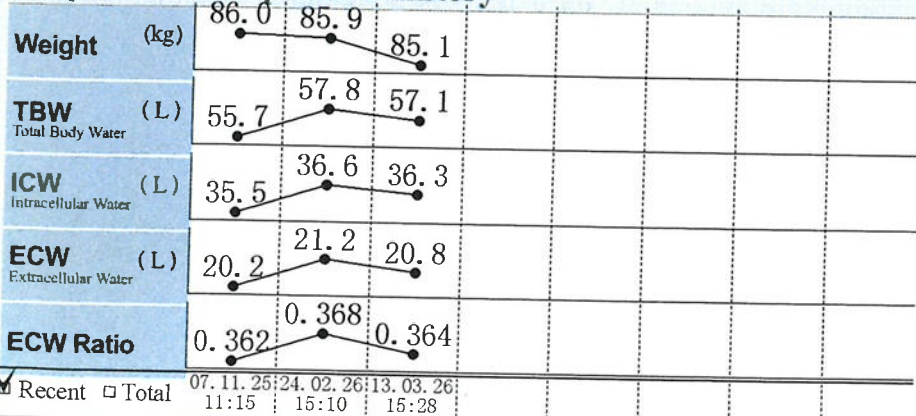
Segmental Body Water Analysis



Segmental ECW Ratio Analysis



Body Water Composition History



Body Water Composition

Total Body Water 57.1 L (42.0~51.4)
 Intracellular Water 36.3 L (26.1~31.9)
 Extracellular Water 20.8 L (16.0~19.6)

Segmental Body Water Analysis

Right Arm 3.53 L (2.37~3.21)
 Left Arm 3.48 L (2.37~3.21)
 Trunk 25.7 L (20.0~24.5)
 Right Leg 8.93 L (6.98~8.54)
 Left Leg 8.98 L (6.98~8.54)

Body Composition Analysis

Protein 15.8 kg (11.3~13.8)
 Minerals 5.44 kg (3.89~4.75)
 Body Fat Mass 6.8 kg (9.0~18.0)
 Fat Free Mass 78.3 kg (57.2~69.9)
 Bone Mineral Content 4.52 kg (3.20~3.92)

Muscle-Fat Analysis

Weight 85.1 kg (63.6~86.0)
 Skeletal Muscle Mass 45.4 kg (32.2~39.4)
 Soft Lean Mass 73.8 kg (54.0~66.0)
 Body Fat Mass 6.8 kg (9.0~18.0)

Obesity Analysis

BMI 25.0 kg/m² (18.5~25.0)
 PBF 8.0% (10.0~20.0)

Research Parameters

Basal Metabolic Rate 2061 kcal (1776~2089)
 Waist-Hip Ratio 0.77 (0.80~0.90)
 Waist Circumference 79.3 cm
 Visceral Fat Area 21.8 cm²
 Obesity Degree 114% (90~110)
 Body Cell Mass 52.1 kg (37.3~45.7)
 Arm Circumference 32.9 cm
 Arm Muscle Circumference 30.9 cm
 TBW/FFM 73.0%
 FFMI 23.0 kg/m²
 FMI 2.0 kg/m²

Whole Body Phase Angle

ϕ (°) 50 kHz | 7.6°

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 1 kHz	301.6	307.1	22.3	276.1	270.3
5 kHz	295.3	299.2	21.3	267.1	262.1
50 kHz	252.8	257.4	16.9	219.0	216.0
250 kHz	222.5	227.8	13.1	192.7	189.6
500 kHz	213.6	219.1	12.0	186.6	183.5
1000 kHz	208.1	213.3	10.6	182.8	179.0