

ID | 01241 | Height | 171cm | Age | 42 | Gender | Male | Test Date / Time | 05.05.2020 12:33

DEEPAK SASHI KUMAR

Body Composition Analysis

Total amount of water in my body	Total Body Water (L)	46.3 (36.2~44.2)
What I need to build muscles	Protein (kg)	12.5 (9.7~11.9)
What I need for strong bones	Mineral (kg)	4.26 (3.35~4.09)
Where my excess energy is stored	Body Fat Mass (kg)	64.9 (7.7~15.4)
Sum of the above	Weight (kg)	128.0 (54.7~73.9)

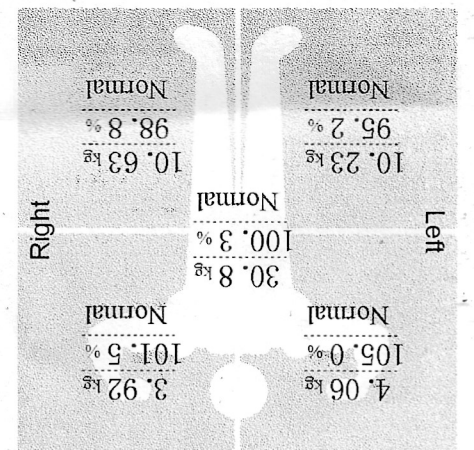
Muscle-Fat Analysis

Weight (kg)	128.0
SMM (kg)	36.0
Body Fat Mass (kg)	64.9

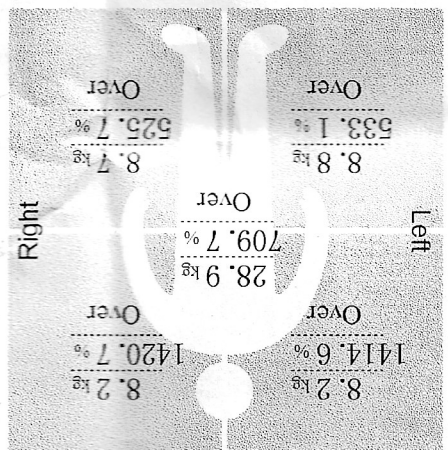
Obesity Analysis

BMI (kg/m ²)	43.8
Percent Body Fat (%)	50.7

Segmental Lean Analysis



Segmental Fat Analysis



Body Composition History

Weight (kg)	128.0
SMM (kg)	36.0
PBF (%)	50.7
Recent Total	05.05.20 12:33

InBody Score

35 / 100 Points

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

Weight Control

Target Weight	74.3 kg
Weight Control	-53.7 kg
Fat Control	-53.7 kg
Muscle Control	0.0 kg

Obesity Evaluation

BMI Slightly Over Normal Under

PBF Over Slightly Over Normal Under

Waist-Hip Ratio

1.08

Visceral Fat Level

Level 20

Research Parameters

Fat Free Mass	63.1 kg
Basal Metabolic Rate	1733 kcal (2485~2955)
Obesity Degree	199% (90~110)
SMI	9.9 kg/m ²
Recommended calorie intake	3046 kcal

Calorie Expenditure of Exercise

Golf	225	Gateball	243
Walking	256	Yoga	256
Badminton	289	Table Tennis	289
Tennis	384	Bicycling	384
Boxing	384	Basketball	384
Mountain Climbing	417	Jumping Rope	448
Aerobics	448	Jogging	448
Soccer	448	Swimming	448
Japanese Fencing	640	Racketball	640
Squash	640	Taekwondo	640

Impedance

RA LA TR RL LL
Z(α) 20kHz | 275.2 264.0 26.1 191.6 206.1
100kHz | 246.4 237.1 24.6 167.7 174.1