[InBody270]



Info@titantraining.us www.titantraining.us

Health and Fitness



Height 5ft 09.1in Age

Gender | Test Date / Time Male | 02. 08. 2023 15:42

# **Body Composition Analysis**

Sum of the above	Weight	(lb)	185. 5	
For storing excess energy	Body Fat Mass	(lb)	32. 1	
For building muscles and strengthening	bones Dry Lean Mass	(lb)	40.3	
Total amount of water in body	Total Body Water	er(lb)	113. 1	

# **Muscle-Fat Analysis**

			V										
Weight	(lb)	55	70	85 85	100	115	130 185	5. 5	160	175	190	205	%
SMM Skeletal Muscle Mass	(lb)	70	80	90	100	110	120	36.0	140	150	160	170	%
Body Fat Mass	(lb)	40	60	80	100	<sup>160</sup> 32.	<sup>220</sup>	280	340	400	460	520	%

# **Obesity Analysis**

BMI	0.1.2	10.0	15.0	18.5	22.0	25.0	30.0	35. 0	40.0	45. 0	50.0	55.0
Body Mass Index	(kg/m²)						27.3	}				
PBF Percent Body Fat	(%)	0.0	5. 0	10.0	15.0	20. 0 17. 3	25.0	30.0	35.0	40.0	45. 0	50.0

# Segmental Lean Analysis

Segment Lean Mass %

Left Arm		Right Arm
10.03 b	Trunk	9.85 lb
	70. 7 lb	

Left Leg		Right Leg
20. 94 lb	đ	20.75 lb
99.5%		98.6%

# **Body Composition History**

Weight (lb)	194. 9 190. 6 189. 7 187. 7 187. 7 <sub>180. 0</sub> 183. 2 185. 5
SMM Skeletal Muscle Mass (1b)	88. 2 87. 1 87. 7 89. 5 87. 5 83. 8 85. 3 86. 0
PBF Percent Body Fat (%)	20. 1     19. 0     18. 0     15. 5     17. 3     16. 8     17. 2     17. 3
▼ Recent □ Total	07. 31. 22 09. 14. 22 09. 14. 22 10. 17. 22 11. 03. 22 12. 06. 22 01. 09. 23 02. 08. 23       10.31     12:13     12:18     11:03     13:11     13:16     11:38     15:42

## Body Fat - Lean Body Mass Control

Body Fat Mass
Lean Body Mass

(+) means to gain fat/lean

(-) means to lose fat/lean

**Research Parameters** 

Lean Body Mass  $153.4_{\, lb}$  (114. 2 ~ 139. 8) Basal Metabolic Rate  $1874_{\, kcal}$ SMI  $9.1_{\, kg/m^2}$ 

# Results Interpretation

## **Body Composition Analysis**

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

## 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.

## **Obesity Analysis**

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

#### **Segmental Lean Analysis**

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal.

### **Body Composition History**

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

#### **Body Fat-Lean Body Mass Control**

Recommended change in Lean Body Mass and Fat Mass for a balance ratio, based on current body composition. The '+' means to gain and the '-' means to lose.

#### **Basal Metabolic Rate**

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

#### SMI

Skeletal Muscle Index(SMI) is calculated by dividing appendicular lean mass by height squared.

#### **Impedance**

RA LA TR RL LL 237. 8 234. 2 14. 5 219. 6. 213. 3 100 kHz 213. 3 208. 8 12. 2 200. 9 194. 9