PERSONAL INFORMATION
The examinee’s ID can be inputted with the keypad. The ID can be up to 14 alphanumeric characters.

BODY COMPOSITION ANALYSIS
Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass. 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. The majority of Body Fat Mass is stored subcutaneously or subcutaneously. 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 a commonly used tool to determine obesity by comparing height and weight. Percent Body Fat (PBF) is a percentage that compares Body Fat Mass to body weight and is a more accurate tool to determine a user’s health standing. The normal PBF range is 10-20% for males and 18-23% for females.

SEGMENTAL LEAN ANALYSIS
The top number shows how much lean mass you have in a segment in pounds. This is useful to see if corresponding segments of the body (Left Arm and Right Arm) are balanced in lean mass development. The bottom number represented as a percentage determines if there is sufficient lean mass development to support the current weight of the individual. Aim to be at 100% or higher for adequate lean mass development.

BODY COMPOSITION HISTORY
The Body Composition History graph allows individuals to track changes in their body composition over time under their unique IDs. See data from the last eight InBody Tests if ‘Recent’ is selected; see a cumulative graph that shows progress from the first InBody Test to the most recent test if ‘Total’ is selected.

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

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

BODY FAT-LEAN BODY MASS CONTROL
Body Fat-Lean Body Mass Control refers to the recommended changes in Body Fat Mass and Lean Body Mass to obtain the ideal Percent Body Fat. The + is to gain body fat and - is to lose.

LEAN BODY MASS
Lean Body Mass refers to the sum weight of the nonfat components of the body (bones, muscles, organs, etc.). Lean Body Mass can be used by physicians to determine nutritional status, assign medication doses, and plays a significant role in various other assessments.

BASEL METABOLIC RATE
Basal Metabolic Rate (BMR) is the minimum number of calories needed to sustain normal metabolic functions at a resting state. BMR is directly correlated with Lean Body Mass and can be used to calculate Total Daily Energy Expenditure.

RESULTS INTERPRETATION QR CODE
Scan this QR code to see explanations of each output on the InBody Results Sheet.

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.