

- Hydrate well the day before
- Do not drink caffeine on the day of the test
- Do not eat 3-4 hours before the test
- Do not exercise 6-12 hours before the test
- Do not take InBody test after shower or sauna
- Do not consume alcohol for 24 hours before the test
- Do not wear jewelry
- Do not take InBody test while menstruating
- Individuals with pacemakers or other electronic medical devices should not take the InBody Test





# InBody

# **Body Composition Analyzer**

# What is the InBody?

The InBody has revolutionized the field of BIA (Bioelectrical Impedance Analysis) and is the most advanced product in the market. With a 98% correlation with gold standard body composition analysis methods such as DEXA, the InBody is trusted by top hospitals, gyms and professional sports teams because of its precision and ease of use. The InBody is **fast**, **accurate** and **non-invasive**. By standing on the devise for 45 seconds, the InBody Test looks beyond the scale to show you what you're made of.



| Introduction Water Dec   24.0   82.2   130.3   | nBo                   | αу   |              |           |         | Į         | lnBo  | dy570]  | SEE WHAT YOU'RE MADE OF  |
|--|-----------------------|--|--------------|-----------|---------|-----------|-------|---------|--|
|  | 140                   |  |              |           |         |           |       | 46      | 2  |
|  | Body Compos           | ition Analysis   | _            |           | _       | _         |       |         |  |
| Segmental Fat Analysis   Segmental Fat Analy   |                       |  | 18.42        | 8         | 2.2     | N.        |       |         | Lean Body Mass + 5.5 lbs   |
| Weight One  Shall be  | Dry Lean Mass (A      | 21.6   |              |           |         |           | 1.50  | 1,3     | (*) means to gain fatheurs (-) means to keer father  |
| Musicio-Fat Analysis   | Body Fat Mass (II     | 48.1   |              |           |         |           |       |         |  |
| Weight 0s  | Muscle-Fat Ar         | nalysis  |              |           |         |           |       |         | Right Arm ( 3.5 hs) 179.0%   |
| Weight 09   Seminant 130.3   The seminant 130.3   Semin   |                       | STATE AND DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN | San Park     | 1 100 100 |         | 145-17    | 11-   | 257.593 | Trunk (25.8 ths)239.9  |
| Basis Metabolic Rate  1/75 Land  Dody Fell Mess (the Unit of State 1 and State | Weight (R             |  | 1            |           | ***     | 176       | 100   | 306     |  |
| Obesity Analysis    Comparison of the Comparison of Comparison of the Comparison of Compar | SMM 0                 |  |              | 186 190   | 160     | 190       | rie . | m       |  |
| BMI to the wind of the state of | Body Fat Mass (9      |  | são são      |           | alo     | ede .     | ele   | 820     |  |
| Section   Sect   | Obesity Analy         | sis  |              |           |         |           |       |         |  |
| Segmental Lean Analysis  Right Arm  (N)  An in the wide and in the wide and in the segment of the second of the se | OM:                   | the state of   | rio rio      | ata ata   | 46.0    | 46.0      | Mi.s. | MA.     | Level 12 Low 10 Hig  |
| Segmental Lean Analysis  Right Arm 80  8   | Bull Househole (Agric | St. C.   |              |           |         | - TET     | 700   |         | Results Interpretation   |
| Segmental Lean Analysis band on the wight reason. The date on the wight reason and the place of  | PBF p                 |  |              | 36.       | 9 ***   | ***       |       |         |  |
| Right Am 60 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5  | Segmental Le          | 100.00   |              |           | - h-    | el on our |       |         | using height and weight. PBF is the percentag  |
| Left Arm (80)  Truck (80)  Tru |                       | 3====  | -102.0       | 140 160   | 160     | 300       | 100   |         | Evaluates whether the muscles are adequate   |
| Truck 60 20 20 20 20 20 20 20 20 20 20 20 20 20  | Left Arms (9          |  | 97.7         | 140 160   | 180     | *         | 220   | 100     | bar shows the comparison of muscle mass  |
| Right Leg 00 1 2 3 4 1 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2   | Trunk 6               |  | 39.0         | 100 100   | 160     | nje       | 100   | tin.    |  |
| Lieft Leg (%)  | Right Leg (8          | 83.7   | .49 nis +lis | 181 150   | 140     | 150       | nda . | 189     | ECW/TBW is the ratio of Extracellular Water  |
| ECW/TBW Analysis  ECW/TBW also size size size size size size size size   |                       | 9  | 19 100 110   | 125 150   | 160     | 160       | nio   | 18      | whether the body water is balanced.  |
| ECWITEW cite size the tile tile tile tile tile tile tile til   | ECW/TBW A             |  |              |           |         |           |       |         | Visceral Fat Level is an indicator based on th   |
| ECWITEW 0,396 Level under 10 to stay houtby.  Body Composition History  143.9 130.0 137.6 136.2 137.3 133.3 135.4 136.9 137.6 136.2 137.3 133.3 135.4 136.9 137.6 136.2 137.3 133.3 135.4 136.9 137.6 136.2 137.3 133.3 135.4 136.9 137.6 136.2 137.3 133.3 135.4 136.9 137.6 136.2 137.3 133.3 135.4 136.9 137.6 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 133.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 136.2 136.2 137.3 135.4 136.2 137.3 135.4 136.2 137.3 136.2 136.2 137.3 136.2 136.2 137.3 136.2 136.2 137.3 136.2 136.2 137.3 136.2 136.2 137.3 136.2  |                       | USS., AUG.   | -            | ********* |         | ANT IS    | 100   | 70      | estimated amount of fat surrounding intern   |
| Body Composition History Scan the QR Code to see   | ECWITEW               |  |              |           | 0400    | -48       | 0.440 | ***     | Level under 10 to stay healthy.  |
| 143.9 139.9 137.6 136.2 137.3 134.2 132.4 results interpretation in  | Body Compos           | ition History  |              |           |         |           |       |         |  |
|  | Weight (2             | A CONTRACTOR   | 137.6 13     | 36.2 137. | 134.    | 3 13      | 3.4   | 130.3   | results interpretation in  |
|  | SMM (2                |  | 43.4 4       | 3.4 43.6  | 43.4    | 43        | .6    | 43.2    | RA LA TR RL LL   |
| PBF 00 39.2 39.0 39.4 38.6 37.8 36.9 50m 3372 3525 230 2623 1  | PBF C                 | 0  | -            | 9.0 39.4  | 38.6    | 37        | .8    | 36.9    | Z(0) 5un 373.1 385.4 25.7 303.0 314.1<br>50un 377.2 352.5 23.0 282.3 289.8<br>500un 297.4 311.5 19.1 258.1 267.8 |
| ECWITHW 0.399 0.398 0.396 0.396 0.397 0.396 0.398 0.396  |                       | 0.399 0.398  | 0.205 0      | 204 0.39  | 7 0 200 | 0.3       | 98    | 0.396   | Some 27/8 3113 19.1 238.1 20/8   |

# Why InBody?



The 8-point Tactile Electrode System with patented thumb electrodes fixes the starting points of the InBody electrical currents. This enhances accuracy and precision in test results.

The InBody uses multiple frequencies to measure your body water at two levels: intracellular water and extracellular water.



The InBody uses DSM-BIA to measure your whole body in five segments: the four limbs and the trunk. This is also known as the 5 cylinder model.

No statistical data is applied to your test results. Because InBody uses only impedance to measure your body, your results are personalized and unique.

## Why take the InBody Test?

## vour weight

Understand When you measure your weight, what are you actually seeing? Weight alone is a poor indicator of health because it does not distinguish fat from muscle. The InBody divides your weight into water, muscle,

#### **Body Composition Analysis**

| 100                       | Values | Total Body Water | Lean Body Mass | Weight |
|---------------------------|--------|------------------|----------------|--------|
| Intracellular Water (lbs) | 36.6   | 60.6             |                |        |
| Extracellular Water (70s) | 24.0   | 60.0             | 82.2           | 130.3  |
| Dry Lean Mass (lbs)       | 21.6   |                  |                | 150.5  |
| Body Fat Mass (lbs)       | 48.1   |                  |                |        |

## Set your goals

Measuring your Percent Body Fat allows you to better guage your health, helping you achieve your fitness goals by bringing that percentage down.

#### Obesity Analysis

| BMI<br>Body Mass Index | (kg/m²) | 10.0 | 15.0 | 18.5 | 21.0 | = 24 | .00.0 | 35.0   | 40.0 | 45.0 | 50.0 | 55.0 |
|------------------------|---------|------|------|------|------|------|-------|--------|------|------|------|------|
| PBF                    | (%)     | 8.0  | 13.0 | 18.0 | 23.0 | 28.0 | 33.0  | 36.9   | 43.0 | 48.0 | 53.0 | 58.0 |
| Percent Body Fat       | (70)    |      |      | _    |      |      |       | ■ 36.9 |      |      |      |      |

## See What You're Made Of

## The InBody Test

your strength

Measure How much muscle do you have in your arms? Your leas? With the InBody Test, discover how many pounds of muscle you have distributed in each portion of your body. See which exercises bring out the best results.

| Segmental | Lean         | 78.014 | Hysic |                |            | Based on     | ocal we | gn — | - 15 | sed on o | urress w | cignt == |
|-----------|--------------|--------|-------|----------------|------------|--------------|---------|------|------|----------|----------|----------|
| Right Arm | (lbs)<br>(%) | 40     | śò    | 80             |            | 4.43<br>02.0 | 140     | 160  | 180  | 200      | 220      | 240      |
| Left Arm  | (lbs)<br>(%) | 40     | 60    | 8ò             | 100        | 26           | 140     | 160  | 180  | 200      | 220      | 240      |
| Trunk     | (lbs)<br>(%) | 70     | èò    | 90             | -39<br>-99 |              | 120     | 130  | 140  | 150      | 160      | 170      |
| Right Leg | (lbs)<br>(%) | 70     | 80    | - 11.4<br>83.7 | 49 td0     | 110          | 120     | 130  | 140  | 150      | 160      | 170      |
| Left Leg  | (lbs)<br>(%) | 70     | 80    | 11.29<br>32.3  | 100        | 110          | 120     | 130  | 140  | 150      | 160      | 170      |

## Manage your fat

Understand the distribution of your body fat through Segmental Fat Analysis. Track changes in your segmental fat by observing the changes in pounds and percentages. Visceral Fat Level shows you the fat content surrounding your organs. Keep this number at or below 10.

#### Muscle-Fat Analysis

| Weight                      | (lbs) | 55 | 70 | 85   | 100 | = 130 | 130 | 145 | 180 | 175 | 190 | 205 | • |  |
|-----------------------------|-------|----|----|------|-----|-------|-----|-----|-----|-----|-----|-----|---|--|
| SMM<br>Skaletal Muscle Mass | (lbs) | 70 | 80 | 90 4 | 3.2 | 110   | 120 | 130 | 140 | 150 | 160 | 170 | * |  |
| Body Fat Mass               | (lbs) | 40 | 60 | 80   | 100 | 160   | 220 | 280 | 340 | 400 | 460 | 520 | • |  |

## Monitor vour water

Monitor changes in your ECW/TBW ratio for water retention or edema. The normal range of ECW/TBW is between 0.360 and 0.390. The ideal ratio is 0.380



## Track vour progress

Knowing how much fat and muscle you have is only the beginning. With your baseline set, continuoulsy taking the InBody Test allows you to monitor and track the changes in your body.

#### **Body Composition History**

| Weight (lb                       | 143.9    | 139.9    | 137.6    | 136.2    | 137.3    | 134.3    | 133.4    | 130.3    |
|----------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| SMM<br>Skeletal Muscle Mass (Ibr | 44.3     | 44.1     |          |          |          |          |          | •        |
| PBF<br>Percent Body Fat (%       | 41.3     | 40.7     | 39.2     | 39.0     | 39.4     | 38.6     | 37.8     | 36.9     |
| ECW/TBW                          | 0.399    | 0.398    | 0.396    | 0.396    | 0.397    | 0.396    | 0.398    | 0.396    |
| M Recent □ Total                 | 10.10.11 | 10,30.11 | 11.02.11 | 12.15.11 | 01.12.12 | 02.10.12 | 03.15.12 | 05.04.12 |