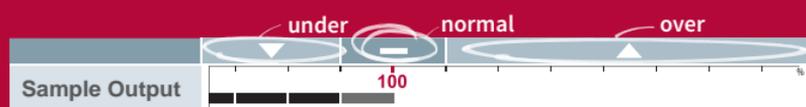




What do your results mean?

Did you just take an InBody Test? Please refer to your own results sheet with this guide to understand your test results.



Your results sheet will have these bar graphs, which are divided into 3 ranges: **under**, **normal**, and **over**. You can see which range your outputs fall into by looking at the lengths of each bar. The center of the normal range is the 100 mark, which is your ideal value.

 Aim for **fat** to be :
≤100 (under/normal)

 Aim for **muscle** to be :
≥100 (normal/over)

BREAK DOWN YOUR WEIGHT

Muscle-Fat Analysis



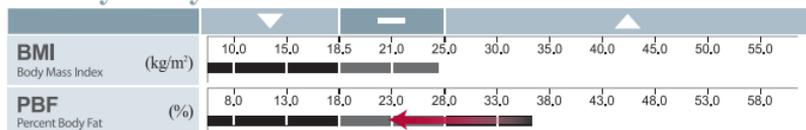
Aim for your SMM to be in the normal or over range and BFM in the normal or under range.

The **Muscle-Fat Analysis** section breaks down your weight into pounds of Skeletal Muscle Mass and Body Fat Mass.

Skeletal Muscle Mass (SMM) is the muscle you can work out at the gym (i.e. quads, biceps, etc.). Changes in diet and exercise will change your SMM and **Body Fat Mass (BFM)**, which will in turn affect your overall weight. This section can help determine what fluctuations in weight really mean.

FOCUS ON PERCENT BODY FAT

Obesity Analysis



Aim for your PBF to be in the normal range (10-20% for males; 18-28% for females).

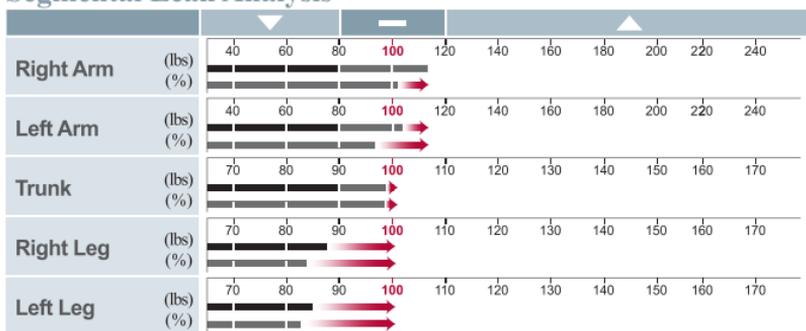
Although commonly used, **Body Mass Index (BMI)** is an unreliable representation of your weight because it calculates your obesity strictly on your height and weight, resulting in professional athletes being labeled obese.

Instead, focus on **Percent Body Fat (PBF)**, the ratio of your body fat mass divided by your weight. This is a more accurate representation of your obesity risk. The recommended PBF ranges are 10-20% for males and 18-28% for females.

FLIP FOR MORE 

SEE MUSCLE DEVELOPMENT

Segmental Lean Analysis



Aim for corresponding segments to be equal lengths for right/left balance and at or over the 100 mark.

Segmental Lean Analysis reveals how your Lean Body Mass is distributed within your body. It also evaluates your right/left balance to determine balanced muscle development.

The **top bar** shows your absolute muscle mass in pounds. The bar should be in the normal or over range for a strong body. Aim for corresponding segments (ex. Right Arm and Left Arm) to have similar poundage values.

The **bottom bar** shows if there is enough muscle to support your current weight. Aim to be at or over 100% for adequate muscle development.

USE BMR TO FINE TUNE YOUR DIET

Basal Metabolic Rate —————
1175 kcal

Increase your BMR by increasing your muscle mass.

Basal Metabolic Rate (BMR) is the number of calories burned at rest over the course of one day. Your BMR will increase as you gain more muscle mass. You can use your BMR and your daily activity level to calculate the necessary number of calories you need to eat in a day to achieve your health and fitness goals.

*Got questions about your results sheet?
Contact us at www.inbodyusa.com.*

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