InBody

[InBody270]

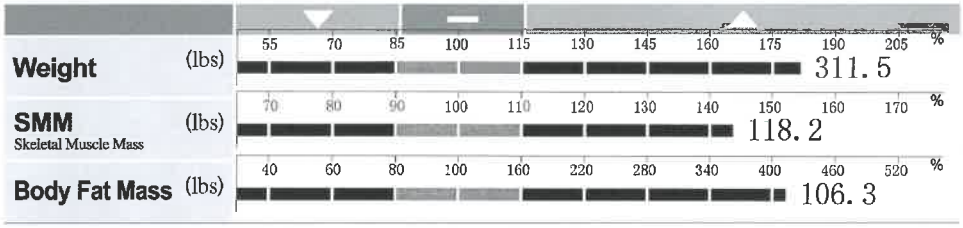
CROSSFIT CANUCK
647.352.6352
www.crossfitcanuck.com

ID	Height	Age	Gender	Test Date / Time
BernieC	6ft. 02. 0in.	42	Male	07.27.2018 08:16

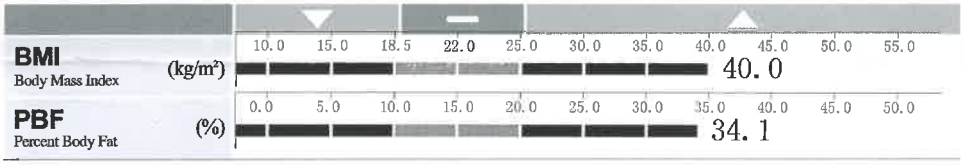
Body Composition Analysis

Total amount of water in body	**Total Body Water**	(lbs)	150.4
For building muscles and strengthening bones	**Dry Lean Mass**	(lbs)	54.9
For storing excess energy	**Body Fat Mass**	(lbs)	106.3
Sum of the above	**Weight**	(lbs)	311.5

Muscle-Fat Analysis



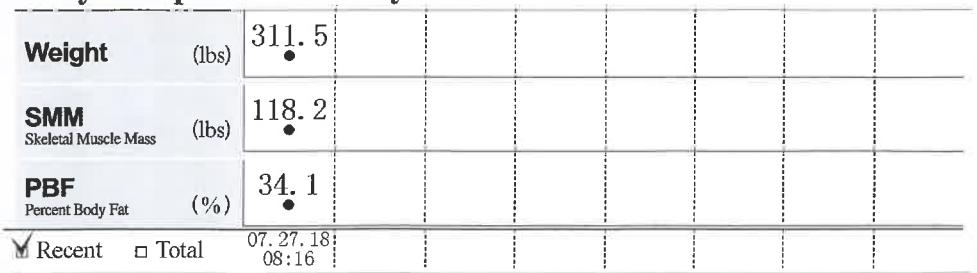
Obesity Analysis



Segmental Lean Analysis

	Segment Lean Mass	%
Left Arm	12.48 lbs	125.4 %
Right Arm	12.77 lbs	128.3 %
Trunk	89.5 lbs	113.2 %
Left Leg	31.77 lbs	114.8 %
Right Leg	30.12 lbs	108.9 %

Body Composition History



Body Fat - Lean Body Mass Control

Body Fat Mass	−70.1 lbs
Lean Body Mass	0.0 lbs

(+) means to gain fat/lean (-) means to lose fat/lean

Lean Body Mass

205.3 lbs

Basal Metabolic Rate

2380 kcal

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
Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. 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.

Results Interpretation QR Code
Scan the QR Code to see results interpretation in more detail.

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 20 kHz	233.2	240.0	19.1	197.4	174.4
100 kHz	204.8	210.8	16.1	173.9	152.8