InBody

InBody970S

3MHz Technology

Premium Body Composition Analysis derived from 3MHz InBody technology

Big Data, Deeper Insights

In-depth research parameters based on the 100 million body composition big data

130+ Health Data

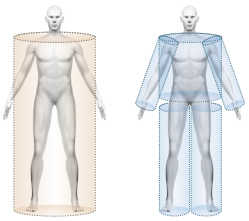
130+ health data in 30 seconds for thorough analysis

InBody Technology

InBody uses Bioelectrical Impedance Analysis (BIA) technology to measure human body composition. Impedance is the resistance of the human body generated when a micro alternating current flows through the human body. The human body is made of water that conducts electricity well, and the resistance varies depending on the amount of water. BIA is a technology that quantitatively measures body water through impedance that occurs when an electric current flows through the human body.
InBody provides diverse information on body composition based on the measured body water.

Direct Segmental Measurement-BIA

Each of our body segments is different in length and cross-sectional area. Arms and legs are longer and narrower in comparison to the trunk, so their impedance values are higher than the trunk. On the other hand, the trunk is shorter and wider than the arms and legs, so its impedance value is lower. However, the trunk muscle mass accounts for almost half of the whole body muscle mass, which is why a small impedance change in the trunk has a greater impact on the amount of whole body muscle mass. Therefore, the trunk must be measured separately in order to measure the whole body muscle mass accurately.



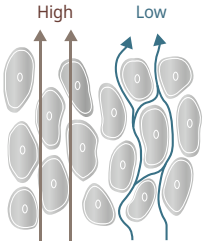
8-Point Tactile Electrodes utilizing Thumb Electrodes

Using the structural features of the human body, InBody pioneered '8-Point Tactile electrode with Thumb Electrodes'. This ensures InBody measurements start at the same location on the wrists and ankles, guaranteeing reliable and reproducible results.

Simultaneous Multi-Frequency for In-Depth Analysis

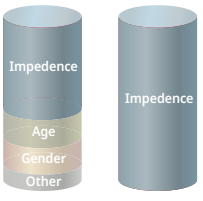
Low frequencies do not pass through the cell membranes well so they mainly reflect ECW, while high frequencies pass through the cell membranes and therefore reflect both ECW and ICW.
By using multi-frequencies, InBody measures ECW and ICW separately and measures TBW accurately to check the water balance. As the newest technological advancement, InBody utilizes the 3 Mhz frequency, which enables the precise measurement of a more diverse range of patients and subjects with special body compositions. Furthermore, the technology that enabled the utilization of 3 MHz also ensures the measurement stability from other frequencies even when there are outside interferences.

* ECW: Extracellular Water, ICW: Intracellular Water, TBW: Total Body Water



No Estimations or Empirical Estimations on Measured Values

InBody does not rely on empirical estimations based on age, gender, and more to ensure the accuracy of the measured data. In the past, empirical estimations were applied to the equations to ensure accuracy due to technological limitations. However, this resulted in lower accuracy when the measured population group changes. InBody overcame these limitations with technological developments such as direct segmental measurement-BIA to measure and analyze accurate body composition without applying empirical estimation. Therefore, InBody devices can provide data regardless of population and can reflect changes in the body with higher sensitivity.



Body Composition Evaluation by Age Based on InBody Big Data

Drawing on data from 10 million InBody assessments, InBody provides averages and standard deviation charts for each body composition parameters across various age groups. This approach enables a more accurate and objective analysis, allowing you to compare your results with both younger individuals (T-score) and peers of the same age (Z-Score).

With Over 5,500 Research Studies and Counting

Study 1

HIGH ACCURACY AND REPRODUCIBILITY OF FAT FREE MASS & PERCENT BODY FAT MEASUREMENTS COMPARED WITH DEXA

The measurement (mean ± SD) for FFM with DXA was 52.8 ± 11.0, and BIA was 53.6 ± 11.0. Delta (S-MFBIA vs DXA) was 0.8 ± 2.2 (5 % limits of agreement -3.5 to +5.2), and concordance correlation coefficient (CCC) was 0.98 (95 % CI, 0.97-0.98). The measurements (mean ± SD) for PBF with DXA was 37.5 ± 10.6 % and S-MFBIA was 36.6 ± 11.3 %. Delta (S-MFBIA vs DXA) was -0.9 ± 2.6 (5 % limits of agreement 6.0 to +4.2), and CCC was 0.97 (95 % CI, 0.96–0.98).

Hurt, Ryan T., et al. "The Comparison of Segmental Multifrequency Bioelectrical Impedance Analysis and Dual-Energy X-ray Absorptiometry for Estimating Fat Free Mass and Percentage Body Fat in an Ambulatory Population.," Journal of Parenteral and Enteral Nutrition (2020).

Study 2

HIGH CORRELATION WITH D2O DILUTION METHOD FOR TOTAL BODY WATER

The study concluded that the BIA device InBodyS10 showed good test-retest precision (%CV = 5.2 raw; 1.1 after outlier removal) and high accuracy to D_2O for Total Body Water [$TBWD_2O$ = 0.956 TBWBIA, R^2 = 0.92, root mean squared error (RMSE) = 2.2 kg]. %Fat estimates from DXA, ADP, D_2O, and BIA all showed high correlation with the Lohman model.

Ng, Bennett K., etal. "Validation of rapid 4-component body composition assessment with the use of dual-energy X-ray absorptiometry and bioelectrical impedance analysis.,"
The American journal of clinical nutrition 108.4 (2018) :708-715.

Study 3

HIGH ACCURACY WITH COMPUTED TOMOGRAPHY FOR MUSCLE MASS

It was suggested that estimating muscle mass using DXA and BIA (InBody720) is a preferred method for diagnosis of sarcopenia in kidney transplant recipients. Both DXA and InBody showed high correlation with CT.

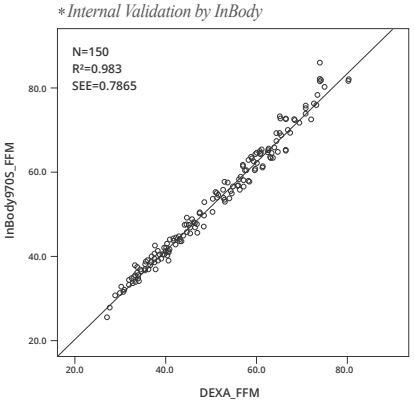
Yanishi, M.,etal. "Dual energy X-ray absorptiometry and bioimpedance analysis are clinically useful for measuring muscle mass in kidney transplant recipients with sarcopenia.,"
Transplantation proceedings.Vol.50.No.1.Elsevier, 2018.

Study 4

HIGH CORRELATION OF FAT FREE MASS BETWEEN DEXA AND INBODY970S

Total of 150 results were analyzed, excluding duplicate data from the same subject. Fat Free Mass measured by InBody970S had a very high correlation with DEXA of R^2 = 0.983 or higher. (P value < 0.05)

∗ Internal Validation by InBody



∗ Total: 150 Male: 74, Female: 76

FFM (kg)	Total	Male	Female
	Mean ± SD (range)	Mean ± SD (range)	Mean ± SD (range)
DEXA	49.09 ± 12.95 (27.2 - 80.8)	59.49 ± 9.19 (37.6 - 80.8)	38.97 ± 6.42 (27.2 - 57.6)
InBody970S	50.92 ± 13.60 (25.4 - 86.0)	61.77 ± 10.06 (38.6 - 86.0)	40.35 ± 6.34 (25.4 - 57.7)

InBody Application

Nutrition

Monitor body composition change for nutritional evaluation.

Kim, H.S., Lee, E.S., Lee, Y.J., Jae Ho Lee, C., T.L., & Cho, Y.J (2015) Clinical Application of Bioelectrical Impedance Analysis and its Phase Angle For Nutritional Assessment of Critically Ill Patients. Journal of the Korean Society for Parenteral and Enteral Nutrition, 7(2), 54-61

Nephrology

Gain valuable insights into the hydration and nutrition status of dialysis patients.

Ando, M., Suminaka, T., Shimada, N., Asano, K., Ono, J. I., Jikuya, K., & Mochizuki, S. (2018). Body water balance in hemodialysis patients reflects nutritional, circulatory, and body fluid status. Journal of Biorheology, 32(2), 46-55.

Rehabilitation

Monitor injury and post-surgical recovery.

Yoshimura, Y., Bise, T., Nagano, F., Shimazu, S., Shiraishi, A., Yamaga, M., & Koga, H., (2018). Systemic inflammation in the recovery stage of stroke: its association with sarcopenia and poor functional rehabilitation outcomes. Progress in Rehabilitation Medicine, 3, 20180011.

Professional Sports

Manage body composition to enhance performance and minimize injury risk.

Almăjan-Guță, B., Rusu, A., M., Nagel, A., & Avram, C., (2015). Injury frequency and body composition of elite Romanian rugby players. Timisoara Physical Education and Rehabilitation Journal, 8(15), 17-21.

Geriatric

Monitor muscle mass screen sarcopenia with SMI, which are related to risks of fall and frailty.

Yoshimura, Y., Wakabayashi, H., Bise, T., & Tanoue, M., (2018). Prevalence of sarcopenia and its association with activities of daily living and dysphagia in convalescent rehabilitation ward inpatients. Clinical Nutrition, 37(6), 2022-2028.

Cardiology

Pre-screen the risk factors of cardiovascular disease.

Thomas, E., Gupta, P., P., Fonarow, G., C., & Horwich, T., B., (2019). Bioelectrical impedance analysis of body composition and survival in patients with heart failure. Clinical cardiology, 42(1), 129-135.

InBody970S Highlights

InBody's Accurate 3MHz Measurement Technology

The 3MHz frequency penetrates cell membranes more effectively, providing a clearer reflection of Total Body Water. This technology allows for a more accurate distinction between Intracellular and Extracellular Water, particularly benefiting patients with unstable body water balance. It also enables precise measurements across a wide range of individuals, including athletes and those with extreme conditions, ensuring reliable results.

Innovative Body Composition Measurement Technology

InBody's exclusive microprocessor is a suitable term if you're referring to a specialized or custom-designed chip used in your devices. This term effectively conveys that the chip is unique to InBody and emphasizes its role as the central processing unit within your system.

130+ Parameters for In-depth Analysis

Providing 130+ Parameters in 6 different Result Sheets: Body Composition Result Sheet, Body Water Result Sheet, Evaluation Result Sheet, Research Result Sheet, Comparison Result Sheet, Body Composition Result Sheet for Children.

Smart InBody Measurement

The ID recognition process can be performed quickly and with ease by using the InBodyBand, Fingerprint, or Barcode scanner.

Comprehensive Parameters for Professionals

Body Water Balance

ECW Ratio Analysis

Whole Body ECW (Extracellular Water) Ratio and Segmental ECW Ratio offer a precise assessment of health status regarding the body water balance. This ratio is calculated by dividing Total Body Water (TBW) into Extracellular Water (ECW). And only in a healthy population, a balanced ratio between ECW and Intracellular Water (ICW) is maintained.
When health issues arise, this ratio can become imbalanced, indicating potential health concerns.

Cellular Integrity Check

Phase Angle

The human body comprises 36 trillion cells, and understanding cell health is crucial for overall well-being. The Phase Angle is a key parameter in assessing cell health and overall physiological status. It reflects the relationship between resistance in Total Body Water and reactance in cell membrane. A higher Phase Angle indicates better cell membrane integrity, and well-balanced fluid, suggesting healthier cells. Last but not least, with the addition of Whole Body Phase Angle History, users can intuitively track and monitor their health trends over time.

Sarcopenia Assessment

SMI(Skeletal Muscle Mass Index)

Sarcopenia, assigned the diagnosis code M62.84 by WHO, is acknowledged as a disease rather than just a natural phenomenon.
It can be easily assessed and evaluated using the Skeletal Muscle Mass Index (SMI)* and Hand Grip Strength**, allowing for comprehensive evaluation and personalized consultations.

* Skeletal Muscle Mass Index (SMI) is calculated by taking the sum of the Appendicular Muscle Mass (in kilograms) and dividing it by the square of the person's height (in meters).

** Hand Grip Strength is available with connections to the InBody Handgrip Dynamometer (IB-HGS, optional).

InBody Big Data Solution

Evaluation Result Sheet

InBody Big Data consists of over 130 million body composition measurements collected worldwide. This extensive dataset offers valuable health insights by allowing you to compare your results with those of both younger age groups and people of your own age. It also shows how your measurements differ from the average, using graphs that highlight both the average and the standard deviation.

* Data as of August 2024.

Body Composition Result Sheet

InBody [InBody970S]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	03.31.2025 15 : 44

7 **Customized Logo**

www.customized.com

1 Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	27.7 (27.0 ~ 33.0)	27.7	35.4 (34.7 ~ 42.3)	37.6 (36.7 ~ 44.8)	59.1 (45.0 ~ 60.8)
Protein (kg)	7.3 (7.2 ~ 8.8)				
Minerals (kg)	2.65 (2.49 ~ 3.05)	non-osseous			
Body Fat Mass (kg)	21.5 (10.6 ~ 16.9)				

2 Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.1	
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	19.8	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	21.5	

3 Obesity Analysis

	Under	Normal	Over
BMI (kg/m²) Body Mass Index	10.0 15.0 18.5 21.5 25.0 30.0 35.0 40.0 45.0 50.0 55.0	24.0	
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0	36.3	

4 Segmental Lean Analysis

Based on ideal weight ■ Based on current weight ■

	Under	Normal	Over	ECW Ratio
Right Arm (kg) (%)	40 60 80 100 120 140 160 180 200 %	2.00 99.8		0.378
Left Arm (kg) (%)	40 60 80 100 120 140 160 180 200 %	1.92 95.7		0.379
Trunk (kg) (%)	70 80 90 100 110 120 130 140 150 %	17.7 97.4		0.398
Right Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.24 82.8		0.403
Left Leg (kg) (%)	70 80 90 100 110 120 130 140 150 %	5.16 81.5		0.404

5 ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450	0.398	

6 Body Composition History

	07.21.24 15:11	08.27.24 14:58	09.20.24 15:02	11.23.24 15:23	12.21.24 15:00	02.19.25 14:52	03.20.25 15:12	03.31.25 15:44
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg) Skeletal Muscle Mass	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.8
PBF (%) Percent Body Fat	41.3	40.7	39.2	39.0	39.4	38.6	37.7	36.3
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.398

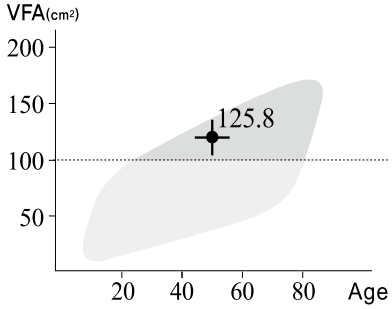
☑ Recent ☐ Total

8 InBody Score

69 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

9 Visceral Fat Area



10 Weight Control

Target Weight	52.9 kg
Weight Control	-6.2 kg
Fat Control	- 9.3 kg
Muscle Control	+ 3.1 kg

11 Research Parameters

Intracellular Water	16.7 L	(16.7~20.5)
Extracellular Water	11.0 L	(10.3~12.5)
Basal Metabolic Rate	1183 kcal	(1255~1451)
Waist-Hip Ratio	0.97	(0.75~0.85)
Body Cell Mass	24.0 kg	(23.9~29.3)

12 Whole Body Phase Angle

ϕ(°) 50 kHz | 4.3°

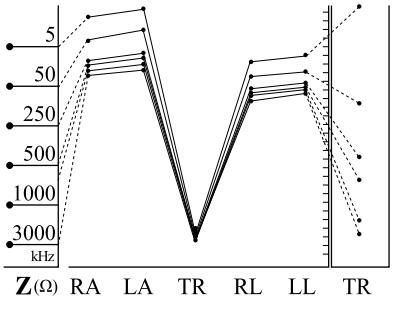
13 Segmental Phase Angle

ϕ(°)	RA	LA	TR	RL	LL
5 kHz	1.8	1.7	4.7	1.7	1.6
50 kHz	4.5	4.1	5.7	4.0	3.8
250 kHz	4.3	3.8	5.6	2.9	2.9

14 Sarcopenia Parameters

SMI	5.8 kg/m²	(< 5.7)
HGS	15.8 kg	(< 18.0)

15 Impedance



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Result Sheet Interpretation

1 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.

2 Muscle-Fat Analysis

The balance between Skeletal Muscle Mass and Body Fat Mass is a key health indicator. Muscle-Fat Analysis shows this balance by comparing the length of the bars for Weight, Skeletal Muscle Mass, and Body Fat Mass.

3 Obesity Analysis

Accurate obesity analysis cannot be performed using BMI, but the ratio of Body Fat compared to the weight, which is called the Percent Body Fat, must be assessed. The InBody970S can detect hidden health risks like Sarcopenic Obesity, in which a person appears slim on the outside but has a high Percent Body Fat.

4 Segmental Lean Analysis

Analyzing the lean mass in each segment helps identify imbalances and insufficiently developed lean mass, which can be used to develop targeted exercise programs. The lean mass of the arms, trunk, and legs are represented by two bars. The top bar shows how much lean mass there is in a segment compared to the ideal weight, and the bottom bar shows how sufficient the lean mass is to support your current weight.

5 ECW Ratio Analysis

The Extracellular Water Ratio shows the balance status of body water. The ratio between Intra and Extracellular Water remains constant at about 3:2 ratio in healthy individuals. When this balance is broken down, edema may occur.

6 Body Composition History

Using Body Composition History, you can monitor changes in Weight, Skeletal Muscle Mass, Percent Body Fat, and ECW Ratio. Taking regular InBody Tests and monitoring changes in body composition is a good step toward a healthier life.

7 Logo Customization

The Customized Logo can be applied on the Result Sheet.
URL can also be placed at the bottom of the Result Sheet as well.

8 InBody Score

Unique index created by InBody to make it easier to understand the current body composition status.
The standard range is between 70 - 90 points, and based on the weight control, the point +, - from 80 points.

9 Visceral Fat Area

Visceral Fat Area is the estimated area of the fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Area under 100 cm^2 to minimize the risk of Visceral Fat related diseases.

10 Weight Control

Weight Control shows the recommended weight, fat, and muscle mass for a healthy body. The '+' means to gain and the '-' means to lose. Use the weight control to set your own goal.

11 Research Parameters

Various research parameters are provided, including Basal Metabolic Rate, Waist-Hip Ratio, Obesity Degree, Skeletal Muscle Mass Index (SMI), Body Cell Mass, and more.

12 Whole Body Phase Angle

Phase Angle is related to the health status of the cell membrane. Strengthening of the cellular membrane and structural function will increase the Phase Angle, while damage or a decrease in function will lead to a decreased Phase Angle.

13 Segmental Body Phase Angle

Segmental Phase Angle indicates the Phase Angle of each part of the body, representing the level of structural integrity and function of the cell membrane.

14 Sarcopenia Parameters

Sarcopenia is now recognized as a disease. Skeletal Muscle Mass Index (SMI) and Hand Grip Strength (HGS) measurements provide precise assessments for sarcopenia patients, enabling healthcare professionals to develop tailored care plans for effective management.

15 Impedance

Impedance is the resistance that occurs when micro-alternating current is applied to the human body.
InBody visualizes the impedance with the graph.
You can easily detect if there is a reversed impedance error by checking crossed lines in the impedance graph.
Below the impedance graph, you can also check the error codes.

Body Water Result Sheet

InBody Body Water

[InBody970S]

InBody
inbody.com

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	03.31.2025 15 : 44

Body Water Composition

	Under	Normal	Over
TBW Total Body Water (L)		27.7	
ICW Intracellular Water (L)		16.7	
ECW Extracellular Water (L)		11.0	

ECW Ratio Analysis

	Under	Normal	Over
ECW Ratio		0.398	

Segmental Body Water Analysis

	Under	Normal	Over
Right Arm (L)		1.55	
Left Arm (L)		1.49	
Trunk (L)		13.9	
Right Leg (L)		4.11	
Left Leg (L)		4.05	

Segmental ECW Ratio Analysis

Body Water Composition History

	07.21.24 15:11	08.27.24 14:58	09.20.24 15:02	11.23.24 15:23	12.21.24 15:00	02.19.25 14:52	03.20.25 15:12	03.31.25 15:44
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
TBW Total Body Water (L)	28.3	28.0	28.0	27.9	27.9	27.6	27.8	27.7
ICW Intracellular Water (L)	17.0	16.9	16.9	16.8	16.8	16.7	16.7	16.7
ECW Extracellular Water (L)	11.3	11.1	11.1	11.0	11.1	10.9	11.1	11.0
ECW Ratio	0.399	0.398	0.396	0.396	0.397	0.396	0.398	0.398

☑ Recent ☐ Total

Body Composition Analysis

Protein	7.3 kg	(7.2 ~ 8.8)
Minerals	2.65 kg	(2.49 ~ 3.05)
Body Fat Mass	21.5 kg	(10.6 ~ 16.9)
Fat Free Mass	37.6 kg	(36.7 ~ 44.8)
Bone Mineral Content	2.21 kg	(2.05 ~ 2.51)

Muscle-Fat Analysis

Weight	59.1 kg	(45.0 ~ 60.8)
Skeletal Muscle Mass	19.8 kg	(20.0 ~ 24.4)
Soft Lean Mass	35.4 kg	(34.7 ~ 42.3)
Body Fat Mass	21.5 kg	(10.6 ~ 16.9)

Obesity Analysis

BMI	24.0 kg/m²	(18.5 ~ 25.0)
PBF	36.3 %	(18.0 ~ 28.0)

Research Parameters

Basal Metabolic Rate	1183 kcal	(1255 ~ 1451)
Waist-Hip Ratio	0.97	(0.75 ~ 0.85)
Waist Circumference	88.2 cm	
Visceral Fat Area	125.8 cm2	
Obesity Degree	112 %	(90 ~ 110)
Body Cell Mass	24.0 kg	(23.9 ~ 29.3)
Arm Circumference	30.3 cm	
Arm Muscle Circumference	25.8 cm	
TBW/FFM	73.7 %	
FFMI	15.3 kg/m2	
FMI	8.7 kg/m2	

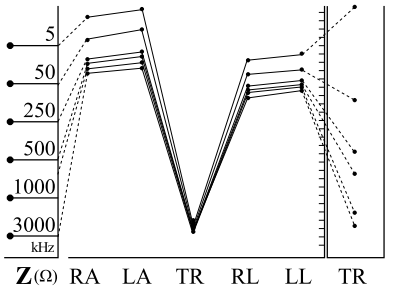
Whole Body Phase Angle

ϕ(°) 50 kHz | 4.3°

Segmental Phase Angle

	RA	LA	TR	RL	LL
ϕ(°) 5 kHz	1.8	1.7	4.7	1.7	1.6
50 kHz	4.5	4.1	5.7	4.0	3.8
250 kHz	4.3	3.8	5.6	2.9	2.9

Impedance



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Evaluation Result Sheet

InBody Evaluation

[InBody970S]

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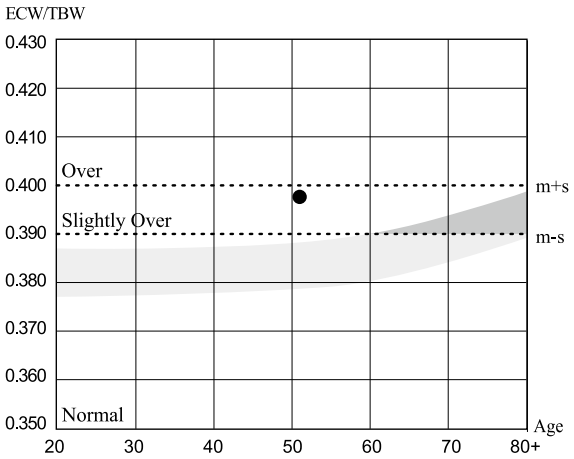
ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	03.31.2025 15 : 44

Body Water Evaluation

Whole Body ECW Ratio

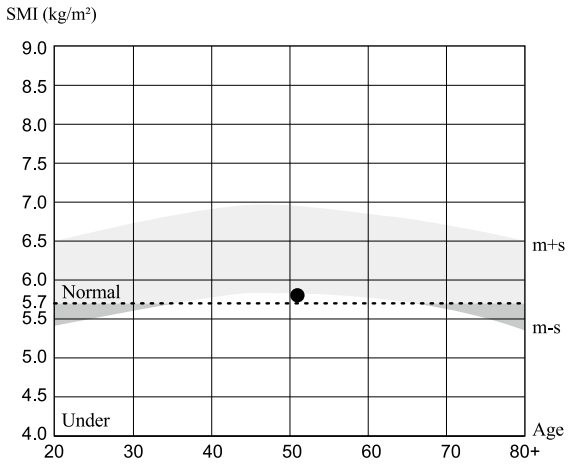


Ref. values from InBody

ECW/TBW	Young adults (T-score)	Age-matched (Z-score)
0.398	3.3	2.9

Muscle · Nutrition Evaluation

Skeletal Muscle mass Index

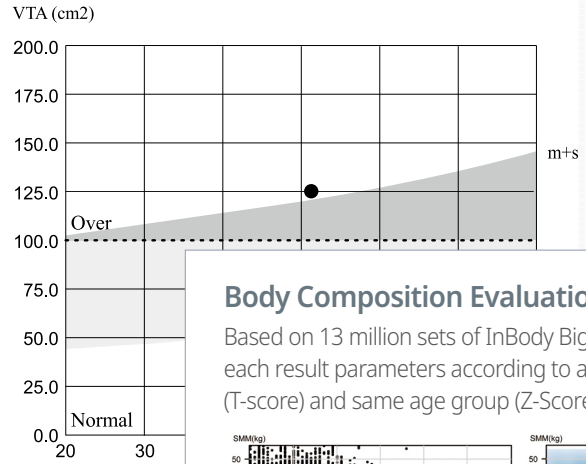


Cruz-Jentoft et al. Age ageing 2019 Jan 1:48(1):16-31
Ref. values from InBody

SMI (kg/m²)	Young adults (T-score)	Age-matched (Z-score)
5.8	- 0.5	- 1.0

Research Parameters

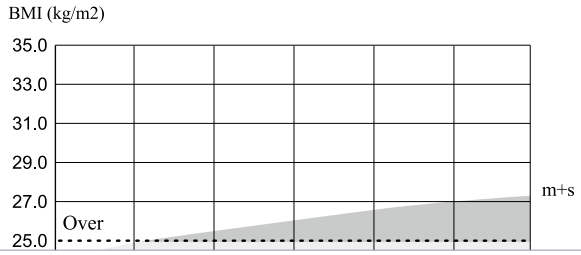
Visceral Fat Area



VFA (cm²)
125.8

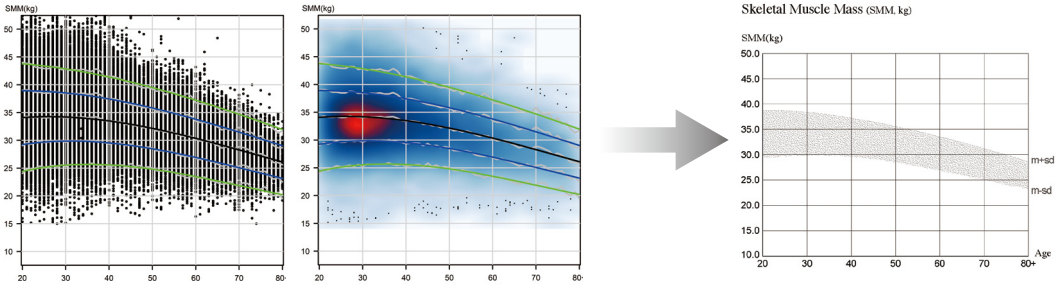
Muscle · Nutrition Evaluation

Body Mass Index



Body Composition Evaluation by Age Based on InBody Big Data

Based on 13 million sets of InBody Big Data, InBody provides averages and standard deviation graphs for each result parameters according to age. It allows for comparative evaluation between young age group (T-score) and same age group (Z-Score) for a more objective body composition analysis.



* *InBody Big Data is used for the evaluation by age which is shown as T-Score and Z-score that indicate the relative position of subject. It does not affect the subjects' body composition analysis result.*

* *Depending on the country, the graph will be set differently.*

Research Result Sheet

InBody Research [InBody970S]

InBody
inbody.com

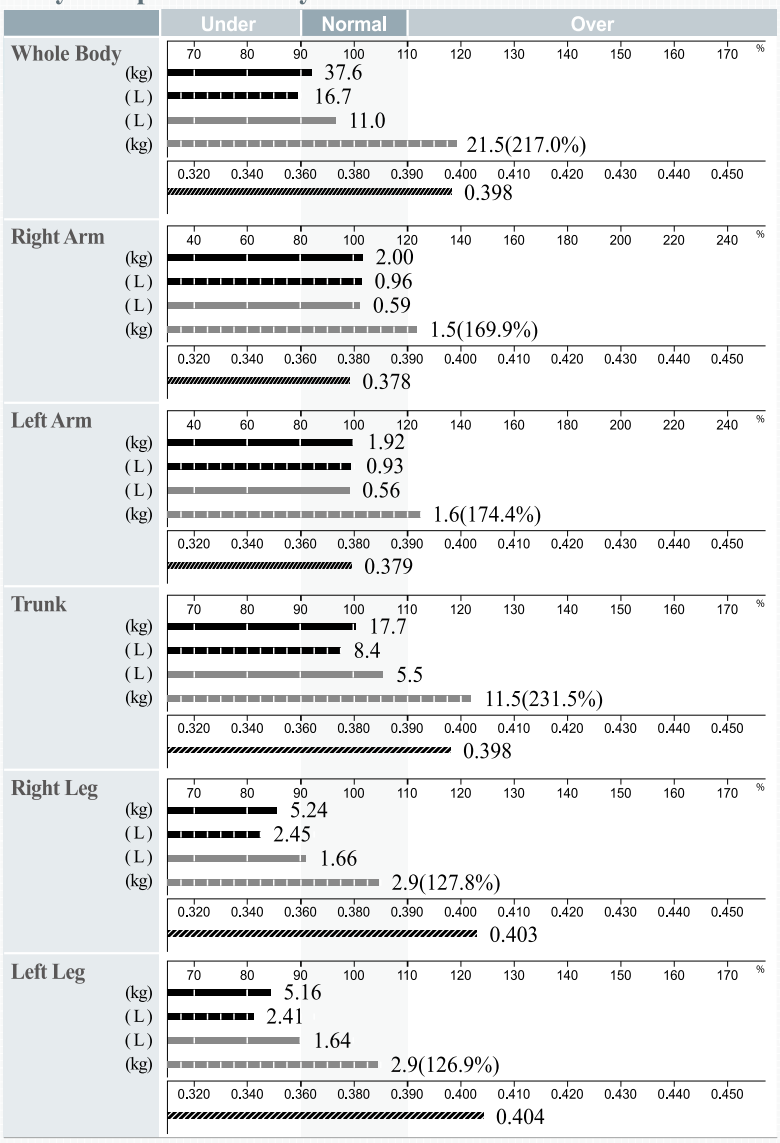
ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	03.31.2025 15 : 44

Body Composition Summary

	FFM·Lean Mass	FM	ICW	ECW	TBW	ECW/TBW
Right Arm	2.00 kg	1.5 kg	0.96 L	0.59 L	1.55 L	0.378
Left Arm	1.92 kg	1.6 kg	0.93 L	0.56 L	1.49 L	0.379
Trunk	17.7 kg	11.5kg	8.4 L	5.5 L	13.9 L	0.398
Right Leg	5.24 kg	2.9kg	2.45 L	1.66 L	4.11 L	0.403
Left Leg	5.16 kg	2.9 kg	2.41 L	1.64 L	4.05 L	0.404
Whole Body	37.6 kg	21.5 kg	16.7 L	11.0 L	27.7 L	0.398
Weight		59.1 kg	* The difference between the whole body values and sum of segmental values are from the craniocervical region.			

Body Composition Analysis

Lean Mass ICW ECW
Fat Mass ECW/TBW



Research Parameters

Body Mass Index	24.0 kg/m²	(18.5~25.0)
Percent Body Fat	36.3 %	(18.0~28.0)
Skeletal Muscle Mass	19.8 kg	(20.0~24.4)
Soft Lean Mass	35.4 kg	(34.7~42.3)
Protein	7.3 kg	(7.2~8.8)
Mineral	2.65 kg	(2.49~3.05)
Bone Mineral Content	2.21 kg	(2.05~2.51)
Basal Metabolic Rate	1183 kcal	(1255~1451)
Waist Hip Ratio	0.97	(0.75~0.85)
Waist Circumference	88.2 cm	
Visceral Fat Area	125.8 cm²	
Obesity Degree	112 %	(90~110)
Body Cell Mass	24.0 kg	(23.9~29.3)
Arm Circumference	30.3 cm	
Arm Muscle Circumference	25.8 cm	
TBW/FFM	73.7 %	
Fat Free Mass Index	15.3 kg/m²	
Fat Mass Index	8.7 kg/m²	
Skeletal Muscle mass Index	5.8 kg/m²	

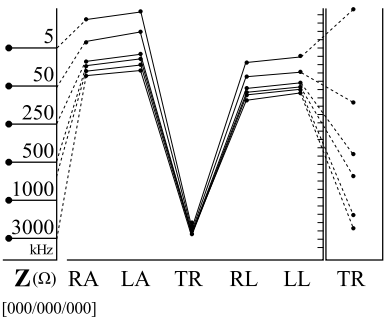
Whole Body Phase Angle

ϕ(°) 50 kHz | 4.3°

Segmental Phase Angle

	RA	LA	TR	RL	LL
ϕ(°) 5 kHz	1.8	1.7	4.7	1.7	1.6
50 kHz	4.5	4.1	5.7	4.0	3.8
250 kHz	4.3	3.8	5.6	2.9	2.9

Impedance



[000/000/000]

Comparison Result Sheet

InBody Comparison

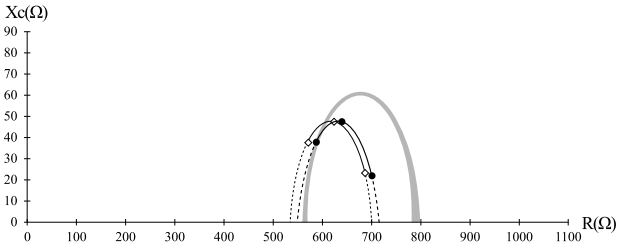
[InBody970S]

InBody
inbody.com

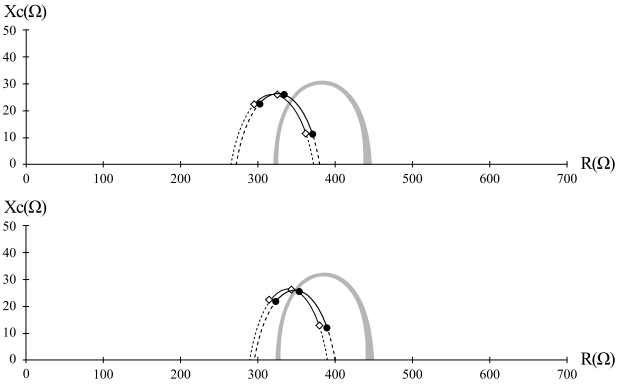
ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	03.31.2025 15 : 44

Standard median curve — Today's Results — Previous Results
(03.31.2025 15:44)

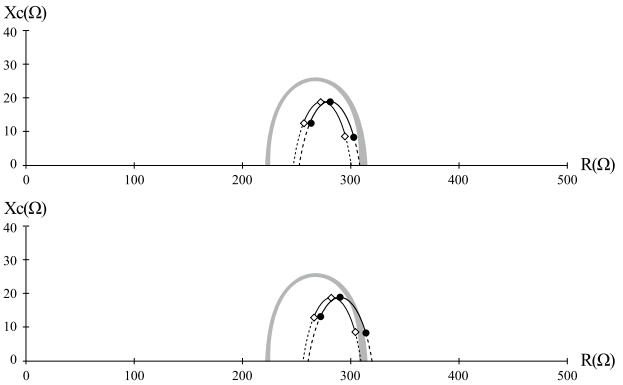
Whole Body		Today	Recent	Difference
Weight	(kg)	59.1	60.5	−1.4
SMM Skeletal Muscle Mass	(kg)	19.8	20.2	−0.4
Body Fat Mass	(kg)	21.5	22.2	−0.7
ECW Ratio		0.398	0.398	0.000
Phase Angle	(°)	4.3	4.4	−0.1



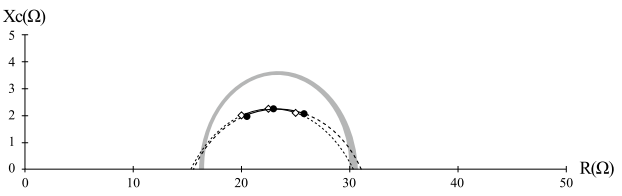
Right Arm		Today	Recent	Difference
Lean Mass	(kg)	2.00	2.06	−0.06
ECW Ratio		0.378	0.378	0.000
Phase Angle	(°)	4.5	4.5	0.0
Left Arm		**Today**	**Recent**	**Difference**
Lean Mass	(kg)	1.92	1.98	−0.06
ECW Ratio		0.379	0.378	+0.001
Phase Angle	(°)	4.1	4.3	−0.2



Right Leg		Today	Recent	Difference
Lean Mass	(kg)	5.24	5.34	−0.10
ECW Ratio		0.403	0.403	0.000
Phase Angle	(°)	4.0	4.1	−0.1
Left Leg		**Today**	**Recent**	**Difference**
Lean Mass	(kg)	5.16	5.26	−0.10
ECW Ratio		0.404	0.404	0.000
Phase Angle	(°)	3.8	3.8	0.0



Trunk		Today	Recent	Difference
Lean Mass	(kg)	17.7	18.0	−0.3
ECW Ratio		0.398	0.398	0.000
Phase Angle	(°)	5.7	5.7	0.0



Body Composition Result Sheet for Children

InBody [InBody970S]

InBody
inbody.com

ID	Height	Age	Gender	Test Date / Time
John Doe Jr.	139.4cm	10	Male	03.31.2025 16:40

Body Composition Analysis

Total amount of water in my body	Total Body Water	(L)	18.9 (18.0 ~ 22.0)
What I need to build muscles	Protein	(kg)	5.0 (4.9 ~ 5.9)
What I need for strong bones	Minerals	(kg)	1.80 (1.66 ~ 2.04)
Where my excess energy is stored	Body Fat Mass	(kg)	9.3 (3.8 ~ 7.7)
Sum of the above	Weight	(kg)	35.0 (27.3 ~ 36.9)

Muscle-Fat Analysis

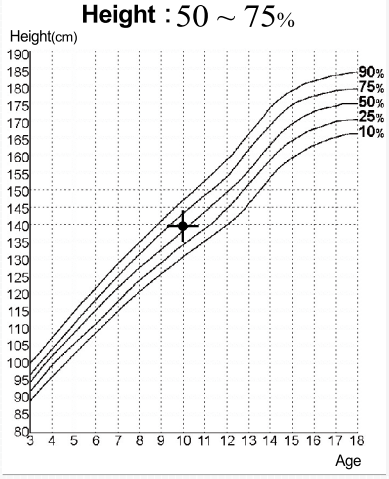
	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	35.0	
SMM Skeletal Muscle Mass (kg)	70 80 90 100 110 120 130 140 150 160 170 %	13.0	
Body Fat mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	9.3	

Obesity Analysis

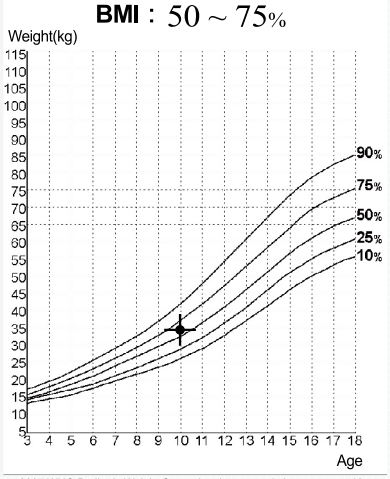
	Under	Normal	Over
BMI Body Mass Index (kg/m²)	7.9 10.9 13.9 16.4 18.6 20.2 22.2 24.2 26.2 28.2 30.2	18.0	
PBF Percent Body Fat (%)	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0	26.5	

Growth Graph

Height : 50 ~ 75%



BMI : 50 ~ 75%



* 2007 WHO Pediatric Weight Curve data is only available up to age 10.

Body Composition History

		07.15.23 14:22	11.19.23 09:30	01.29.24 15:18	03.15.24 11:00	06.21.24 15:00	09.19.24 14:52	12.20.24 15:12	03.31.25 16:40
Height	(cm)	134.5	135.2	136.4	137.2	137.9	138.5	139.0	139.4
Weight	(kg)	30.8	31.3	32.0	32.8	33.5	34.0	34.4	35.0
SMM Skeletal Muscle Mass	(kg)	12.5	12.7	12.8	13.0	13.1	13.1	13.2	13.0
PBF Percent Body Fat	(%)	20.4	20.7	21.6	22.3	23.1	24.3	25.1	26.5

☑ Recent ☐ Total

Growth Score

85 / 100 Points

* If tall and within great body comparison standards, the growth score may surpass 100 points.

Nutrition Evaluation

Protein	☑ Normal	☐ Deficient	
Minerals	☑ Normal	☐ Deficient	
Body Fat	☐ Normal	☐ Deficient	☑ Excessive

Obesity Evaluation

BMI	☑ Normal	☐ Under	☐ Slightly Over	☐ Over
PBF	☐ Normal	☐ Slightly Over	☑ Over	

Body Balance Evaluation

Upper	☑ Balanced	☐ Slightly Unbalanced	☐ Extremely Unbalanced
Lower	☑ Balanced	☐ Slightly Unbalanced	☐ Extremely Unbalanced
Upper-Lower	☑ Balanced	☐ Slightly Unbalanced	☐ Extremely Unbalanced

Segmental Lean Analysis

Right Arm	0.95 kg
Left Arm	0.94 kg
Trunk	10.8 kg
Right Leg	3.41 kg
Left Leg	3.37 kg

Research Parameters

Basal Metabolic Rate	925 kcal	(948 ~1077)
Child Obesity Degree	109 %	(90 ~110)

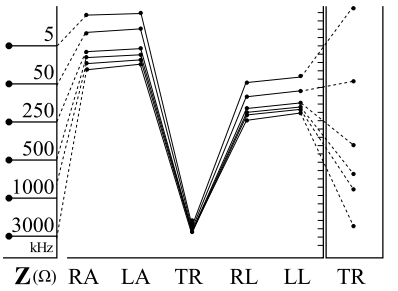
Whole Body Phase Angle

ϕ(°) 50 kHz | 4.3°

Segmental Phase Angle

	RA	LA	TR	RL	LL
ϕ(°) 5 kHz	1.4	1.4	3.0	1.9	1.8
50 kHz	3.6	3.3	6.8	5.0	4.8
250 kHz	3.7	3.6	9.4	5.0	4.9

Impedance



InBody-Health Check-up

1
STEP

Blood Pressure Test

Start measuring blood pressure with BPBIO, and the test result will automatically be transferred to InBody device.

2
STEP

Stadiometer Test

Measure your height with BSM. Accurate height measurement is crucial for a precise InBody Test.

3
STEP

Member Identification

Identify Members with InBodyBand, Fingerprint or Barcode Scanner.

4
STEP

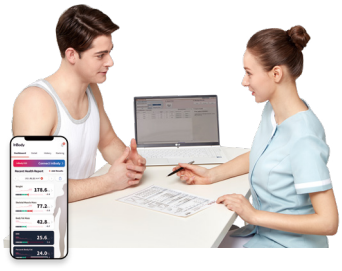
InBody Test

Take the InBody Test by stepping on the footplate and grabbing the handles.

5
STEP

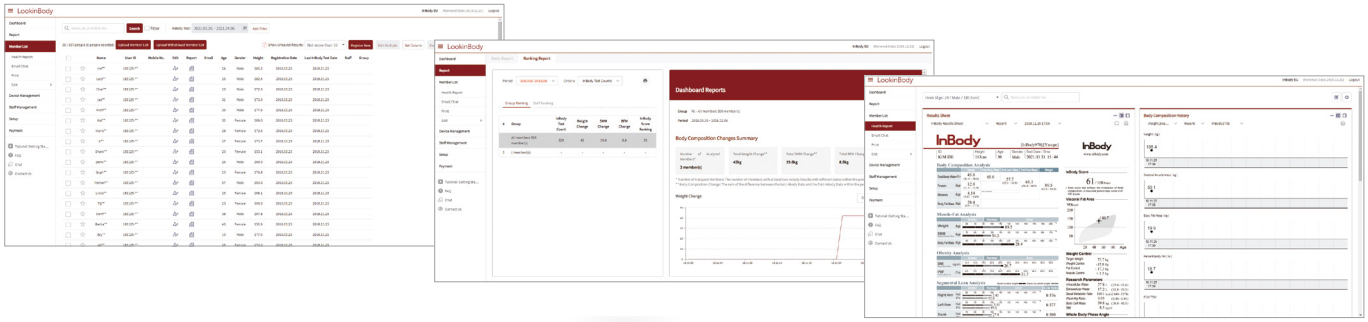
Get Your Result

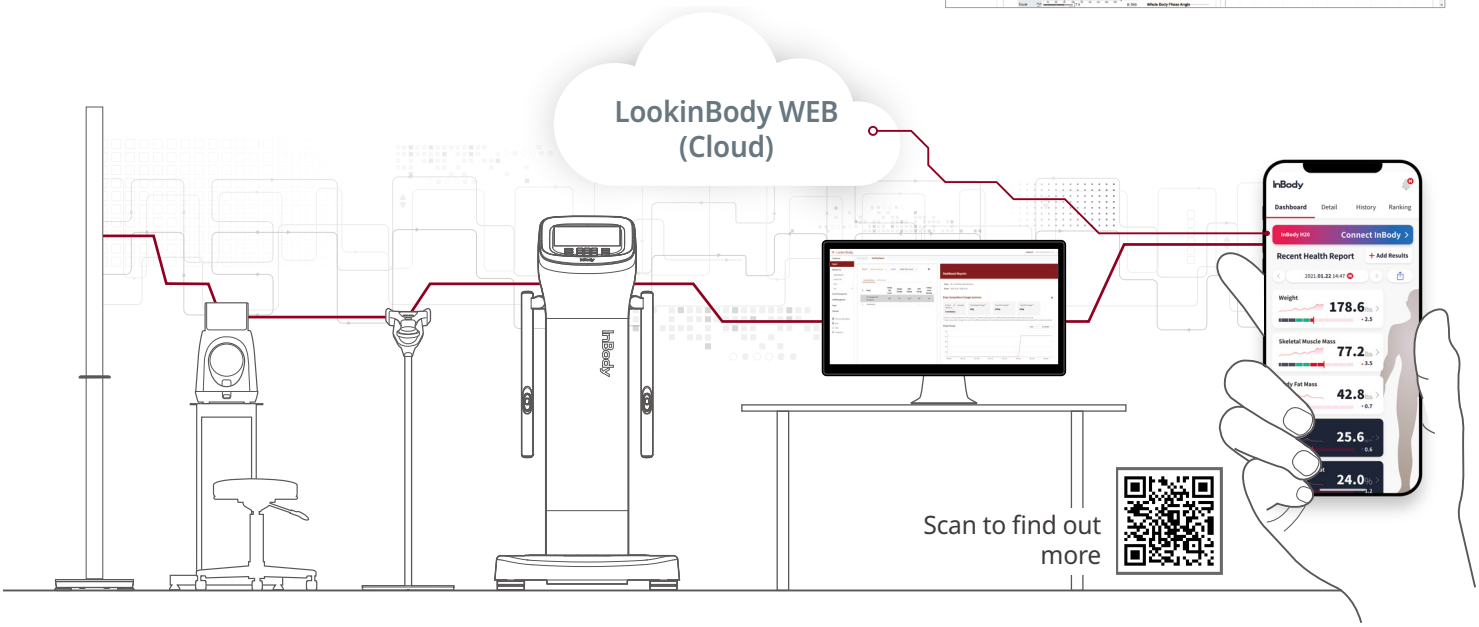
Get a comprehensive test result in one page and consult with professionals.



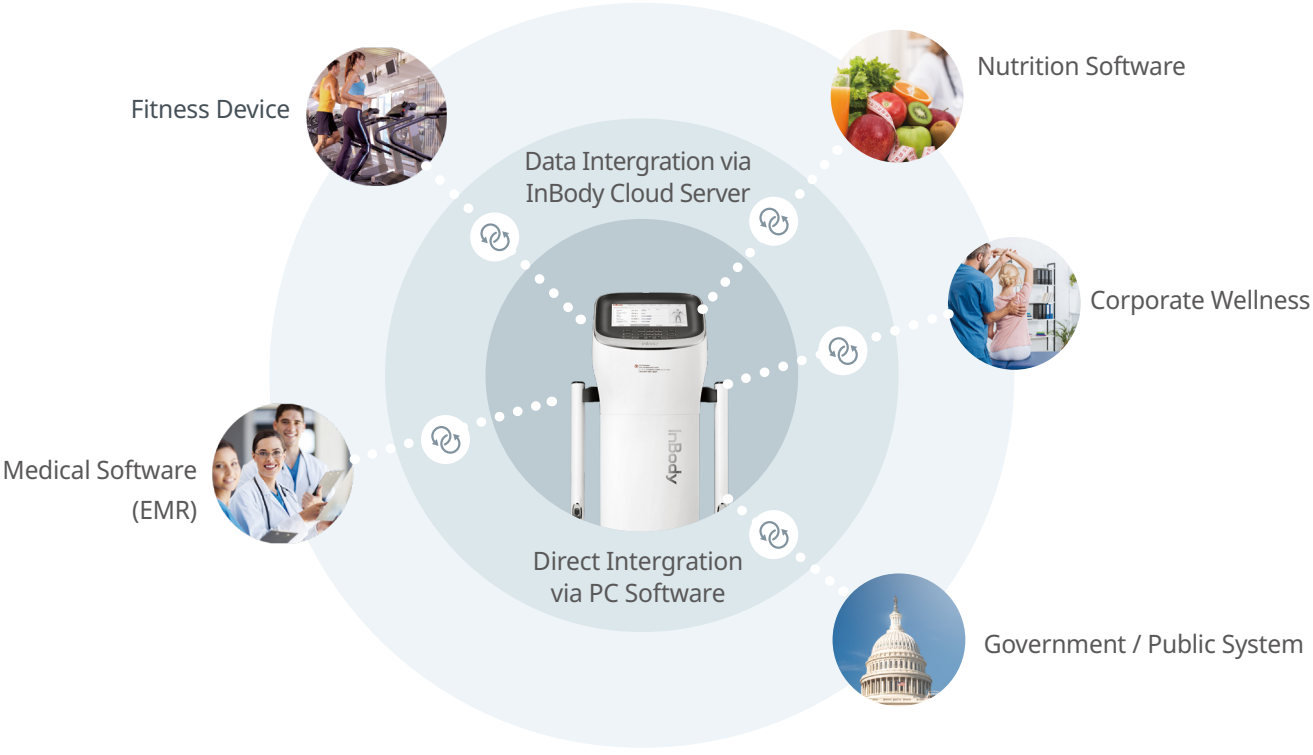
Data Management Program

LookinBody Web allows you to view InBody data through cloud, and provides an analytical dashboard by the branches, or staff.



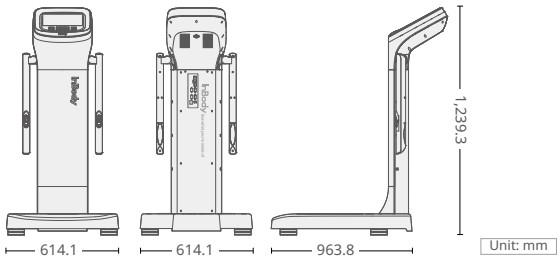


InBody Integration Solution



Specifications

InBody970S Body Composition Analyzer



Bioelectrical Impedance Analysis (BIA) Measurement Outputs	Impedance (Z)	30 Impedance Measurements by Using 6 Different Frequencies (5 kHz, 50 kHz, 250 kHz, 500 kHz, 1 MHz, 3 MHz) at Each of the 5 segments (Right Arm, Left Arm, Trunk, Right Leg, and Left Leg)
	Phase Angle (Ø)	15 Phase Angle Measurement by Using 3 Different Frequencies (5 kHz, 50 kHz, 250 kHz) at Each of 5 Segments (Right Arm, Left Arm, Trunk, Right Leg, and Left Leg)
	Z0, Z∞	At zero frequency, current does not pass through the cell membrane, so the impedance at zero frequency can be considered to reflect extracellular water, and at infinite frequency, the current can be seen to reflect both intracellular and extracellular water.
Measurement Method	· Direct Segmental Multi-Frequency Bioelectrical Impedance Analysis (DSM-BIA) · Simultaneous Multi-Frequency Bioelectrical Impedance Analysis (SMF-BIA)	
Electrode Method	Tetrapolar 8-Point Tactile Electrodes	
Body Composition Calculation Method	No use of Empirical Estimation	
Types of Result Sheet	Body Composition Result Sheet, InBody Result Sheet for Children, Body Water Result Sheet, Evaluation Result Sheet, Research Result Sheet, Comparison Result Sheet	
Digital Results	LCD Screen, LookinBody Web, LookinBody120	
Data Storage	Test results can be saved using the member ID. The InBody can save up to 100,000 results.	
Test Mode	Self Mode, Professional Mode	
Test Duration	About 30 Seconds	
Weight Range	2 - 300 kg (4.4 - 661.4 lb)	
Height Range	95 - 220 cm (3 ft 1.4 in - 7 ft 2.6 in)	
Age Range	3+ years	
Administrator Menu	· Setup: Settings Configuration and Data Management · FAQ: Additional Guidance for Using the InBody	
USB Thumb Drive	Copy, Back Up, or Restore the InBody Test Data (which can be viewed in Excel or with LookinBody data management software).	
Backup Data	Backup data from the device using an InBody USB or a USB thumb drive, and restore results as needed.	
Dimensions	614.1 (W) x 963.8 (L) x 1239.3 (H): mm 24.2 (W) x 37.9 (L) x 48.8 (H): in	
Device Weight	41.1 kg (90.6 lb)	
Applied Rating Current	300 μA (± 30 μA)	
Operation Environment	10 - 40 °C (50 - 104 °F), 30 - 75 % RH, 70 - 106 kPa	
Storage Environment	−20 - 70 °C (−4 - 158 °F), 10 - 95 % RH, 50 - 106 kPa (No condensation)	
Display Type	1280 × 800 10.1 inch Color TFT LCD	
Internal Interface	Touchscreen, Keypad	
External Interface	RS-232C 4 EA, USB Host 2 EA, USB Slave 1 EA, LAN (10/100 T) 1 EA, Bluetooth 1 EA, Wi-Fi (2.4 G/5 G) 1 EA	
Adapter	DELTA — Power Input: AC 100 - 240 V, 50 - 60 Hz, 1.5 A - 0.75 A	
	DELTA — Power Output: DC 12 V ⎓ , 5.0 A	
	Mean Well (GSM 40A12) — Power Input: AC 100 - 240 V, 50 / 60 Hz, 1.0 A - 0.5 A	
	Mean Well (GSM 40A12) — Power Output: DC 12 V ⎓ , 3.34 A	
Wireless Connection	Bluetooth, Wi-Fi	
Compatible Items	Stadiometer, Blood Pressure Monitor, InBodyBAND Series (starting provided by InBodyBAND2), InGrip	
Compatible Printer	Laser/Inkjet PCL 3 or above and SPL	
InBodyBAND Series Recognition Function	Recognizes the InBodyBAND series of the subject and automatically inputs personal information to the InBody (starting provided from InBodyBAND)	
Fingerprint Recognition Function	Recognizes the fingerprint of the measurer and automatically inputs personal information to the InBody	
Notification Sounds and Voice Guidance	Notification sounds (test in progress, saving settings, personal information, etc.) and voice guidance during the test	
Logo Display	Name, Address and Content Information can be shown on the Result Sheet	
QR Code	By scanning QR codes, you can send and verify the InBody results.	
Language Support	InBody supports over 30 languages.	

Outputs (InBody Result Sheet)	Results and Interpretations · Body Composition Analysis (Total Body Water, Protein, Mineral, Body Fat Mass, Weight) · Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass) · Obesity Analysis (Body Mass Index, Percent Body Fat) · Segmental Lean Analysis · ECW Ratio Analysis (ECW Ratio) · Body Composition History (Weight, Skeletal Muscle Mass, Percent Body Fat, ECW Ratio) · InBody Score · Whole Body Phase Angle (History) · SMI (History) · Visceral Fat Area (Graph) · Body Type (Graph) · Weight Control (Target Weight, Weight Control, Fat Control,Muscle Control) · Nutrition Evaluation (Protein, Minerals, Body Fat) · Obesity Evaluation (BMI, Percent Body Fat) · Body Balance Evaluation (Upper, Lower, Upper-Lower) · Segmental Fat Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Body Water Composition (Total Body Water, Intracellular Water, Extracellular Water) · Segmental Body Water Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Segmental ICW Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg)	· Segmental ECW Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Body Composition Analysis · Muscle-Fat Analysis · Obesity Analysis (BMI, PBF) · Segmental Circumference (Neck, Chest, Abdomen, Hip, Right Arm, Left Arm, Right Thigh, Left Thigh) · Waist-Hip Ratio (Graph) · Visceral Fat Level (Graph) · Research Parameters (Intracellular Water, Extracellular Water, Skeletal Muscle Mass, Fat Free Mass, Basal Metabolic Rate, Waist-Hip Ratio, Waist Circumference, Visceral Fat Level, Visceral Fat Area, Obesity Degree, Body Cell Mass, Arm Circumference, Arm Muscle Circumference, TBW/FFM, FFMI, FMI, SMI, SMM/WT, ECM/BCM, TBW/WT, Adjusted FFM, Adjusted SMI, Recommended calorie intake per day) · Calorie Expenditure of Exercise · Sarcopenia Parameters (SMI, HGS) · Blood Pressure (Systolic, Diastolic, Pulse, Mean Artery Pressure, Pulse, Rate Pressure Device) · QR code · Result Interpretation QR code · Whole Body Phase Angle (50 kHz: the right side of the body) · Segmental Phase Angle (5 kHz, 50 kHz, 250 kHz: Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · BIVA (Bioelectrical Impedance Vector Analysis) · Impedance (Z0, Z∞) · Impedance Graph (Each segment and each frequency)
Outputs (InBody Result Sheet for Children)	Results and Interpretations · Body Composition Analysis (Total Body Water, Protein, Mineral, Body Fat Mass, Fat Free Mass, Weight) · Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass) · Obesity Analysis (Body Mass Index, Percent Body Fat) · Growth Graph (Height, Weight, BMI) · Body Composition History (Height, Weight, Skeletal Muscle Mass, Percent Body Fat) · Whole Body Phase Angle (History) · SMI (History) · Growth Score · Weight Control (Target Weight, Weight Control, Fat Control, Muscle Control) · Nutrition Evaluation (Protein, Minerals, Fat Mass) · Obesity Evaluation (BMI, Percent Body Fat) · Body Balance Evaluation (Upper, Lower, Upper-Lower)	· Segmental Lean Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Segmental Body Water Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Research Parameters (Intracellular Water, Extracellular Water, Skeletal Muscle Mass, Fat Free Mass, Basal Metabolic Rate, Child Obesity Degree, Bone Mineral Content, Body Cell Mass, FFMI, FMI, SMI, SMM/WT, ECM/BCM, TBW/WT) · Sarcopenia Parameters (SMI, HGS) · Blood Pressure (Systolic, Diastolic, Pulse, Mean Artery Pressure, Pulse, Rate Pressure Device) · QR code · Result Interpretation QR code · Whole Body Phase Angle (50 kHz) · Segmental Phase Angle (5 kHz, 50 kHz, 250 kHz: Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Impedance Graph (Each segment and each frequency)
Outputs (Body Water Result Sheet)	Results and Interpretations · Body Water Composition (Total Body Water, Intracellular Water, Extracellular Water) · ECW Ratio Analysis (ECW Ratio) · Segmental Body Water Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Segmental ECW Ratio Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Body Water Composition History (Weight, Total Body Water, Intracellular Water, Extracellular Water, ECW Ratio) · InBody Score · Whole Body Phase Angle (History) · SMI (History) · Visceral Fat Area (Graph) · Body Type (Graph) · Weight Control · Nutrition Evaluation · Obesity Evaluation (BMI, Percent Body Fat) · Body Balance Evaluation · Segmental Fat Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Body Water Composition (Total Body Water, Intracellular Water, Extracellular Water) · Segmental Body Water Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Segmental ICW Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Segmental ECW Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg)	· Body Composition Analysis (Protein, Minerals, Body Fat Mass, Soft Lean Mass, Bone Mineral Content) · Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Soft Lean Mass, Body Fat Mass) · Obesity Analysis (Body Mass Index, Percent Body Fat) · Segmental Circumference (Neck, Chest, Abdomen, Hip, Right Arm, Left Arm, Right Thigh, Left Thigh) · Waist-Hip Ratio (Graph) · Visceral Fat Level (Graph) · Research Parameters (Intracellular Water, Extracellular Water, Skeletal Muscle Mass, Fat Free Mass, Basal Metabolic Rate, Waist-Hip Ratio, Waist Circumference, Visceral Fat Level, Visceral Fat Area, Obesity Degree, Bone Mineral Content, Body Cell Mass, Arm Circumference, Arm Muscle Circumference, TBW/FFM, FFMI, FMI, SMI, SMM/WT, ECM/ BCM, TBW/WT, Adjusted FFM, Adjusted SMI, Recommended calorie intake per day) · Calorie Expenditure of Exercise · Sarcopenia Parameters (SMI, HGS) · Blood Pressure (Systolic, Diastolic, Pulse, Mean Artery Pressure, Pulse, Rate Pressure Device) · QR code · Result Interpretation QR code · Whole Body Phase Angle (50 kHz) · Segmental Phase Angle (5 kHz, 50 kHz, 250 kHz: Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · BIVA (Bioelectrical Impedance Vector Analysis) · Impedance (Z0, Z∞) · Impedance (Each segment and each frequency)
Outputs (Research Result Sheet)	Results and Interpretations · Body Composition Summary (Fat Free Mass, Fat Mass, Intracellular Water, Extracellular Water, Total Body Water, ECW/TBW: Whole Body, Right Arm, Left Arm, Trunk, Right Leg, Left Leg, Whole Body Weight) · Body Composition Analysis (Lean Mass, ICW, ECW, Fat Mass, ECW/TBW): Whole Body, Right Arm, Left Arm, Trunk, Right Leg, Left Leg	· Research Parameters (BMI, Percent Body Fat, Skeletal Muscle Mass, Soft Lean Mass, Protein, Minerals, Bone Mineral Content, Basal Metabolic Rate, Waist-Hip Ratio, Waist Circumference, Visceral Fat Area, Obesity Degree, Body Cell Mass, Arm Circumference, Arm Muscle Circumference, TBW/FFM, FFMI, FMI, SMI) · Whole Body Phase Angle (50 kHz) · Segmental Phase Angle (5 kHz, 50 kHz, 250 kHz: Right Arm, Left Arm, Trunk, Right Leg, Left Leg) · Impedance Graph (Each segment and each frequency)
Outputs (Comparison Result Sheet)	Results and Interpretations · Weight, Skeletal Muscle Mass, Body Fat Mass, ECW Ratio, Phase Angle: Whole Body (Today, Recent, Difference)	· Lean Mass, ECW Ratio, Phase Angle: Right Arm, Left Arm, Trunk, Right Leg, Left Leg (Today, Recent, Difference) · Cole-Cole Plot (Standard median curve, Today's Results, Previous Results)
Outputs (Evaluation Result Sheet)	Results and Interpretations · Body Bioelectrical Impedance Vector Analysis (BIVA) · Whole Body Phase Angle_50 kHz (PhA, Ø) (M ± SD, Percentile Graph) · Segmental Phase Angle_50 kHz (PhA, Ø) Balance · Whole Body ECW Ratio (ECW/TBW) (M ± SD, Percentile Graph) · ECW Ratio (ECW/TBW) Balance · TBW/WT (%) (M ± SD, Percentile Graph) · Percent Body Fat (PBF, %) (M ± SD, Percentile Graph) · Skeletal Muscle Mass and ECW Ratio (SMM, % & ECW/TBW) · Skeletal Muscle mass Index and ECW Ratio (SMI, kg/m² & ECW/TBW)	· Skeletal Muscle mass Index (SMI, kg/m²) (M ± SD, Percentile Graph) · Fat Free Mass Index (FFMI, kg/m²) (M ± SD, Percentile Graph) · Lean Mass (LM) Balance · Fat Mass Index (FMI, kg/m²) (M ± SD, Percentile Graph) · Skeletal Muscle Mass divided by WT (SMM/WT, %) (M ± SD, Percentile Graph) · Visceral Fat Area (VFA, cm²) (M ± SD, Percentile Graph) · Waist Hip Ratio (WHR) (M ± SD, Percentile Graph) · Weight (kg) (M ± SD, Percentile Graph) · Body Mass Index (BMI, kg/m²) (M ± SD, Percentile Graph) · Body Cell Mass (BCM, kg) (M ± SD, Percentile Graph) · ECM/BCM (M ± SD, Percentile Graph) · Outer Circumference (cm)

* The above content is subject to change without prior notice for the purpose of improving device appearance and performance.
* Note that this is a medical device, and use it with proper care and knowledge of its precautions and instructions.
* The results about Blood Pressure or Hand Grip Stength are only available when integrated with InBody Blood Pressure Monitor. (BPBIO Series) or InBody Handgrip Dynamometer (InGrip).
* "QR Code" is registered trademark of DENSO WAVE INCORPORATED.

InBody

See what you're made of

The power of InBody

InBody maintains a high brand position with the highest level of technology.

Certifications obtained by InBody

InBody complies with the quality management system according to international standards. We satisfy country-specific regulatory requirements that apply to product safety and performance, and provide related services.

CE 1639 NAWI ISO9001 ISO13485 MDSAP GMP

InBody's Intellectual Property Rights

InBody owns patents and intellectual property rights around the world (Korea, U.S, China, Japan) and provides products with high accurancy and reproducibillity based on this technology.

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