InBody370

Convenient and Accurate
Body Composition Analyzer

❶ **Body Composition Analysis** for essential and fundamental information of InBody Test

This section provides the accurate body composition analysis with standard range figures for reference. You can estimate
the current condition of your body comparing with normal range.

❷ **Muscle-Fat Analysis** that shows the balance of body composition

To know your actual body composition status, rather than just the weight value, see what your weight is made up.
The portion of skeletal muscle and body fat composition reflects whether your body is well balanced or not.

❸ **Obesity Diagnosis** that reveals hidden obesity

InBody370 offers widely used items for obesity diagnosis. BMI is generally known index to see the superficial obesity.
PBF is the actual value to diagnose the obesity considering the proportion of fat amount on the whole body.
WHR is one of the well known values to evaluate abdominal obesity.

❹ **Overall Evaluation** that clearly categorizes the results onto health check points

By evaluation check box, you can see your health status at a glance with its color; Blue for normal, and Red for warning
or attention.

❺ **Weight Control** that suggests personalized weight control

Based on individual body composition, InBody370 suggests the necessary amount of weight control. It is not to just care
the weight, but to control both fat and muscle amount for the better body composition.

❻ **Segmental Lean** that shows the balanced proportion of the body muscle.

Segmental Lean shows how well developed your muscle is for each part of the body. See where you should work on more.
Check up the body balance between upper / lower, and between left / right as well.

❼ **Segmental Fat** that shows the distribution of the body fat

You can check and manage fat mass on each segmental part of the body. Monitor each part of Percentage Body Fat and try to
keep them in 'Normal' range.

❽ **Exercise Planner** that provides the energy expenditure of each activity

With more than 20 activities, the result sheet provides the unit energy expenditure of each activity based on individual's weight.
Make a smart plan of exercise. You can calculate the amount of consumable calories and weight loss with Exercise Planner.

❾ **Fitness Score** based on the test result

The Fitness score provided for the examinees to easily track the body development.

❿ **Basal Metabolic Rate** (BMR) diagnosis for efficient treatment

The minimal energy to sustain life i.e. body temperature, breathing and calorie consumption, BMR is to decide the
recommended energy intake.

⓫ **Impedance** that proves the accuracy of InBody test as it shows the segmental values at various frequencies

InBody370 uses core technologies which guarantee accuracy of impedance index. Biospace proudly shows
impedance values of arms, legs and trunk at each frequency.

For Adult

InBody

ID	SKM00079-0008	Height	160
Age	29	Gender	Female
		Date	2012.05.03
		Time	09 : 24 : 10

BIOSPACE
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Doctor Lee

❶ Body Composition Analysis

	Values	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
T B W (ℓ) Total Body Water	24.6	31.6	33.7	51.6	27.4 ~ 33.5
Protein (kg)	6.6				7.3 ~ 9.0
Mineral (kg)	2.49	non-osseous			2.53 ~ 3.10
		osseous: 2.05			
Body Fat Mass (kg)	17.9				10.8 ~ 17.2

▶ Mineral is estimated.

❷ Muscle-Fat Analysis

	Under	Normal	Over	Normal Range
Weight (kg)			51.6 (55 70 85 100 115 130 145 160 175 190 205)	45.7 ~ 61.8
S M M (kg) Skeletal Muscle Mass		17.8 (70 80 90 100 110 120 130 140 150 160 170)		20.3 ~ 24.9
Body Fat Mass (kg)			17.9 (40 60 80 100 160 220 280 340 400 460 520)	10.8 ~ 17.2

UNIT:%

❸ Obesity Diagnosis

	Under	Normal	Over	Normal Range
B M I (kg/m²) Body Mass Index		20.1 (10 15 18.5 21.5 25 30 35 40 45 50 55)		18.5 ~ 25.0
P B F (%) Percentage Body Fat			34.7 (8 13 18 23 28 33 38 43 48 53 58)	18.0 ~ 28.0
W H R Waist-Hip Ratio		0.83 (0.65 0.70 0.75 0.80 0.85 0.90 0.95 1.00 1.05 1.10 1.15)		0.75 ~ 0.85

❹ Nutritional Evaluation

Protein	☐ Normal	☑ Deficient
Mineral	☐ Normal	☑ Deficient
Fat	☐ Normal	☐ Deficient / ☑ Excessive

Weight Management

Weight	☑ Normal	☐ Under / ☐ Over
SMM	☐ Normal / ☐ Strong	☑ Under
Fat	☐ Normal	☐ Under / ☑ Over

Obesity Diagnosis

BMI	☑ Normal	☐ Under / ☐ Over / ☐ Extremely Over
PBF	☐ Normal	☐ Over / ☑ Extremely Over
WHR	☑ Normal	☐ Over / ☐ Extremely Over

❺ Weight Control

Weight Control	+ 2.2 kg
Fat Control	- 5.5 kg
Muscle Control	+7.7 kg

❽ Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities.

Energy expenditure of each activity(base weight : 51.6kg / Duration : 30 min./unit : kcal)

Walking 103	Jogging 181	Bicycle 155	Swim 181	Mountain Climbing 168	Aerobic 181
Table tennis 117	Tennis 155	Football 181	Oriental Fencing 258	Gate ball 98	Badminton 117
Racket ball 258	Tae-kwon-do 258	Squash 258	Basketball 155	Rope jumping 181	Golf 91
Push-ups development of upper body	Sit-ups abdominal muscle training	Weight training backache prevention	Dumbbell exercise muscle strength	Elastic band muscle strength	Squats maintenance of lower body muscle

How to do
1. Choose practicable and preferable activities.
2. Energy expenditure for each is calculated when it is done for 30 mins.
3. Choose exercises that you are going to do for 7 days.
4. Calculate the total energy expenditure for a week.
5. Estimate expected total weight loss for a month using the formula shown below.

Calculation for expected total weight loss for a month (one month = 4weeks)
Total energy expenditure (kcal/week) x 4weeks ÷ 7700

❻ Segmental Lean

Lean Mass Evaluation
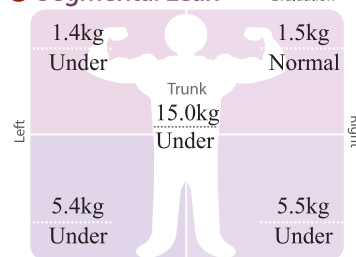
Left		Right
1.4kg Under		1.5kg Normal
	Trunk 15.0kg Under	
5.4kg Under		5.5kg Under

❼ Segmental Fat

PBF Fat Mass Evaluation

Left		Right
47.4% 1.3kg Normal		44.4% 1.2kg Normal
	Trunk 35.0% 8.6kg Over	
34.3% 3.0kg Normal		34.1% 3.0kg Normal
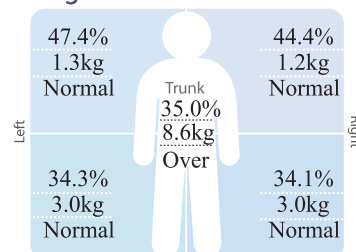
▶ Segmental Fat is estimated.

❾ Fitness Score

67 Points

❿ Basal Metabolic Rate

1097 kcal
(1174 ~ 1333)

⓫ Impedance

Z	RA	LA	TR	RL	LL
5 kHz	517.6	547.4	36.1	348.6	352.7
50 kHz	473.5	505.6	32.3	314.6	318.6
250 kHz	435.7	468.1	28.8	285.2	288.8
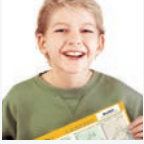
For Child

❶ Nutrition Condition assessment that is essential for future growth

Easily understandable explanation has been added on four major elements of human body.
Also, nutrition condition that is important for child's growth has been clearly assessed.

❷ Body balance table of weight, muscle, and body fat that assesses the qualitative growth

Balanced growth can occur when the ratio of muscle and body fat, which make up the weight, is in balance.

Check for the children's qualitative growth by looking at the body balance table shape of weight, muscle, and body fat.

'I' shape: Balance of weight, muscle and body fat.
The ratio of muscle and body fat is adequate.

'C' shape: Lack of muscle and much body fat.
Better to increase muscle or decrease body fat.

'D' shape: Strong and has lots of muscle.
Healthy state due to lots of muscle.

❸ Body balance that points the growth condition of the body part

It is important to know the comment of palm & foot marking which show the muscle state of arms & legs.

Based on the comment of palm & foot, it is possible to assess whether each part of the body is making balanced growth or not.

InBody

I.D.	Age	H
14	14	17

❶ Let's discover what my body is made up of ?

Occupying most of my body	Body Water	32.3 kg	Enough
Making muscle	Protein	8.5 kg	Too little
Making bones strong	Mineral	3.22 kg	Enough
Storing extra energy	Body Fat	26.4 kg	Too much

❷ Shall we check if my body is well balanced ?

			Under	Normal	Over
My total	Weight	70.4 kg	1 2 3 4	5 6	7 8 9 10
For a great body shape	Muscle	23.7 kg	1 2 3	4 5 6	7 8 9 10
Am I storing too much	Body Fat	26.4 kg	1 2 3 4 5	6	7 8 9 10

❸ Is my body growing well ?

Look at the comment of palm marking. It shows the muscle state of arms.

Look at the comment of foot marking. It shows the muscle state of legs.

		You are rather chubby.	It will be great if you grow more.
You are rather developed.	Good!	Length is ok but you need more muscle.	You look weak.
You are developed though you are slim.	Good enough.	You are lack of muscle.	You look too weak.
Your muscles are like an athlete player's.	Very good!	Your muscle is weak for the weight.	Your muscle is ok for the weight but you look weak.

Am I well balanced?
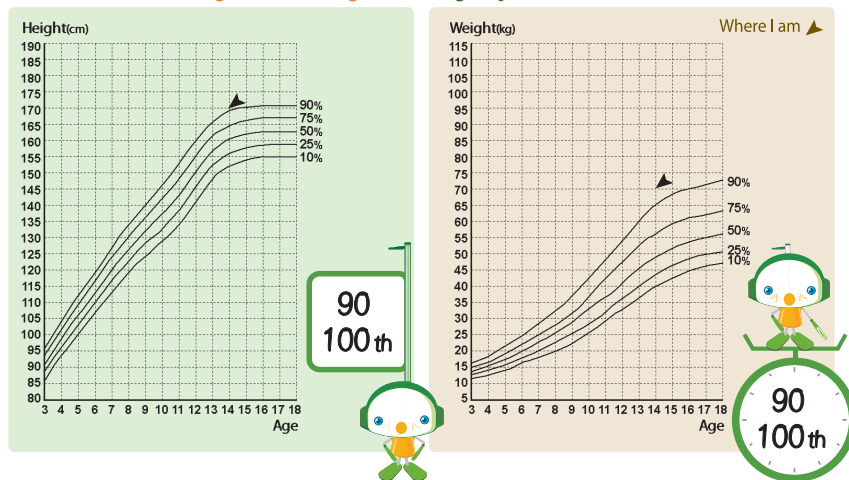
Arms	Balanced	Slightly Unbalanced	Extremely Unbalanced
Legs	Balanced	Slightly Unbalanced	Extremely Unbalanced
Arms & Legs	Balanced	Slightly Unbalanced	Extremely Unbalanced

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eight	Weight	Gender	Date / Time [InBody370]
70cm	70.4kg	Boy	2012.07.28/13:50

Where am I in height and weight among my 100 friends? The taller and the heavier, numbers will increase.

Height(cm)

190 185 180 175 170 165 160 155 150 145 140 135 130 125 120 115 110 105 100 95 90 85 80

90%
75%
50%
25%
10%

3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Age

90 100 th

Weight(kg)   Where I am ▲

115 110 105 100 95 90 85 80 75 70 65 60 55 50 45 40 35 30 25 20 15 10 5

90%
75%
50%
25%
10%

3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Age

90 100 th

What is my ideal weight ?

For my ideal muscle mass	Need to gain	4.6 kg
For my ideal body fat mass	Need to lose	11.9 kg
For my ideal weight	Need to lose	7.3 kg

So, what is my ideal weight?

63.1 kg

Evaluation of my body

BMI Body Mass Index	24.4 kg/m²	normal	under	over	extremely over
PBF Percentage Body Fat	37.5 %	normal	under	slightly over	extremely over
OD Obesity Degree	112 %	normal	weak	over weight	extremely over
BMR Basal Metabolic Rate	1321 kcal	normal	under	over	

What is my growth score?

81 Points

note

❽ Impedance
Z

	RA	LA	TR	RL	LL
5 kHz	422.0	439.4	29.9	254.1	259.8
50 kHz	388.7	405.8	27.1	229.8	236.2
250 kHz	359.0	376.7	24.1	210.6	216.7

❹ **Growth Curve shows growth rate**

It is important to know exactly where your child stands compare to the children of same age.
Under 10% require more careful supervision.

❺ **Weight control that doesn't interface with children's growth**

Presents weight control amount that allows children to maintain healthy body composition status.

❻ **Diagnosis of obesity that hinders the growth**

Diagnosis of obesity based on BMI, percentage body fat and obesity degree.
It diagnoses exterior obesity using BMI and obesity degree, while does essential obesity based on percentage body fat.

❼ **Growth score that evaluates qualitative and quantitative aspects of growth**

Growth score is based on children's height and weight as well as body fat. The score evaluates children's growth in both qualitative and quantitative ways.

❽ **Check your own impedance**

Confidently presents impedance for each frequency for each of five parts, trunk and four limbs (arms and legs).

✱ When children grows, it is not just bone that grows, but the muscle that supports the bone along with it.
Whether children have developed muscle or not is important factor in children's growth process since development of muscle accelerates the growth of bone.

InBody370 Specifications

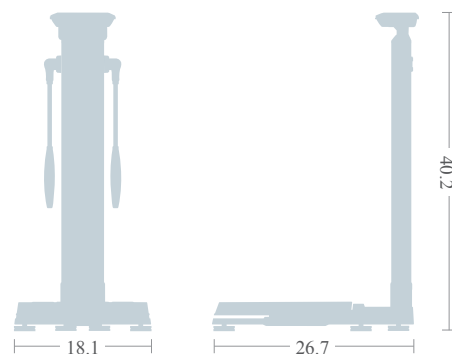## Key Specifications

Bioelectrical Impedance Analysis (BIA) Measurement Items	Impedance(Z)	15 Impedance measurements by using 3 different frequencies(5kHz, 50kHz, 250kHz) at each 5 segments of the body (Right Arm, Left Arm, Trunk, Right Leg, Left Leg)
Electrode Method		Tetrapolar 8-Point Tactile Electrode System
Measurement Method		Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method, DSM-BIA method
Body Composition Calculation Method		No use of Empirical Estimation
Outputs	For Adult	Total Body Water, Protein, Mineral, Body Fat Mass, Soft Lean Mass, Fat Free Mass, Weight, Skeletal Muscle Mass(SMM), BMI, Percent Body Fat, Waist-Hip Ratio(WHR), Nutritional Evaluation(Protein, Mineral, Fat), Weight Management (Weight, SMM, Fat), Obesity Diagnosis(BMI, PBF, WHR), Weight Control(Weight Control, Fat Control, Muscle Control), Segmental Lean, Segmental Fat, Exercise Planner, Fitness Score, Basal Metabolic Rate(BMR), Impedance at Each Segment & Frequency
	For Child	Height, Body Water, Protein, Mineral, Body Fat, Weight, Skeletal Muscle Mass, Body Shape Graph, Growth Chart(Height, Weight), Target Weight, Weight Control, Muscle Control, Fat Control, BMI, Percent Body Fat, Child Obesity Degree, Basal Metabolic Rate(BMR), Growth Score, Impedance at Each Segment & Frequency

Feature Specifications

Logo Display	Possible to input name of the user's place, address and contact number
Type of Results Sheet	Basic: Body composition results sheet for adult(Printed Paper/Blank Paper) Body composition results sheet for child(Printed Paper/Blank Paper) Option: Thermal results sheet(when using thermal printer)
Sound	Voice guide for instructions
Measurement Screen	Results of measurement and the process of measurement will be displayed on Color LCD
Data Storage	Possible to save the results when ID is entered(Up to 100,000 measurements)
User's Interface	Easy to control using Touch LCD
Use of USB Storage Device	Possible to backup and transfer data to USB storage device(compatible with Excel and Lookin'Body software) Should use the USB storage device provided by BIOSPACE
Data Back-Up	Possible to backup data through USB storage device and to restore the data to the InBody
Printer Connection	USB port

Other Specifications

Applied Rating Current		250μA
Power Consumption		50VA
Adapter	Power Input	AC100~240V, 50/60Hz, 1.2A
	Power Output	DC 12V, 3.4A
Display Type		800 × 480 Touch Color LCD
External Interface		RS-232C 1EA, USB Slave 1EA, USB Host 1EA
Compatible Printer		Laser/Inkjet PCL 3 or above and SPL(Printer recommended by BIOSPACE) Thermal Printer(Optional)
Dimensions		460 (W) × 677 (L) × 1020 (H): mm 18.1 (W) × 26.7 (L) × 40.2 (H): inch
Machine Weight		20kg(44lbs)
Measurement Duration		45sec.
Operation Environment		10 ~ 40°C(50 ~ 104°F), 30 ~ 75%RH, 70 ~ 106kPa
Storage Environment		-10 ~ 70°C(14 ~ 158°F), 10 ~ 80%RH, 50 ~ 106kPa(No condensation)
Weight Range		10 ~ 250kg(22 ~ 551lbs)
Height Range		95 ~ 220cm(3ft. 1.4in. ~ 7ft. 2.6in.)
Age Range		3 ~ 99 years

* Specifications may change without prior notice.

BIOSPACE is a body composition analysis device manufacturer that has acquired over 80 patent rights across the globe.

CE 0120   U.S. patent U.S. 5720296   Canada patent C.N. 2225184   Japan patent   ISO13485   ISO9001   Korea Food & Drug Adimination

BIOSPACE