



InBody 270  
身體組成分析儀

ULTIMATE  
BODY  
COMPOSITION  
ANALYZER

# 使用 InBody 前

以下人士並不適合使用InBody：

- 孕婦
- 身體有植入式醫療電子裝置, 例如: 心臟起搏器
- 曾經進行關節置換手術的人士  
(關節中有金屬人士均不能使用)
- 小童或行動不便的人使用 InBody 270時  
需要有人在場監督或協助

在站上 InBody 前, 請確保將所有  
負重及金屬物品等都除下或放在桌上,  
然後可以開始進行量度。

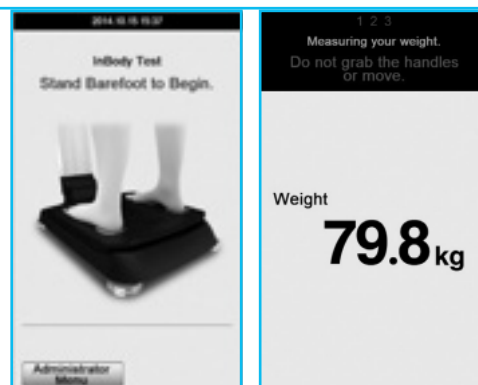
\* 評估內容只供參考, 不作任何診斷用途 \*

# InBody 使用步驟

## InBody 270 Body Composition Analysis Manual

### 1. 除下襪子, 赤腳站上金屬踏板

Remove the socks and step on the footplate



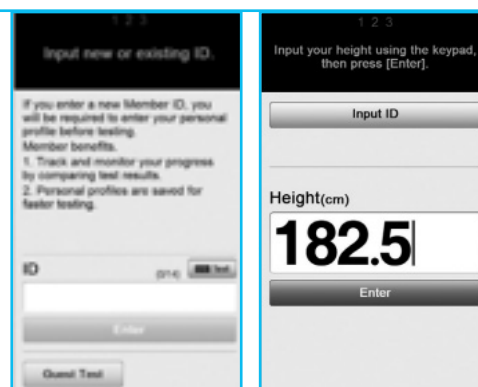
### 2. 螢幕將會顯示重量

The screen will show the weight

等待重量量度後

再輸入電話號碼 (專業模式)  
或 年齡和身高 (自我模式)

Wait for the weight measurement finish then  
enter your phone number (professional mode)  
or age and height (self mode)



(專業模式)

(自我模式)

### 3. 取下並緊握金屬手把

Grip and hold the hand electrodes

身體保持端正直至測試完成

Maintain proper posture until the test finish

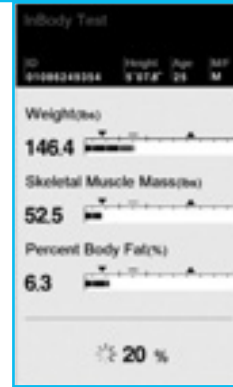


# InBody 使用步驟

## InBody 270 Body Composition Analysis Manual

### 4. 等待測試完成

Wait for the measurement finish



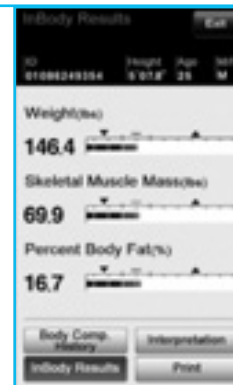
(專業模式)



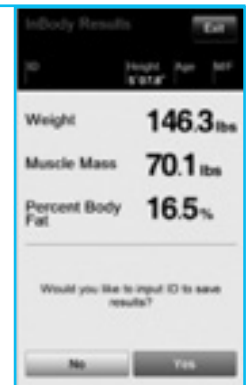
(自我模式)

### 5. 等待測量結束和結果列印

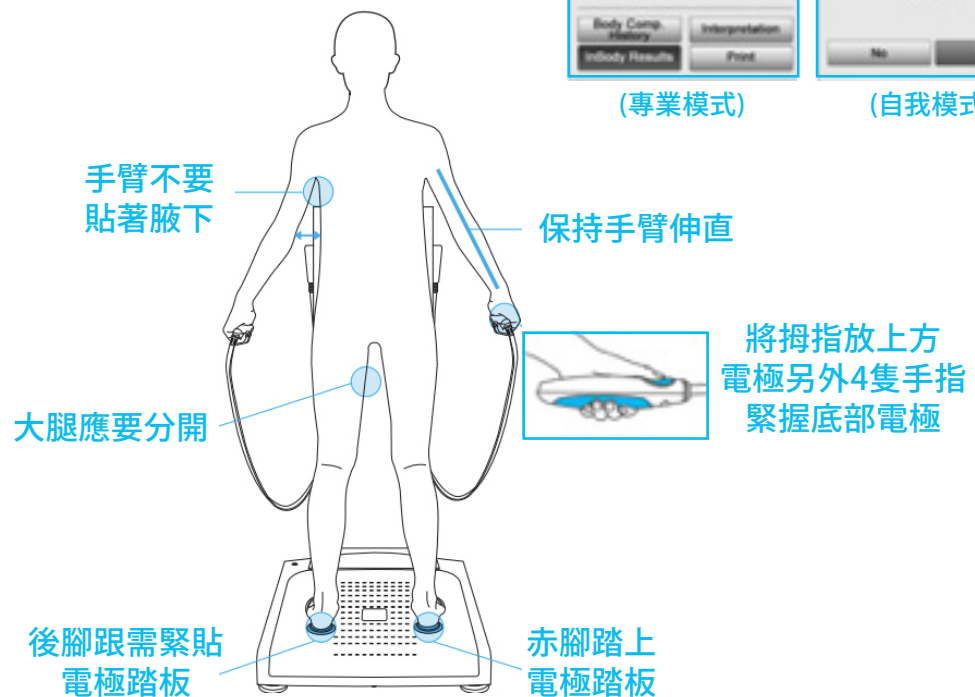
The results will be shown on screen while the test finished and wait for print out



(專業模式)



(自我模式)



# InBody報告詳細解讀

個人資料及測試日期		ID	Height	Age	Gender	Test Date & Time
		Jane Doe	156.9cm	51	Female	2018.04.03. 09 : 46
身體成份分析						
Body Composition Analysis						
1	Total amount of water in body	Total Body Water	(L)	26.5 ( 26.4 ~ 32.2 )		
2	For building muscles	Protein	(kg)	7.2 ( 7.0 ~ 8.6 )		
3	For strengthening bones	Minerals	(kg)	2.64 ( 2.44 ~ 2.98 )		
4	For storing excess energy	Body Fat Mass	(kg)	22.8 ( 10.3 ~ 16.5 )		
5	Sum of the above	Weight	(kg)	59.1 ( 43.9 ~ 59.5 )		

## 1 身體總水份

- 體內水份總量

## 2 蛋白質含量

- 蛋白質是組成肌肉的其中一個成分

## 3 礦物質含量

- 礦物質是對維持身體健康和保持良好新陳代謝的成分

## 4 體內脂肪量

- 體內脂肪重量

## 5 體重

- 身體體重 (各項總和)  
括號內的數值是根據您的量度結果而得出的理想範圍

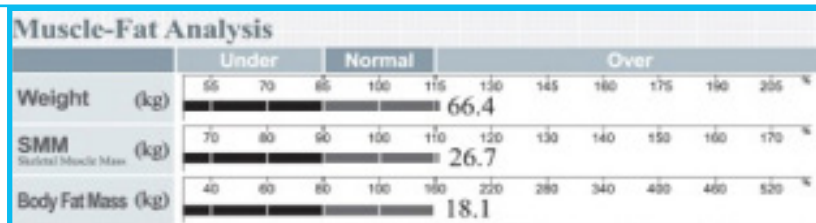
# InBody報告詳細解讀

## 肌肉及脂肪分析 Muscle-Fat Analysis

### 1. 體重

### 2. 骨骼肌重量(SMM)

- 身體中可以通過運動來發展的肌肉包括：  
平滑肌、骨骼肌



### 3. 體內脂肪重量

➔ 數值會界定為

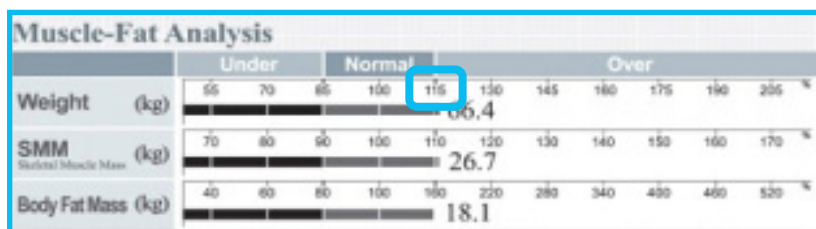
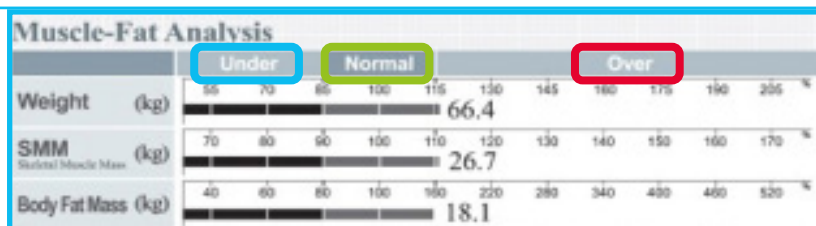
Under (較低)

Normal (正常)

Over (較高)

\*數值維持於 Normal 較為理想

- ➔ 透過數值上方的百分比數字 InBody 會將您的結果與其他 **相同身高及性別** 的人進行比較
- ➔ 當數值到達 100% 就反映您的體重相等於健康平均值
- ➔ 如果是 130%，反映著您的體重比平均水平 **高** 30%
- ➔ 相反，如果是 70%，您的體重比平均水平 **低** 30%



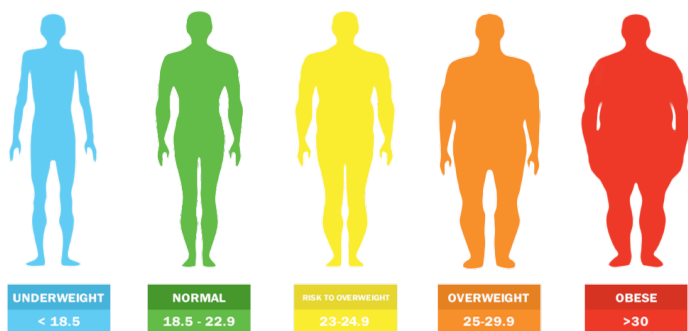
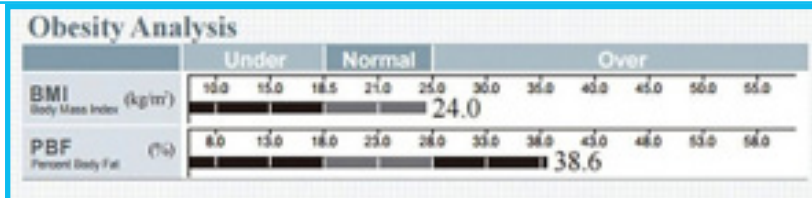
# InBody報告詳細解讀

## 肥胖分析 Obesity Analysis

### 1. BMI

體重 (kg)

身高<sup>2</sup> (m<sup>2</sup>)



過輕：18.5以下

正常：18.5-22.5

邊緣：22.6-24.9

過重：25-29.9

超重：30以上

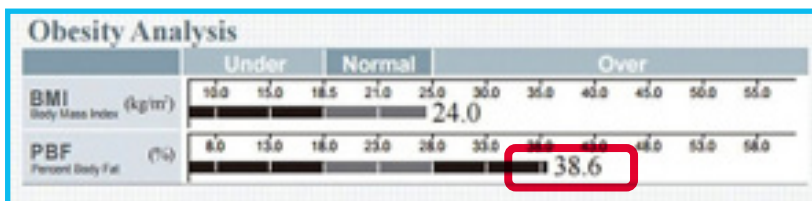
### 2. 體脂百分比(PBF)：

脂肪重量

x100%

體重

Body Composition Analysis			
Total amount of water in body	Total Body Water	(L)	26.5 ( 26.4 ~ 32.2 )
For building muscles	Protein	(kg)	7.2 ( 7.0 ~ 8.6 )
For strengthening bones	Minerals	(kg)	2.64 ( 2.44 ~ 2.98 )
For storing excess energy	Body Fat Mass	(kg)	22.8 ( 10.3 ~ 16.5 )
Sum of the above	Weight	(kg)	59.1 ( 43.9 ~ 59.5 )



→ 男性, PBF健康範圍在 10-20% 之間

→ 女性, PBF健康範圍在 18-28% 之間

# InBody報告詳細解讀

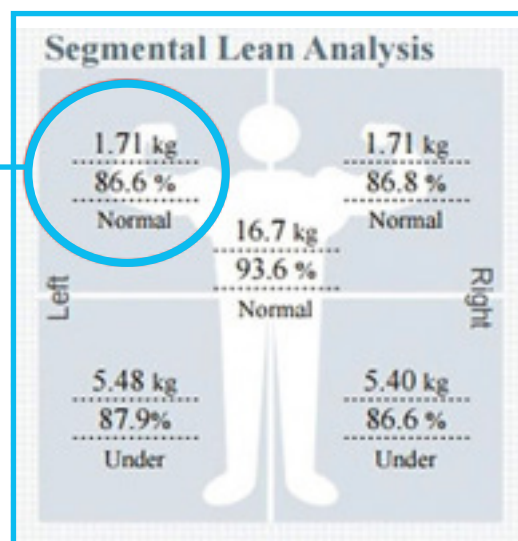
## 身體各部份指數分析 Segmental Lean Analysis

InBody 的結果會將您的身體分為五個部分：

- ① 右手臂    ② 左手臂    ③ 軀幹    ④ 右腿    ⑤ 左腿

### (各部份瘦肌肉分析)

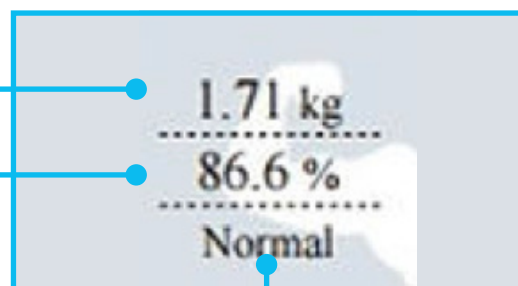
例子為左手臂有1.71 kg  
瘦肌肉屬於正常範圍



該部位瘦肌肉重量

基於測試者體重, 判斷  
是否有足夠的瘦體重

判定是否屬於健康範圍





# InBody報告詳細解讀

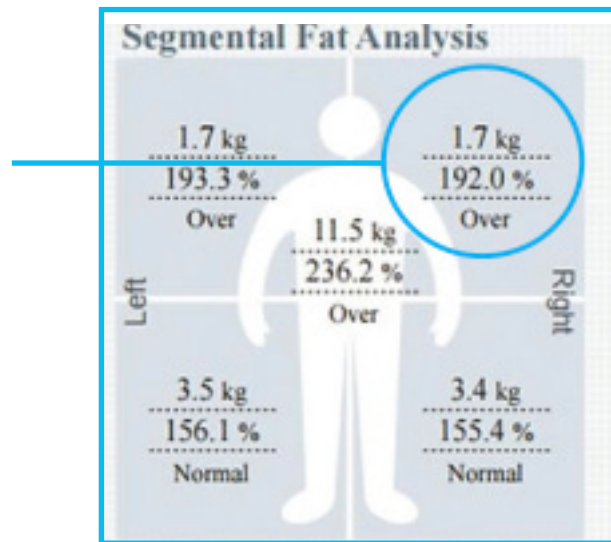
身體各部份指數分析 Segmental Lean Analysis

InBody 的結果會將您的身體分為五個部分：

- ① 右手臂 ② 左手臂 ③ 軀幹 ④ 右腿 ⑤ 左腿

## (各部位體脂分析)

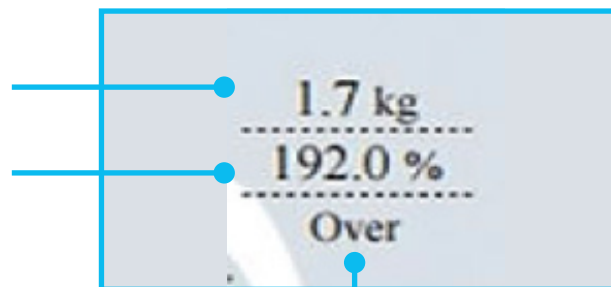
例子為右手臂有1.7 kg  
脂肪多92%脂肪屬於  
超過範圍



該部位脂肪重量

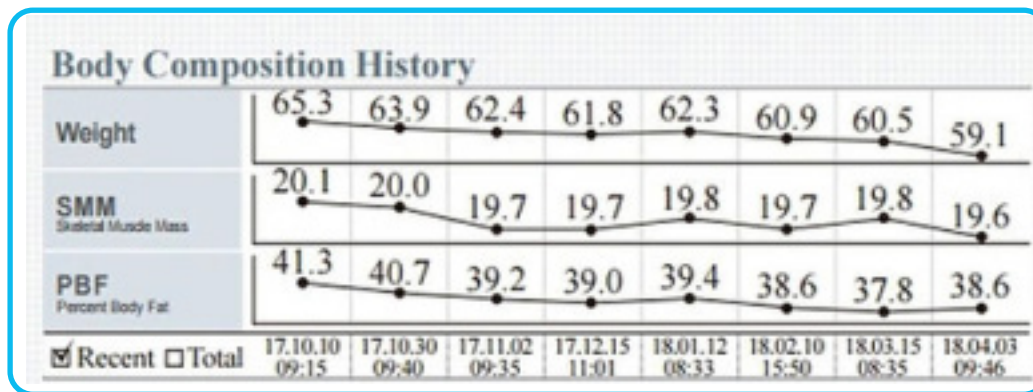
對比相同身高和性別  
的人來說多出多少脂肪

判定是否屬於健康範圍



# InBody報告詳細解讀

## 身體成分測試歷史 Body Composition History



### 會紀錄您近8次的測試數據

包括:

- ➔ 體重
- ➔ 骨骼肌重量 (SMM)
- ➔ 體脂比 (PBF)

# InBody報告詳細解讀

## InBody 分數

由身體組成分析中計算所得之數值, 方便一般人易於理解。分數是 InBody 獨有的指標, 概括綜合身體組成分析結果所得出描述測試者健康狀況的指標。分數為70至90代表健康狀況介於“好”與“很好”之間, 分數愈高表示肌肉愈發達

### InBody Score

81 / 100 Points

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

## 體重控制 Weight Control

體重控制是根據在身體組成分析後而計算出如何達到理想體重

“+”表示需要增重

“-”表示需要減重

例子：即需要減10.9kg脂肪  
並增加3.5 kg 肌肉

\*InBody 不會推薦減肌肉重量

### Weight Control

Target Weight	51.7 kg
Weight Control	- 7.4 kg
Fat Control	- 10.9 kg
Muscle Control	+ 3.5 kg

# InBody報告詳細解讀

## 肥胖評估 Obesity Evaluation

按照測試者的身體質量指數 (BMI)  
和體脂比 (PBF)

### BMI 區分成

Under (過輕) | Normal (正常)  
Slightly Over (邊緣) | Over (過重)

### PBF 區分成

Normal (正常) | Slightly Over (邊緣) | Over (過重)

Obesity Evaluation			
BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over

## 腰圍比 & 內臟脂肪水平 Waist-Hip Ratio & Visceral Fat Level

腰臀比 = 腰圍 ÷ 臀圍

**女士**理想腰臀比例0.75-0.85

**男士**理想腰臀比例0.8-0.9

若超出範圍則可被界定為中央肥胖



高內臟脂肪水平會比平常人  
更易患上心血管等疾病

# InBody報告詳細解讀

## 身體其他部分資訊

### 1. 除脂體重

#### (Fat Free Mass)

- 除去脂肪後的體重

#### Research Parameters

1	Fat Free Mass	36.3 kg
2	Basal Metabolic Rate	1154 kcal (1255~1451)
3	Obesity Degree	114 % ( 90~110 )
4	SMI	5.8 kg/m <sup>2</sup>

### 2. 基礎代謝率 (BMR)

- 維持您身體基本功能所需的卡路里

### 3. 肥胖程度 (Obesity Degree)

- 是理想體重的百分比  
正常範圍高於或低於 10%
- 即 90-110%

### 4. 肌肉質量指數

#### (Skeletal Muscle Mass Index, SMI)

- 若男性 < 7.0 kg/m<sup>2</sup>
- 而女性 < 5.7 kg/m<sup>2</sup>
- 即代表肌肉量較不足

# InBody報告詳細解讀

## 卡路里消耗 Calorie Expenditure of Exercise

ID	Height	Age	Gender	Test Date & Time
Jane Doe	156.9cm	51	Female	2018.04.03. 09 : 46

Body Composition Analysis			
Total amount of water in body	Total Body Water	(L)	26.5 ( 26.4 ~ 32.2 )
For building muscles	Protein	(kg)	7.2 ( 7.0 ~ 8.6 )
For strengthening bones	Minerals	(kg)	2.64 ( 2.44 ~ 2.98 )
For storing excess energy	Body Fat Mass	(kg)	22.8 ( 10.3 ~ 16.5 )
Sum of the above	Weight	(kg)	59.1 ( 43.9 ~ 59.5 )

Calorie Expenditure of Exercise			
Golf	115	Gateball	131
Walking	148	Yoga	148
Badminton	150	Table Tennis	150
Tennis	197	Bicycling	197
Boxing	197	Racketball	197
Hiking, No load	229	Jumping Rope	235
Aerobics	235	Jogging	235
Soccer	235	Swimming	235
Japanese Fencing	250	Racketball	250
Squash	250	Taekwondo	250

↗Based on your current weight  
 ↗Based on 30 minute duration

根據你測量出的體重，  
進行30分鐘以下運動後的卡路里消耗

例子中是59.1 kg 的女性進行  
跳繩、健身操、游泳、足球、競步  
持續30分鐘 均能大約消耗235 卡路里

# InBody Q&A

## 1. 測試不成功, 退回量度重量畫面 ?

測量的過程中, 手或腳移動偏離了金屬接觸點。或者是由於皮膚乾燥或角質層太厚致使電流通不良。建議先用濕紙巾徹底擦拭手掌和腳底再進行量度

## 2. 為什麼進食會影響測量準確性 ?

用膳後, 食物會儲存在胃內。若即時量測, 胃內的食物和水可能被視為脂肪。胃壁會影響了電流通, 視為非導電體。一個人的體重很容易因為進食或排泄而改變 1 至 2kg。因此, 為了準確性不建議在餐後立即進行檢測

## 3. 不宜在運動後進行檢測 ?

運動會改變身體水份分布, 使水份集中於肌肉, 讓您感覺到肌肉變硬了。結果會可能導致水份及肌肉量都增加了的差誤。因此, 運動後至少相隔 2~3 小時, 身體回復至穩定狀態後再行檢測

# InBody Q&A

## 4. 5 分鐘內重複測試, 為什麼報告卻不太一樣?

受試者可能無法嚴格地在每一次測試時採取完全相同的姿勢。而且在休息期間, 雙腿水份分布容易改變, 要控制差異並不容易。所以, 建議在接受測試前要再稍候 1~2 分鐘。測試者應在測試前稍作休息, 而且不建議剛走動或在上、下樓梯後立即進行檢測。

## 5. 應該多久再進行另一次InBody 測試?

當進行體重管理計劃時, 建議 2 週後再作一次InBody測試。建議最遲4週內作一次InBody測試。



# Before using InBody

Few groups of people are not allowed to use InBody :

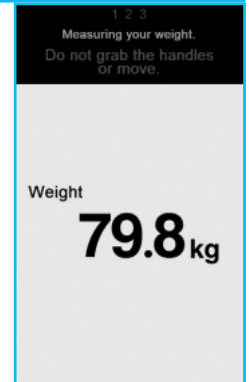
- Pregnant women
- People with implanted medical electronic devices, such as pacemakers
- People who have joint replacement surgery
- When a child or people with disabilities is using InBody, must be under supervision or assistance.

Before step on InBody, please make sure to remove all heavy items and metal objects on your body, then you can start the measuring.

\*Assessment is for reference only not for any diagnostic purpose

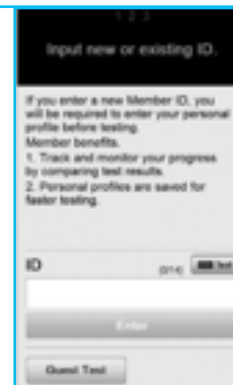
# InBody 270 Body Composition Analysis Manual

## 1. Please remove the socks and step on the footplate

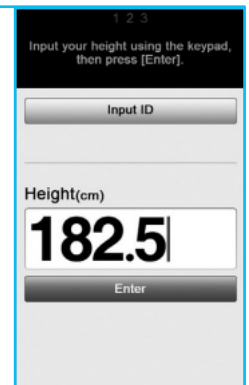


## 2. The screen will show the weight

Wait for the weight measurement finish then enter your phone number (professional mode) or age and height (self mode)



(Professional mode)



(Self mode)

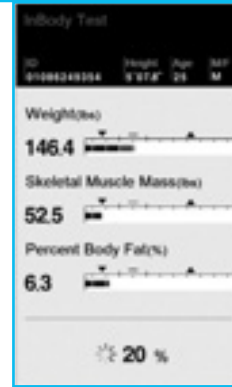
## 3. Grip and hold the hand electrodes

Maintain proper posture until the test finish



# InBody 270 Body Composition Analysis Manual

## 4. Wait for the measurement finish

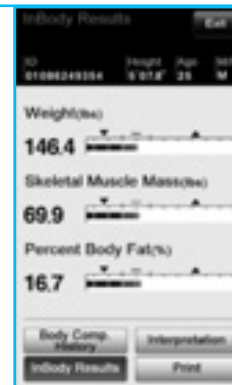


(Professional mode)

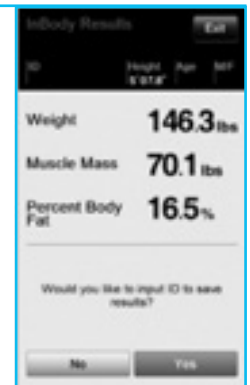


(Self mode)

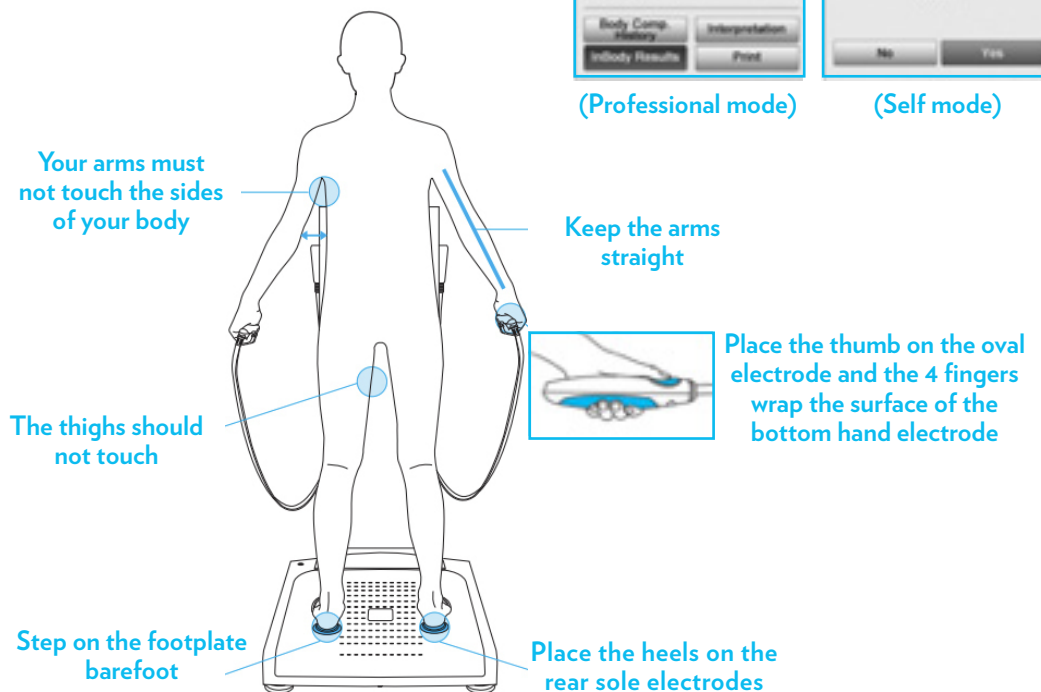
## 5. The results will be shown on screen while the test finished and wait for print out



(Professional mode)



(Self mode)



# InBody Report Interpretation

Personal information  
& Test Date

Body Composition  
Analysis

ID	Height	Age	Gender	Test Date & Time
Jane Doe	156.9cm	51	Female	2018.04.03. 09 : 46

Body Composition Analysis			
1	Total amount of water in body	Total Body Water	(L) 26.5 ( 26.4 ~ 32.2 )
2	For building muscles	Protein	(kg) 7.2 ( 7.0 ~ 8.6 )
3	For strengthening bones	Minerals	(kg) 2.64 ( 2.44 ~ 2.98 )
4	For storing excess energy	Body Fat Mass	(kg) 22.8 ( 10.3 ~ 16.5 )
5	Sum of the above	Weight	(kg) 59.1 ( 43.9 ~ 59.5 )

## 1 Total Body Water

- Body water content

## 2 Protein

- One of the component build up your muscle

## 3 Minerals

- Which can maintain body health & metabolism

## 4 Body Fat Mass

- Body fat weight

## 5 Weight

- Sum of all values

Values in parentheses are ideal ranges based on your measurements

# InBody Report Interpretation

## Muscle-Fat Analysis

### 1. Weight

### 2. Skeletal Muscle Mass

Muscle responsible for movement and posture ; most easily affected through exercise.

		Under		Normal		Over						
	(kg)	55	70	85	100	115	130	145	160	175	190	205
Weight	(kg)	66.4										
SMM <small>Skeletal Muscle Mass</small>	(kg)	26.7										
Body Fat Mass	(kg)	18.1										

### 3. Body Fat Mass

The value will divide into three range

Under

Normal

Over

		Under		Normal		Over						
	(kg)	55	70	85	100	115	130	145	160	175	190	205
Weight	(kg)	66.4										
SMM <small>Skeletal Muscle Mass</small>	(kg)	26.7										
Body Fat Mass	(kg)	18.1										

- >> InBody compares your results to other people who have the same [height](#) and [gender](#)
- >> When the value reaches 100%, it reflects your weight is equivalent to a healthy average
- >> If the value reaches 130%, it reflects your weight is **above** the average 30%
- >> In contrast, if the value reaches 70%, it reflects your weight is **below** the average 30%

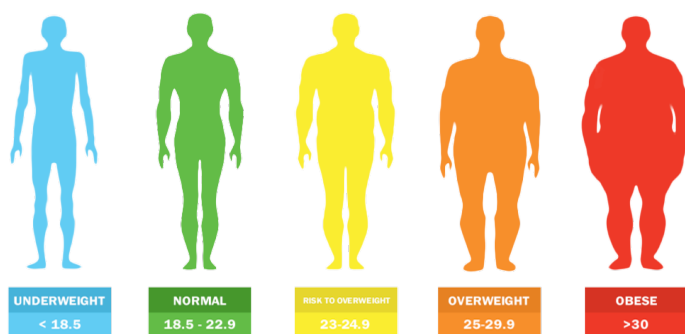
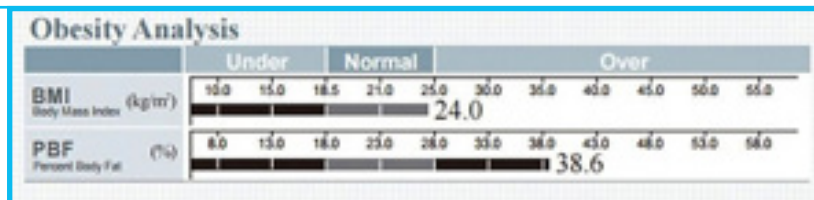
		Under		Normal		Over						
	(kg)	55	70	85	100	115	130	145	160	175	190	205
Weight	(kg)	66.4										
SMM <small>Skeletal Muscle Mass</small>	(kg)	26.7										
Body Fat Mass	(kg)	18.1										

# InBody Report Interpretation

## Obesity Analysis

### 1. BMI

$$\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$$



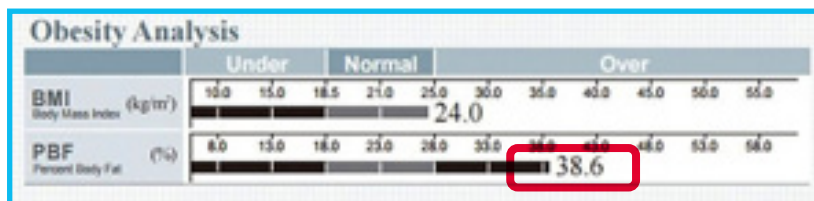
- Underweight: <18.5
- Normal: 18.5-22.5
- Risk to overweight: 22.6-24.9
- Overweight: 25-29.9
- Obese: ≥30

### 2. Percent Body Fat (PBF)

$$\frac{\text{Body fat}}{\text{Mass}} \times 100\%$$

Body weight

Body Composition Analysis			
Total amount of water in body	Total Body Water	(L)	26.5 ( 26.4 ~ 32.2 )
For building muscles	Protein	(kg)	7.2 ( 7.0 ~ 8.6 )
For strengthening bones	Minerals	(kg)	2.64 ( 2.44 ~ 2.98 )
For storing excess energy	Body Fat Mass	(kg)	22.8 ( 10.3 ~ 16.5 )
Sum of the above	Weight	(kg)	59.1 ( 43.9 ~ 59.5 )



In **Male**, the healthy range of PBF is between 10-20%

In **Female**, the healthy range of PBF is between 18-28%

# InBody Report Interpretation

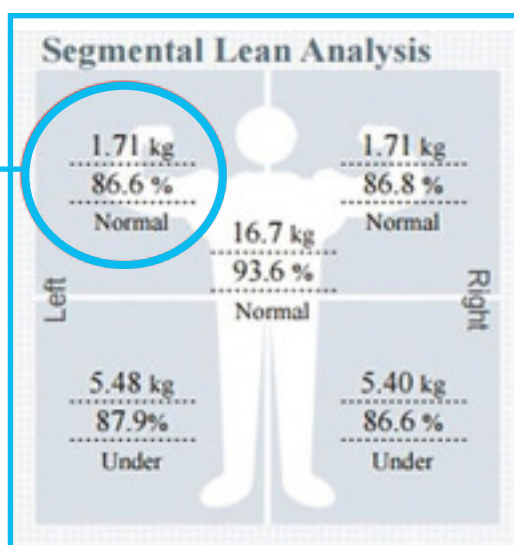
## Segmental Lean Analysis

InBody segmental lean analysis provides 5 body parts results :

- 1
- Right Arm
- 2
- Left Arm
- 3
- Trunk
- 4
- Right Leg
- 5
- Left Leg

Example: Left Arm

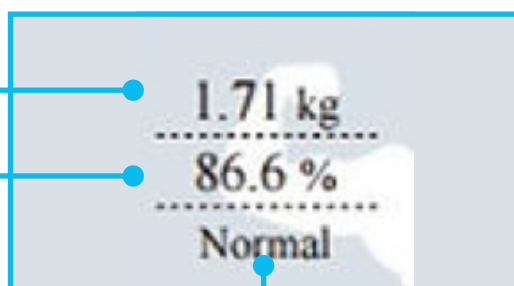
1.71 kg lean muscle in left arm  
In Normal Range



Each part lean muscle weight

It determines if you have enough muscle mass to support your weight

It determines if you in the healthy range



# InBody Report Interpretation

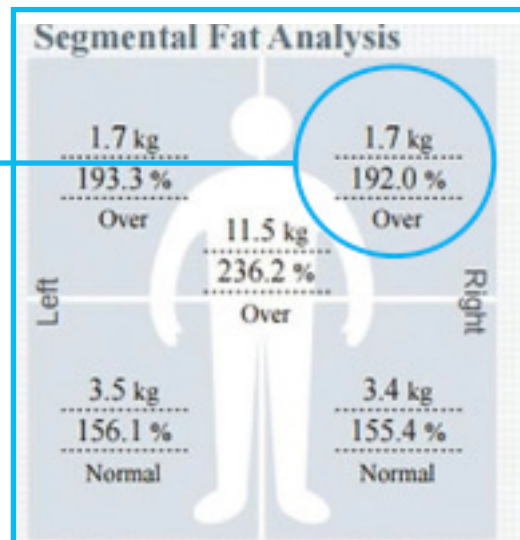
## Segmental Lean Analysis

InBody segmental lean analysis provides 5 body parts results :

- 1
- Right Arm
- 2
- Left Arm
- 3
- Trunk
- 4
- Right Leg
- 5
- Left Leg

Example: Right Arm

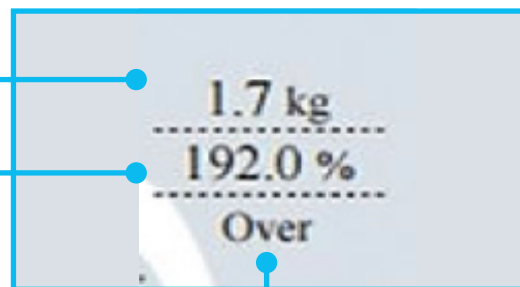
1.7 kg fat muscle in right arm  
In Over Range



Body fat of each part

Compared with the people who have same height and gender. If you have 192% means 92% over the normal range

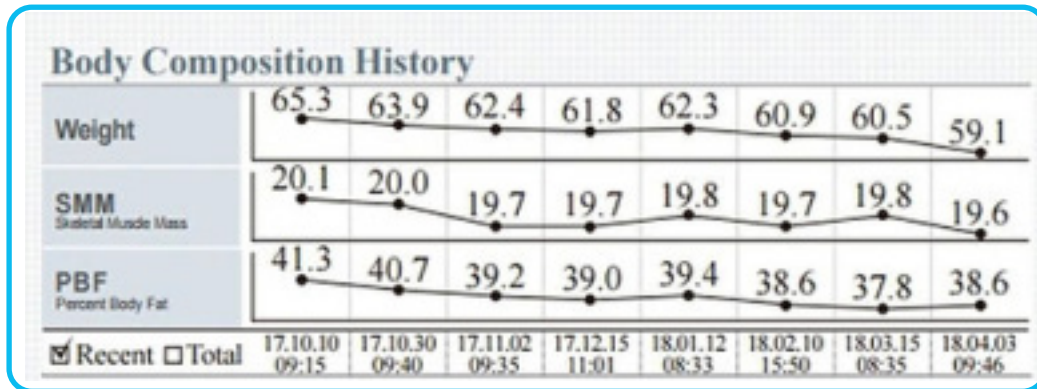
It determines if you in the health range





# InBody Report Interpretation

## Body Composition History



Graphically tracks the historical trending of your body compositional changes

including:

- ➔ Weight
- ➔ Skeletal Muscle Mass (SMM)
- ➔ Percent Body Fat (PBF)

# InBody Report Interpretation

## InBody Score

Total score that reflect the evaluation of body composition. 70-90 score means that the health status is between “good” and “very good” state. A muscular person may score over 100

<b>InBody Score</b>
<b>81</b> / 100 Points
<small>* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.</small>

## Weight Control

Is a recommendation that how to achieve ideal weight after body composition analysis

“+” = increase weight

“-” = decrease weight

Example : need to lose 3.7kg fat and increase 3.5 kg muscle

\*InBody do not recommended decrease muscle weight

<b>Weight Control</b>	
Target Weight	51.7 kg
Weight Control	- 7.4 kg
Fat Control	- 10.9 kg
Muscle Control	+ 3.5 kg

# InBody Report Interpretation

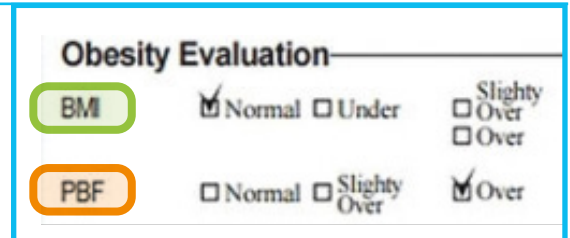
## Obesity Evaluation

**BMI divided into**

Under | Normal | Slightly Over | Over

**PBF divided into**

Normal | Slightly Over | Over



## Waist-Hip Ratio & Visceral Fat Level

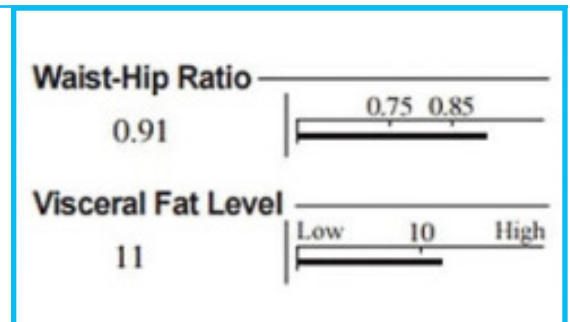
### Waist-Hip Ratio = $W \div H$

**Female** ideal waist-hip ratio : 0.75-0.85

**Male** ideal waist-hip ratio : 0.8-0.9

If it exceeds the range, it defined as central obesity

High visceral fat linked with an increased risk of developing cardiovascular disease.



# InBody Report Interpretation

## Research Parameters

### 1. Fat Free Mass

- Body Weight without fat  
Fat Free Mass=  
Body Weight-Body Fat Mass

Research Parameters	
1	Fat Free Mass 36.3 kg
2	Basal Metabolic Rate 1154 kcal (1255~1451)
3	Obesity Degree 114 % ( 90~110 )
4	SMI 5.8 kg/m <sup>2</sup>

### 2. Basal Metabolic Rate

- Minimum amount of energy, or calories, required to sustain life at a resting state within a 24-hours period

### 3. Obesity Degree

- is a percentage of ideal body weight the normal range is 10% above or below (i.e. 90-110%)

### 4. Skeletal Muscle Mass Index, SMI

- Skeletal muscle mass index was calculated by dividing the limb skeletal muscle mass by the square of the height

# InBody Report Interpretation

## Calorie Expenditure of Exercise

ID	Height	Age	Gender	Test Date & Time
Jane Doe	156.9cm	51	Female	2018.04.03. 09 : 46

Body Composition Analysis			
Total amount of water in body	Total Body Water	(L)	26.5 ( 26.4 ~ 32.2 )
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Sum of the above	Weight	(kg)	59.1 ( 43.9 ~ 59.5 )

Calorie Expenditure of Exercise			
Golf	115	Gateball	131
Walking	148	Yoga	148
Badminton	150	Table Tennis	150
Tennis	197	Bicycling	197
Boxing	197	Racketball	197
Hiking, No load	229	Jumping Rope	235
Aerobics	235	Jogging	235
Soccer	235	Swimming	235
Japanese Fencing	250	Racketball	250
Squash	250	Taekwondo	250

↗Based on your current weight  
 ↗Based on 30 minute duration

The calorie expenditure after 30mins exercise,  
base on the participant's weight.

Example : 59.1 kg Female

After jumping rope, aerobics, swimming,  
football or jogging

for 30mins can expend 235 calories

# InBody Q&A

## 1. Why the measurement is not successful?

During the measurement, the hand or foot moves away from the electrode contact point. Also, dry skin will cause measure error. It is recommended to thoroughly wipe the palms and the feet with a towelette before taking the measurement.

## 2. Why does eating affect measurement accuracy?

After a meal, the food and water in the stomach may be considered as fat. The stomach wall interferes with the flow of electricity. Body weight can easily change by 1~2kg due to eating or excreting. Therefore, it is not recommended to test immediately after a meal.

## 3. Why we cannot exercise before the measurement?

Exercise will change the distribution of water in the body. You can feel that the muscles become stiffness, since the water is concentrated in the muscles. The result may not accurately. Therefore, you should take measurements at least 2~3 hours after exercise.

# InBody Q&A

## 4. Why the result is not the same when test again within 5 minutes ?

Participants may not strictly assume the exact same posture for each test. Moreover, during the rest period, the water distribution of the legs is easy to change, and it is not easy to control the difference. Therefore, it is recommended to wait another 1~2 minutes before taking another test. It is not recommended to test immediately after walking or walking stairs.

## 5. How often should I take the InBody Test?

When the weight management program is in progress, it is recommended to take another InBody test after 2 weeks. You should have another InBody test within 4 weeks at the latest.

InBody 270 身體組成分析儀

**THANK YOU**