



InBody 770
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 770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 770 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

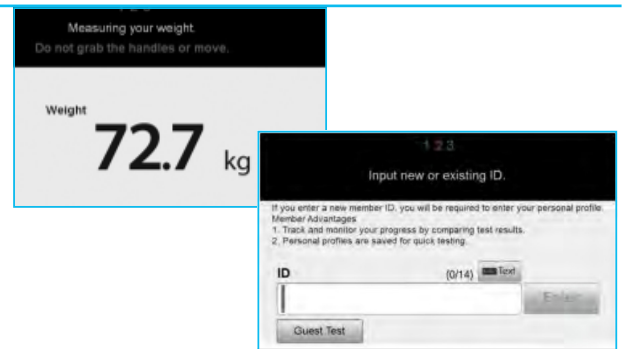


2. 螢幕將會顯示重量

The screen will show the weight

等待重量量度後 再輸入電話號碼

Wait for the weight measurement finish then enter your phone number

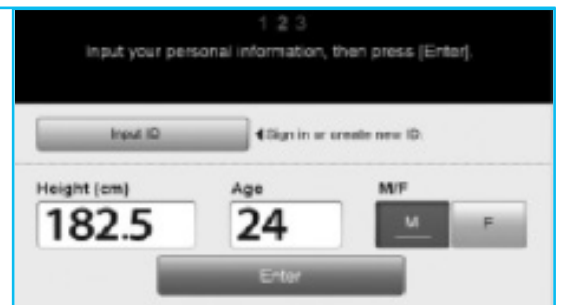


3. 於螢幕上輸入個人資料

Input the personal data

按順序依次輸入身高 (厘米), 年齡, 性別然後按Enter 進入下一步

Enter height (cm), age, gender in order, then press Enter to go to the next step

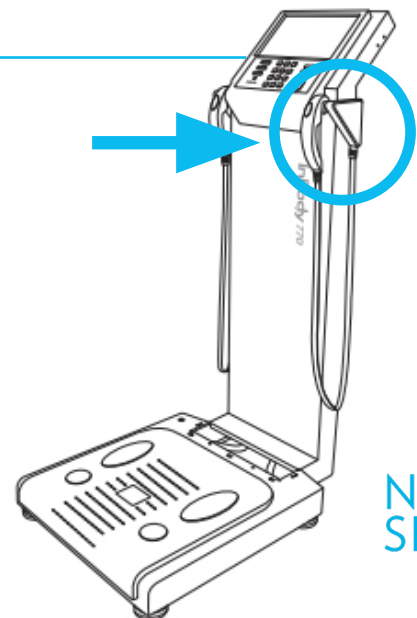


4. 取下並緊握金屬手把

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 770 Body Composition Analysis Manual

5. 進行測量

Perform measurement

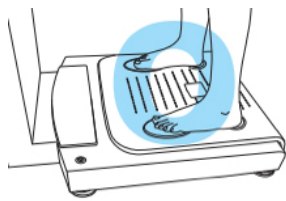
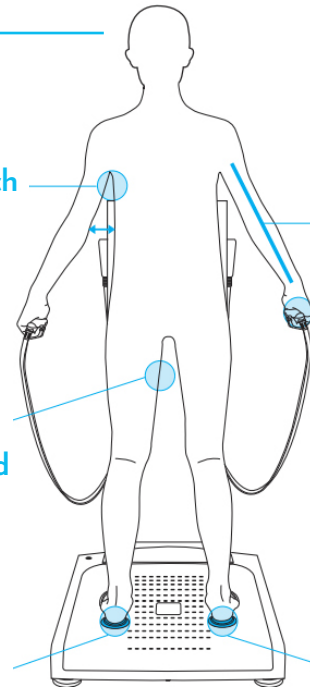
以正確姿勢握著手把

Holding the grip electrodes with proper posture

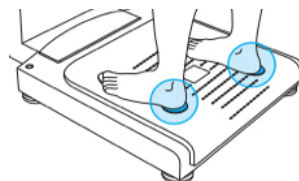
手臂不要貼著腋下
Your arms must not touch the sides of your body

保持手臂伸直
Keep the arms straight

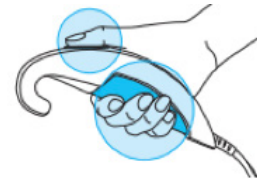
大腿應要分開
The thighs should not touch



赤腳踩在金屬踏板上
Step on the footplate barefoot



後腳跟需緊貼金屬踏板
Place the heels on the rear sole electrodes



將拇指放在手把上方金屬位置
另外4隻手指緊握底部金屬位置

Place the thumb on the oval electrode and the 4 fingers wrap the surface of the bottom hand electrode

6. 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

InBody Results	ID	Height	Age	MF	Exit
Weight		182.5			
Muscle Mass					
Percent Body Fat					
ECW Ratio					
Leg Lean Mass					

Would you like to input ID to save results?

No Yes

InBody報告詳細解讀

個人資料及測試日期

Personal information
& Test Date

身體成份分析

Body Composition Analysis

ID	Height	Age	Gender	Test Date / Time	
Jane Doe	163cm	41	Female	2017.03.08. 16:47	
Body Composition Analysis					
	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
1 Total Body Water (L)	35.5 (29.1 - 35.5)	35.5	45.6 (37.3 - 45.7)	48.3 (39.6 - 48.4)	66.4 (48.5 - 65.7)
2 Protein (kg)	9.5 (7.8 - 9.6)	non-ossseous			
3 Minerals (kg)	3.28 (2.69 - 3.29)				
4 Body Fat Mass (kg)	18.1 (11.4 - 18.3)				

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 軟肌肉體重

- 身體的水份、蛋白質和非骨礦物質的總和

6 除脂體重

- 體重減去脂肪的重量

7 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

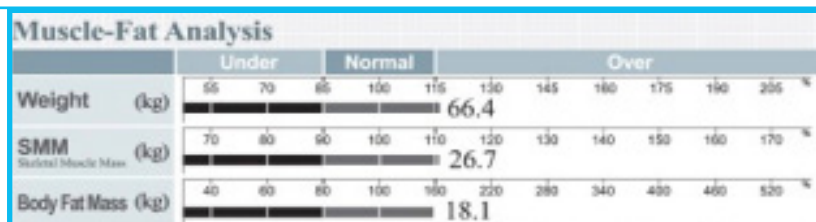
InBody報告詳細解讀

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



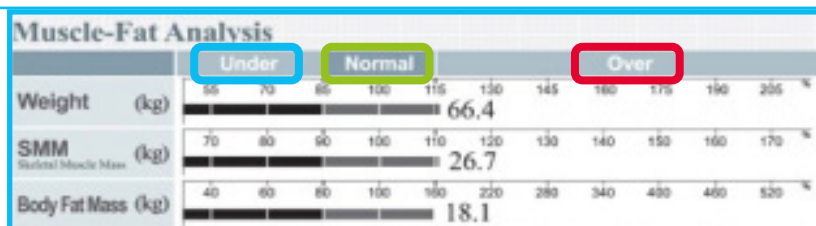
3. 體內脂肪重量

➔ 數值會界定為

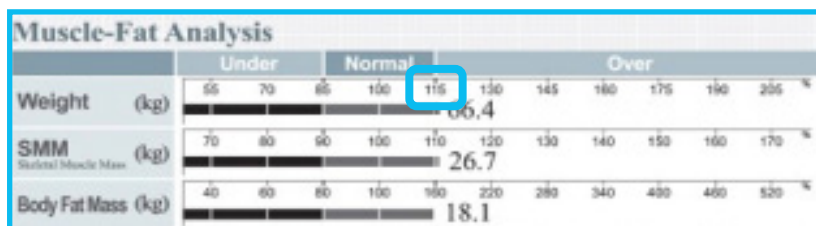
Under (較低)

Normal (正常)

Over (較高)



- ➔ 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%



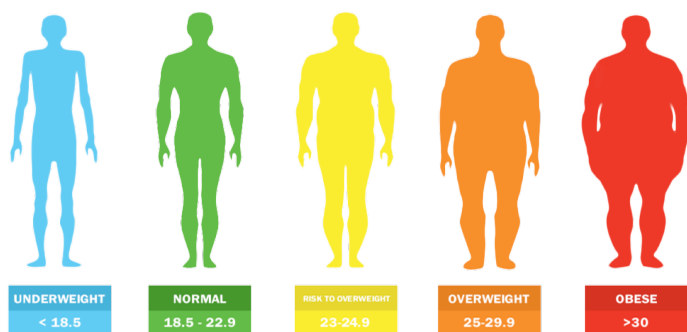
InBody報告詳細解讀

肥胖分析 Obesity Analysis

1. BMI

$$\frac{\text{體重 (kg)}}{\text{身高}^2 (\text{m}^2)}$$

Obesity Analysis		Under	Normal	Over
BMI Body Mass Index (kg/m ²)		10.0 15.0 18.5 21.0 25.0	25.0	30.0 35.0 40.0 45.0 50.0 55.0
PBF Percent Body Fat (%)		8.0 13.0 16.0 25.0 28.0 30.0	27.2	36.0 45.0 48.0 50.0



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)：

$$\frac{\text{脂肪重量}}{\text{體重}} \times 100\%$$

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water(L)	35.5 (29.1 - 35.5)	35.5	45.6 (37.3 - 45.7)	48.3 (39.6 - 48.4)	66.4 (48.5 - 65.7)
Protein (kg)	9.5 (7.8 - 9.6)				
Minerals (kg)	3.28 (2.69 - 3.29)				
Body Fat Mass (kg)	18.1 (11.4 - 18.3)				

➔ **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：

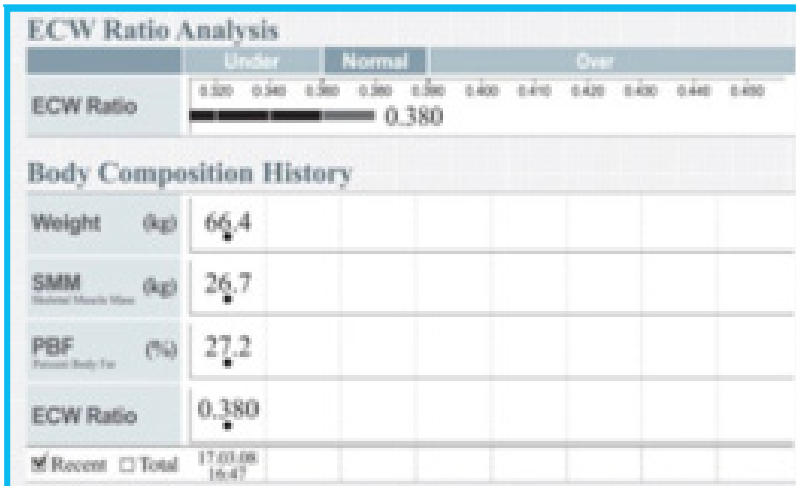
- ① 右手臂 ② 左手臂 ③ 軀幹 ④ 右腿 ⑤ 左腿

		Based on ideal weight			Based on current weight			ECW Ratio
		Under	Normal	Over	Under	Normal	Over	
Right Arm	(kg)	40	60	80	100	120	140	0.373
	(%)							
Left Arm	(kg)	40	60	80	100	120	140	0.377
	(%)							
Trunk	(kg)	70	80	90	100	110	120	0.381
	(%)							
Right Leg	(kg)	70	80	90	100	110	120	0.380
	(%)							
Left Leg	(kg)	70	80	90	100	110	120	0.382
	(%)							

- ➔ 上方數值代表與您身高相同人士進行比較, 數值應該要達到 100% 或更高
- ➔ 中間數值代表該部分的肌肉重量
- ➔ 下方數值代表您該部分的肌肉重量與您的體重進行比較, 有助於確定您是否有足值的肌肉量來支撐您的體重, 100% 就等於足值

InBody報告詳細解讀

細胞外水份/身體總水份比例 ECW Ratio Analysis



肌肉重量較高或細胞內水份較多：低於0.36

標準值範圍：0.36-0.39

輕度浮腫：0.39-0.40

浮腫：高於0.40

身體成分測試歷史 Body Composition History

紀錄您8次的測試數據, 包括

- ➔ 體重
- ➔ 骨骼肌重量 (SMM)
- ➔ 體脂比 (PBF)
- ➔ 細胞外水份/身體總水份比例 (ECW)

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

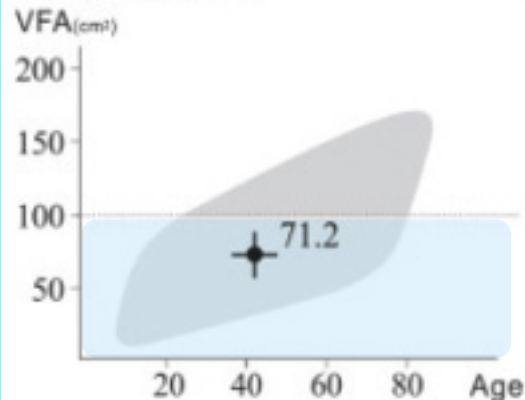
81 / 100 Points

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

內臟脂肪分佈 (Visceral Fat Area)

內臟脂肪面積圖可讓您確定您有多少有害健康的內臟脂肪理想及健康的情況, 數值應保持在線 或 在線下 (藍色格的範圍)

Visceral Fat Area



InBody報告詳細解讀

體重控制 Weight Control

由體重控制是根據在身體組成分析後而計算如何達到理想體重

“+”表示需要增重

“-”表示需要減重

例子：即需要減3.7kg脂肪

*InBody 不會推薦減肌肉重量

Weight Control

Target Weight	62.7 kg
Weight Control	- 3.7 kg
Fat Control	- 3.7 kg
Muscle Control	0.0 kg

身體各部位脂肪分析

Segmental Fat Analysis

將身體各部位指數與相同身高、性別的人比較

左方數字代表該部份脂肪重量

右方數字代表健康平均值假設是167% 就等於相同身高性別的人來說, 多出 67%的體脂

Segmental Fat Analysis

Right Arm	(1.1kg)	110.9%
Left Arm	(1.2kg)	122.7%
Trunk	(9.0kg)	167.0%
Right Leg	(2.9kg)	119.5%
Left Leg	(2.9kg)	118.0%

Under (較低)

Normal (正常)

Over (較高)

InBody報告詳細解讀

身體其他部分資訊

1. 細胞內水分 (Intracellular Water)

- 代表細胞所含的水分會
影響細胞代謝的體液

Research Parameters		
1	Intracellular Water	22.0 L (18.0~22.0)
2	Extracellular Water	13.5 L (11.1~13.5)
3	Basal Metabolic Rate	1413 kcal
4	Waist-Hip Ratio	0.83 (0.75~0.85)
5	Body Cell Mass	31.5 kg (25.8~31.6)

2. 細胞外水分 (Extracellular Water)

- 代表人體內存在於細胞外的體液
主要包括組織液、血漿和淋巴等

3. 基礎代謝率 (BMR)

- 維持您身體基本功能所需的卡路里

4. 腰臀比 (Wasit-Hip Rate)

- 腰臀比=腰圍÷臀圍
若腰臀比例大於括號水平
則可被界定為中央肥胖

5. 細胞總質量 (Body Cell Mass)

- 體內所有細胞元素的總質量構成
身體所有代謝活躍的組織

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

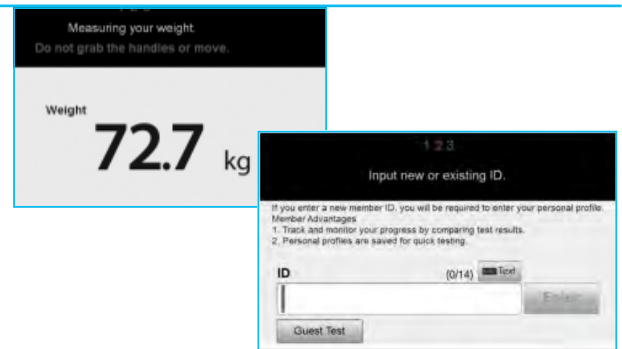
InBody 770 Body Composition Analysis Manual

1. Please remove the socks and step on the footplate



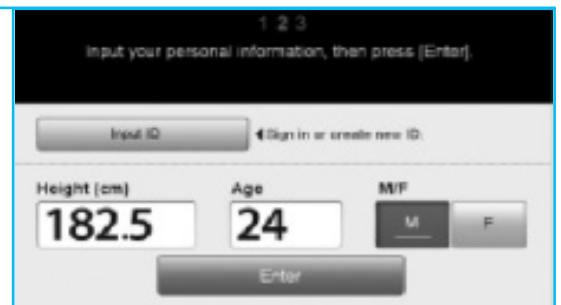
2. The screen will show the weight

Wait for the weight measurement finish then enter your phone number



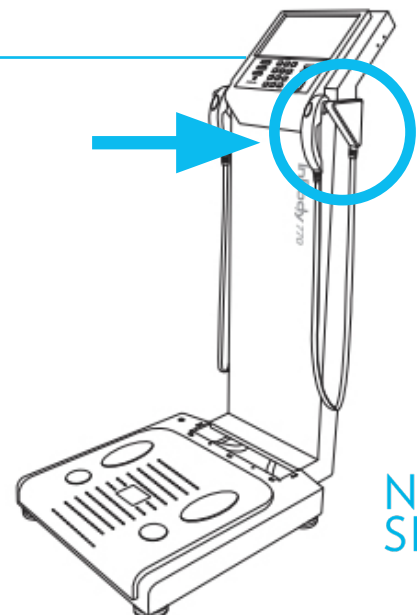
3. Input the personal data

Enter height (cm), age, gender in order, then press Enter to go to the next step



4. Grip and hold the hand electrodes

Maintain proper posture until the test finish



InBody 770 Body Composition Analysis Manual

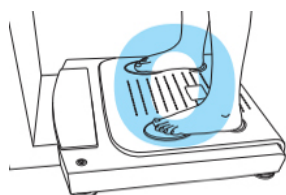
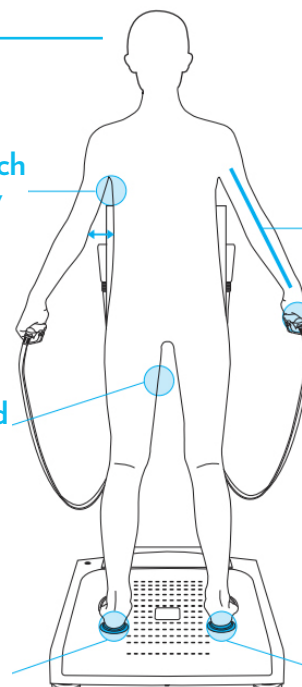
5. Perform measurement

Holding the grip electrodes with proper posture

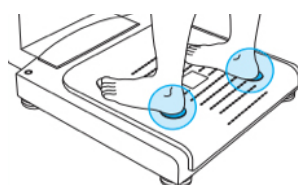
Your arms must not touch the sides of your body

Keep the arms straight

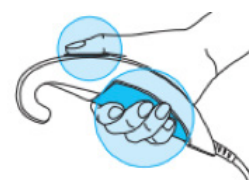
The thighs should not touch



Step on the footplate barefoot



Place the heels on the rear sole electrodes



Place the thumb on the oval electrode and the 4 fingers wrap the surface of the bottom hand electrode

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

InBody Results		ID	Height	Age	MIF	Exit
Weight	73.8 kg		182.5			
Muscle Mass	36.6 kg					
Percent Body Fat	13.1 %					
ECW Ratio	0.368					
Leg Lean Mass	20.2 kg					

Would you like to input ID to save results?

InBody Report Interpretation

Personal information
& Test Date

Body Composition
Analysis

ID	Height	Age	Gender	Test Date / Time	
Jane Doe	163cm	41	Female	2017.03.08. 16 : 47	
Body Composition Analysis					
	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
1 Total Body Water(L)	35.5 (29.1 ~ 35.5)	35.5	45.6 (37.3 ~ 45.7)	48.3 (39.6 ~ 48.4)	66.4 (48.5 ~ 65.7)
2 Protein (kg)	9.5 (7.8 ~ 9.6)	non-ossious			
3 Minerals (kg)	3.28 (2.69 ~ 3.29)				
4 Body Fat Mass (kg)	18.1 (11.4 ~ 18.3)				

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 Soft Lean Mass

- Sum of the body water, protein and minerals

6 Fat Free Mass

- Body Weight-Body Fat Mass=Fat Free Mass

7 Weight

- Sum of all values

Values in parentheses are ideal ranges based on your measurements

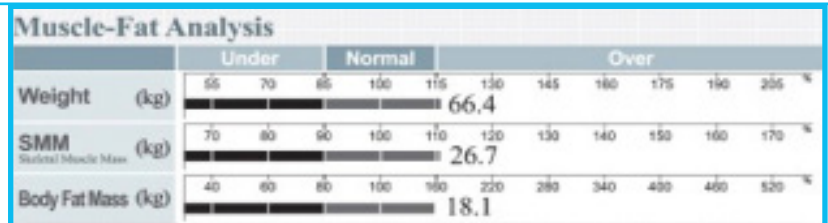
InBody Report Interpretation

Muscle-Fat Analysis

1. Weight

2. Skeletal Muscle Mass

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



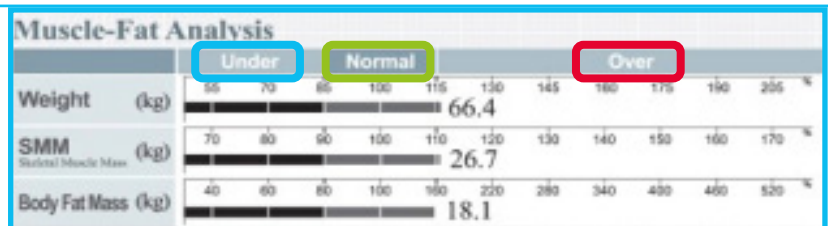
3. Body Fat Mass

The value will divide into three range

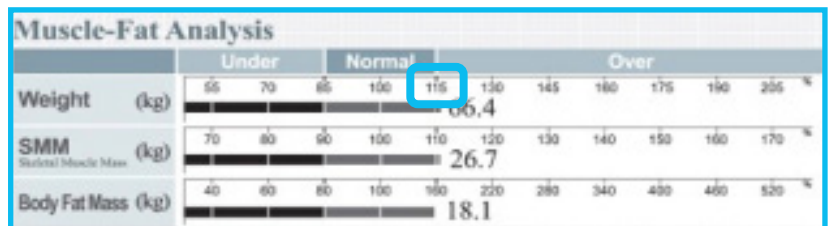
Under

Normal

Over



- >> 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 by 30%
- >> In contrast, if the value reaches 70%, it reflects your weight is **below** the average by 30%



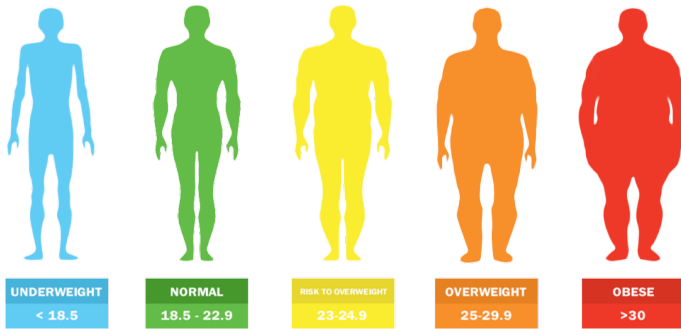
InBody Report Interpretation

Obesity Analysis

1. BMI

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

		Under		Normal			Over					
		10.0	15.0	18.5	21.0	25.0	30.0	35.0	40.0	45.0	50.0	55.0
BMI	Body Mass Index (kg/m ²)	25.0										
PBF	Percent Body Fat (%)	27.2										



- 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)

$$\frac{\text{Body Fat Mass}}{\text{Body Weight}} \times 100\%$$

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water(L)	35.5 (29.1 - 35.5)	35.5	45.6 (37.3 - 45.7)	48.3 (39.6 - 48.4)	66.4 (48.5 - 65.7)
Protein (kg)	9.5 (7.8 - 9.6)				
Minerals (kg)	3.28 (2.69 - 3.29)				
Body Fat Mass (kg)	18.1 (11.4 - 18.3)				

Body weight

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 :

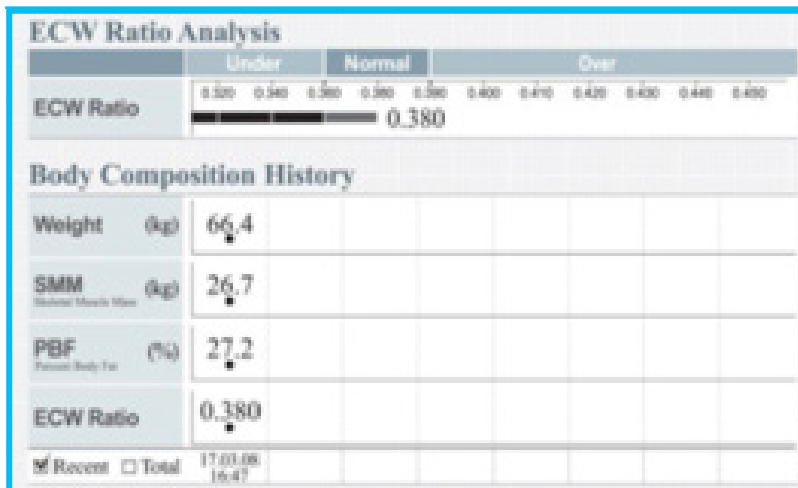
- ① Right Arm ② Left Arm ③ Trunk ④ Right Leg ⑤ Left Leg

		Based on ideal weight			Based on current weight			ECW Ratio
		Under	Normal	Over	Under	Normal	Over	
Right Arm	(kg)	40	60	80	100	120	140	0.373
	(%)	100			75.46	116.6		
Left Arm	(kg)	40	60	80	100	120	140	0.377
	(%)	107.4			2.35			
Trunk	(kg)	70	80	90	100	110	120	0.381
	(%)	105.5			20.9			
Right Leg	(kg)	70	80	90	100	110	120	0.380
	(%)	112.5			7.79			
Left Leg	(kg)	70	80	90	100	110	120	0.382
	(%)	109.6			7.59			

- ➔ First values is compared to the people who have the same height. It reflects your muscle weight equivalent to a healthy average when the value equal or above 100%
- ➔ Middle value is the muscle weight of that body part
- ➔ The third value compare your muscle weight to your body weight. It determines if you have enough muscle mass to support your weight. It is enough to support your weight when the value equal or above 100%

InBody Report Interpretation

Extracellular Water (ECW) Ratio Analysis



High SMM/ICW: <0.36

Standard Range: 0.36-0.39

Slight edema: 0.39-0.40

Edema: >0.40

Body Composition History

Graphically tracks the historical trending of your body compositional changes, including :

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

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

InBody Score

81 / 100 Points

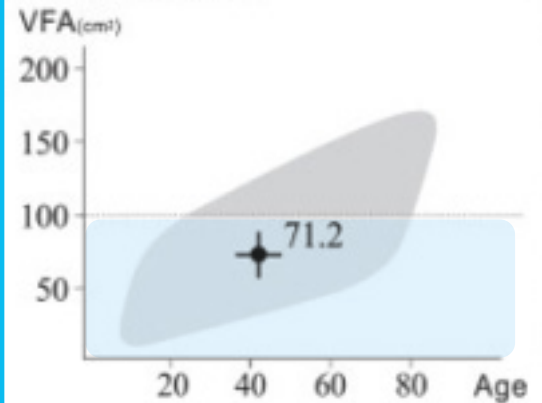
* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Visceral Fat Area

Visceral fat area determine how much unhealthy visceral fat you have

The ideal range of visceral fat should below 100 VFA cm² (Area that highlighted in blue)

Visceral Fat Area



InBody Report Interpretation

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

*InBody do not recommended decrease muscle weight

Weight Control	
Target Weight	62.7 kg
Weight Control	- 3.7 kg
Fat Control	- 3.7 kg
Muscle Control	0.0 kg

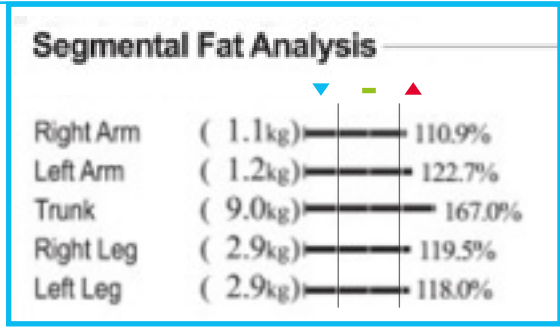
Segmental Fat Analysis

The values are compared to the people who have the same height

The left values (kg) are the fat mass of this body part

The % values reflect if your fat mass equivalent to a healthy average.

If the value reaches 167%, it reflects your fat mass of this body part is above the average by 67%



Under (較低) Normal (正常) Over (較高)

InBody Report Interpretation

Research Parameters

1. Intracellular Water

- Water located within the cell; associated with anabolic processes, overall good cellular health and integrity

2. Extracellular Water

- Water found outside the cell; abnormally high levels often indicative of excess body fat and water retention related to trauma.

3. BMR

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

4. Waist-Hip Ratio

- $$\frac{\text{Waist (cm)}}{\text{Hip (cm)}} = \text{Waist-Hip Ratio}$$

compares your waist measurement to your hip measurement. Higher ratios can mean you have abdominal obesity

5. Body Cell Mass

- Total weight in kg of all metabolically active tissues of the body

Research Parameters		
1	Intracellular Water	22.0 L (18.0~22.0)
2	Extracellular Water	13.5 L (11.1~13.5)
3	Basal Metabolic Rate	1413 kcal
4	Waist-Hip Ratio	0.83 (0.75~0.85)
5	Body Cell Mass	31.5 kg (25.8~31.6)

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 770 身體組成分析儀

THANK YOU