

InBody570 Training Manual

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Package

Your InBody package will include:



InBody570

*Additional accessories can be purchased at www.inbodyusa.com/store

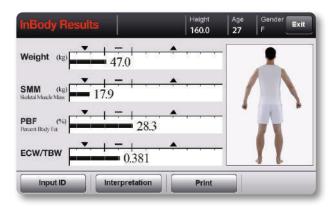
Additional Features

Self Mode



The examinee takes the InBody Test following the instructions that are displayed on screen.

Professional Mode



An examiner is present and guiding the examinee through the InBody Test.

Additional Features

Enhanced Security



Create an Access Code for designated operators, secure your database from unauthorized access, and enable auto-lock if preferred.

Trending

Body Comp	. History	ID 0123456789	Height 5'11.9 "	Age 24	Gender End
Weight (lbs)	178.6 178	.5 178.5			(- 0.0)
SMM (Ibs) Skeletal Muscle Mass	82.9 83.	6 83.3			(↓ -0.3)
PBF (%) Percent Body Fat	17.9	3 17.5			(† +0.2)
ECW/TBW	0.379 0.38	30 0. <u>3</u> 80			(- 0.000)
Recent Total	13.05.15 13.05 15:26 15:3				
Input ID	Inte	rpretation	Print		Recent Results

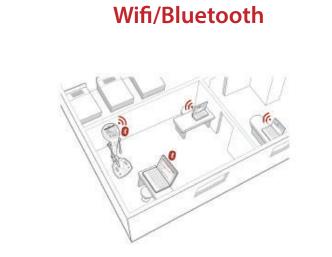
Check your progress right after testing on the touchscreen monitor through graphs that track results over time.

Additional Features

Lookin' Body Data Management Software



Consolidate and manage member results, create faster profiles, email results sheets and expedite the testing process.



Wireless connection in your environment to utilize Lookin'Body data management software anywhere

Getting Started



Preparation

Prepare for your InBody Test by following these steps:

- Hydrate well the day before.
- Remove all jewelry, socks, pantyhose and shoes.
- Stand upright for at least 5 minutes prior to testing.
- Avoid drinking caffeine on the day of your test.
- Avoid eating 3-4 hours prior to testing.
- Use the restroom prior to testing.
- Avoid exercising 6-12 hours prior to testing.
- Avoid consuming alcohol for 24 hours prior to testing.
- Avoid InBody testing after a shower or sauna.
- Avoid using lotion or ointment on hands or feet.
- If testing in the winter, warm yourself up for 20 minutes prior to testing.
- Avoid testing if you are pregnant, menstruating, or have medical implants such as pacemakers and other life-sustaining medical implants.

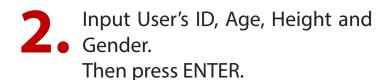
Quick Step Guide

Remove shoes, socks, heavy articles of clothing and items in pockets.

Wipe hands and feet with **InBody Tissue**.

Stand on scale to measure your weight and align your feet with the foot electrodes.





*Creating a unique user ID records and tracks user progress.

 Grab the hand electrodes, placing your thumbs on the thumb electrodes and wrapping your fingers around the bottom electrodes.





Quick Step Guide

Stand with feet shoulder-width apart and keep arms
15 degrees away from the torso during analysis. Relax all muscles during the test and avoid moving to ensure accurate results.



Quick Step Guide

Results will automatically print after test completion,
 and you may begin your consultation right away.



Result Sheet Interpretation

This is the results sheet. Each sections will be explained thoroughly in order to fully understand the test results. The numbers next to each sections indicate the page number.

ID Jane Doe	Height 5ft.01.8in.		ender Test male 05.0	Date / Ti 4,2012		www.inbodyusa.com
Body Compositi				115		
Intracellular Water (Ibs)	Values 36.6	Total Body Water	Lean Body I	Mass	Weight	Body Fat - Lean Body Mass Control
Extracellular Water (lbs)	24.0	60.6	82.2			Body Fat Mass - 21.8 lbs Lean Body Mass + 5.5 lbs
Dry Lean Mass (ibs)	21.6		02.2		130.3	(+) means to gain fatlean (-) means to lose fatlean
Body Fat Mass (lbs)	48.1					Segmental Fat Analysis
Muscle-Fat Anal	vsis					Right Arm (3.5 lbs)
	55 TO 85	100 115 13	0 145 160	125	⇒io 205 *	Trunk (25.8 lbs)239.9%
Weight (lbs)		130.3			1. 1993 - 1988,	Right Leg (6.4 lbs)
SMM (Ibs) (Ibs)		13.2 10 11 12		160	160 170 *	Basal Metabolic Rate
Body Fat Mass (Ibs)	40 හි නී	100 180 22	o 280 340 148.1	400	490 520	1175 kcal
Obesity Analysis				1		Visceral Fat Level
BMI (kg/m²)	100 150 168	210 250 30	o 35.0 46.0	45.0	50.0 55.0	Level 12
PBF (%)	8,0 13,0 18,0	24.0 28.0 28.0 38		48.0	53.0 58.0	Results Interpretation
Percent Body Fat			36.9			Obesity Analysis BMI is an index used to determine obesity by
Segmental Lean	Analysis	Based on ideal	weight	Based on ca	rrent weight	using height and weight. PBF is the percentage of body fat compared to body weight.
Right Arm (lbs)	40 60 80	4.43	o 160 180	200	220 240	Segmental Lean Analysis
Loft Arm (Bs)	40 60 80	102.0 100 120 14 4.26	0 150 180	200	220 240	Evaluates whether the muscles are adequately developed in the body. In each segment, the top
(94)	70 ab 60	97.7 100 110 12	0 130 140	150	150 170	bar shows the comparison of muscle mass to ideal weight and the bottom bar shows that of the
Trunk (bs) (%)		39.0 99.3				current weight.
Right Leg (lbs) (%)	70 80 80 11.4 83.7	49 100 110 12	0 130 140	150	160 170	Body Water Analysis ECW/TBW is the ratio of Extracellular Water to
Left Leg (lbs)	70 80 80 11.29 82.3	, 100 110 12)	0 130 140	150	160 170	Total Body Water, which is an important indicator wherther the body water is balanced.
ECW/TBW Ana						Visceral Fat Level Visceral Fat Level is an indicator based on the
LICHTED IT AND		-				estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat
ECW/TBW	0.320 0.340 0.560	0.380 0.380 0.4		0 0.430	0.440 0.458	Level under 10 to stay healthy.
Body Compositi	on History					Scan the QR Code to see
Weight (Ibs)	143.9 139.9	137.6 136.2	137.3 13	4.3 13	3.4 130.3	results interpretation in more detail.
	44.3 44.1	43.4 43.4	10.4		3.6	Impedance
Skeletal Muscle Mais (ITEV)	41.3 40.7		20.4	•	45.2	RA LA TR RL LL Ζ (Ω) 5kHz 373.1 385.4 25.7 303.0 314.1
PBF Percent Body Fat (%)		39.2 39.0	39.4 3		7.8 36.9	50kHz 337.2 352.5 23.0 282.3 289.8 500kHz 297.4 311.5 19.1 258.1 267.8
ECW/TBW	0.399 0.398	0.396 0.396	0.397 0	306 0.3	398 0.396	

Body Composition Analysis

		Total Body Water	Lean Body Mass	Weight	ID Haght Age Gonder TestDate Time Jane Doe Shift Sin S1 Fernike 105.04.2012 04:66	
Intracellular Water (lbs)	36.6	60.8			Body Composition Analysis was instituted by the institute of the institut	
Extracellular Water (lbs)	24.3	00.8	82.5	130.3	Experiment Net (%) 24.0 (%) 82.2 (30.3 Dy Law Net (%) 71.0 Ref / R Mes (%) 48.1 Munch Fall Analysis	
Dry Lean Mass (lbs)	21.6			150.5	Weight degr degr <th d<="" td=""></th>	
Body Fat Mass (lbs)	47.8				Burry Fair Mass. (No. 4. 4. 4. 4. 4. 10. 11. 11. 11. 11. 11. 11. 11. 11. 11	

Body Weight is the sum of Body Fat Mass and Lean Body Mass. Lean Body Mass, also known as Fat Free Mass, is composed of Dry Lean Mass and Total Body Water. Dry Lean Mass accounts the amount of protein and minerals in your body.

Total Body Water consists of Intracellular Water and Extracellular Water. Intracellular Water is the total amount of water within the body cells and Extracellular Water is the total amount of water outside of the body cells. **Total Body Water** increases as **Lean Body Mass** increases.

Maintain a balanced body composition to stay healthy.

Body Composition Analysis

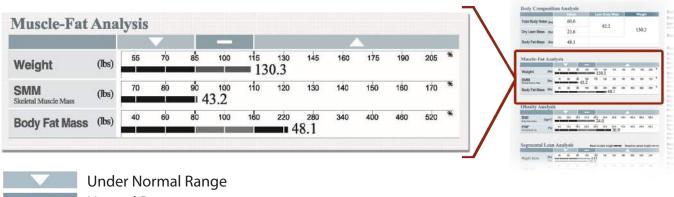
	Values	Total Body Water	Lean Body Mass	Weight	D Anne Do	Body	InBod Gandar Test Date J Tree Ferrede 05.04.2012 09 ; 4
Intracellular Water (lbs)	36.6	60.8			Terester	Rater (8+) 36.6	link: Weley Low Brits Blogs Weigh
Extracellular Water (lbs)	24.3	00.8	82.5	130.3	Extraction Dry Lean Body Rat	Mass (#) 21.6	82.2 130.
Dry Lean Mass (Ibs)	21.6			150.5	Wedget BANK		M M
Body Fat Mass (lbs)	47.8				Dody Pat	New Oil A to A to	- An on on on or of an or of an of a second

The Total Body Water increases with Lean Body Mass since muscle retains approximately 73% of water, while fat only retains approximately 10% of water.

The Intracellular Water (ICW) is associated with anabolic processes, more Lean Body Mass, improved nutrient retention/use, and overall cellular health and integrity (Omega 3's).

The Extracellular Water (ECW) may indicate excess body fat or inflammation and water retention related to trauma, injury, toxicity, or malnutrition.

Muscle-Fat Analysis



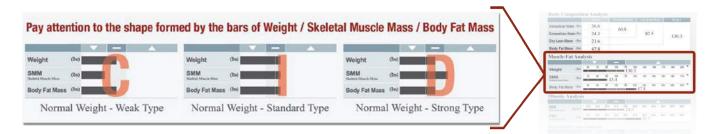
Under Normal Rang Normal Range Over Normal Range

Skeletal Muscle Mass (SMM) is the amount of muscle attached to the bones (muscle that is most easily affected through exercise).Body Fat Mass is the sum of subcutaneous fat, visceral fat, and

fat surrounding muscles. Subcutaneous fat is found beneath the skin, while visceral fat is found surrounding internal organs in the abdomen.

The purpose of this part is to compare your Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Muscle-Fat Analysis

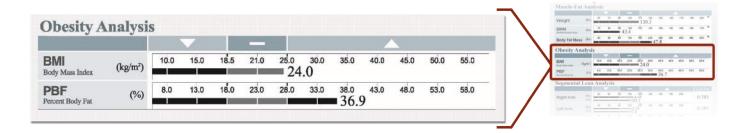


- A C-Shape indicates a weak body type because the Skeletal Muscle Mass is lower than Body Fat Mass.
- An I-Shape indicates a normal body type as Weight, Skeletal • Muscle Mass, and Body Fat Mass are proportionally even.
- A **D-Shape** indicates a strong body type as Skeletal Muscle • mass is high compared to Weight and Body Fat Mass.

		- -
Neight (lbs)	Weight (lbs)	Weight (lbs)
SMM (Ibs)	SMM (Ibs) Statistical MonderStates	SMM (Ibs)
Sody Fat Mass (lbs)	Body Fat Mass (Ibs)	Body Fat Mass (Ins)
Normal Weight - Standard Type	Normal Weight - Weak Type	Normal Weight - Obese Type
Veight (Ins)	Weight (lbs)	Weight (hs)
SMM (Ibo)	SMM (bs) (bs)	SMM (Ibc)
Body Fat Mass (Inc)	Body Fat Mass (Ihs)	Body Fat Mass (Ihr)
Normal Weight - Strong Type	Under Weight - Strong Type	Over Weight - Weak Type
T - A	— — —	- -
Veight (hs)	Weight (b)	Weight (lbs)
SMM (Ibs)	SMM (But)	SMM (Ibs)
Body Fat Mass (Ibs)	Body Fat Mass (lbs)	Body Fat Mass (Ilis)

Muscle-Fat Analysis Graph Interpretation

Obesity Analysis



*BMI Normal Range: WHO Standard 18.5 – 24.9

*PBF Normal Range:

- Males 10% 20%, Ideal 15%
- Females 18% 28%, Ideal 23%

There are two ways to measure obesity: BMI and Percent

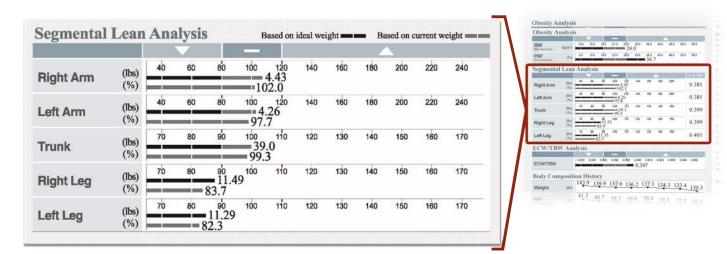
Body Fat.

BMI refers to Body Mass Index, an obesity classification that uses height and weight.

Percent Body Fat is more accurate since it is based on your muscle to fat ratio.

In this section, you can find inaccuracies in BMI for muscular individuals and also obese individuals.

Segmental Lean Analysis



Segmental Lean Analysis evaluates whether the muscles are adequately developed in the body. It shows how much Lean Muscle Mass is in each segment of the body. The trunk refers to the torso including the chest, abdomen, back, and lower back.

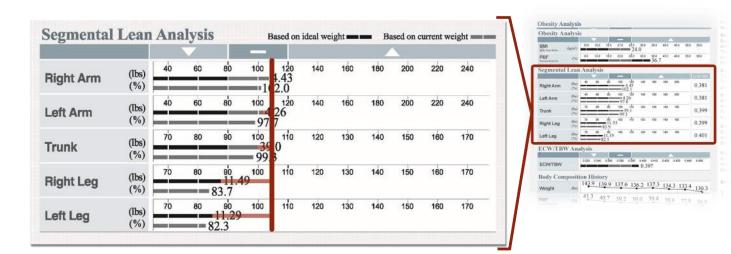
The top bar compares your actual amount of Lean Muscle Mass to your ideal weight derived from your height. The numeric value at the end of the top bar is the actual pounds of Lean Muscle Mass in that segment. The length of the bar shows you whether your actual amount of Lean Muscle Mass is under, normal, or over the amount of Lean Muscle Mass ideal for a person of your height who weighs the ideal weight.

Segmental Lean Analysis

			$\overline{}$						1				BMI the star star star star star star star star
Right Arm	(lbs) (%)	40	60	80	100 10	120 4.43 2.0	140	160	180	200	220	240	PBF ON 40 00 40 20 20 20 20 20 10 10 20 10 10 20 10
Left Arm	(lbs) (%)	40	60	80	100 4. 97.	26 7	140	160	180	200	220	240	Left Arm (100) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Frunk	(lbs) (%)	70	80	90	100 39. 99.3		120	130	140	150	160	170	Loft Log (n) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1
Right Leg	(lbs) (%)	70	80	- 11.4 83.7	19	110	120	130	140	150	160	170	ECWITEW 0.397 Body Composition History Weight (b) 1479-1329-1376-136.2 137.3 134.3 133.4 (1) 2
Left Leg	(lbs) (%)	70	80	11.29	100	110	120	130	140	150	160	170	PBF N 413 407 302 30.0 39.4 38.6 37.8

The bottom bar shows you the percentage of Lean Muscle Mass compared to your own weight. The value at the end of the bottom bar is derived from dividing the segment's Lean Muscle Mass by your Weight. The length of the bar shows you whether the amount of Lean Muscle Mass in each segment is under, normal, or over the amount needed to sustain your weight.

Segmental Lean Analysis

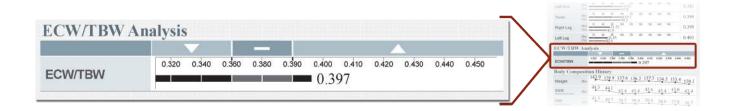


- Draw a vertical line to compare the length of the bars to reveal symmetry issues. For example, the right leg and left leg are symmetrical to each other but not to the right arm or left arm. This means the legs are weaker than the arms.
- This vertical line also compares the strength of each segment to proportion

Three main objectives for Segmental Lean Analysis:

- Have all bar graphs reach within the Normal Range
- Line up the 2 bar graphs in each segment
- Have all bar graphs align straight down

Body Water Analysis



The ratio of Extracellular Water (ECW) to the Total Body Water (TBW) is an important indicator whether your body water is balanced. An optimal ratio of ECW/TBW is 0.380.

The normal range falls between 0.360 to 0.390. If the ratio is closer to 0.360, it means you have more Intracellular Water (ICW), Lean Body Mass (LBM) and retention of water/nutrients in cell. On the other hand, if the ratio falls closer to 0.390, you have more Extracellular Water, fat mass and inflammation/water retention, and dehydration.

If the ratio exceeds 0.400, please consult your physician. Athletes, or those with an excess of muscle mass tend to have a lower ration of ECW/TBW ratio (close to 0.360). Therefore, the ECW/TBW ratio can be a good indication of your health and needs to be consistently monitored.

Body Composition History

Weight	(lbs)	143.9	139.9	137.6	136.2	137.3	134.3	133.4	130.3	-
SMM Skeletal Muscle Mass	(lbs)	44.3	44.1	43.4	43.4	43.6	43.4	43.6	43.2	ECW/IBW Analysis ECW/IBW the the the the the test test test test
PBF Percent Body Fat	(%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.9	Body Composition History Weight av Main and the second sec
Recent 🗆	Total	10.10.11 09:15	10.30.11 09:40	11.02.11 09:35	12.15.11 11:01	01.12.12 08:33	02.10.12 15:50	03.15.12 08:35	05.04.12 09:46	PBF Col 41.3 40.7 39.2 39.0 39.4 38.6 37.8 ECW/TWW 0.399 0.398 0.396

- Track your past measurements on-screen and on the results sheet.
- InBody will show you your previous results of Weight, Skeletal Muscle Mass, and Percent Body Fat to track your changes over time.

Take the InBody Test periodically to monitor your progress. Continuously measuring under the same ID allows the InBody to save each test for future comparison. The Body Composition History allows an individual to track the changes in body composition over his/her most recent eight results (if selecting "Recent") or a cumulative graph that shows the progress from the first test results to the most recent results (if selecting "Total").

Body Fat-Lean Body Mass Control



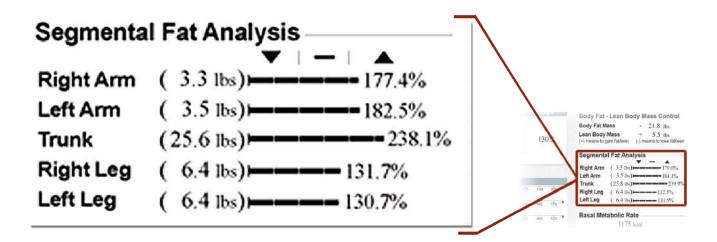
PBF Normal Range: Males 10% - 20%, Ideal 15% Females 18% - 28%, Ideal 23%

Body Fat refers to how many pounds of Fat Mass are recommended to be lost (-) and gained (+) to get the Ideal Percent Body Fat.

Lean Body Mass (LBM) refers to how many pounds of muscle are recommended to be gained (+) or lost (-) to get to the Ideap Percent Body Fat.

Using the example above, it is recommended to lose 21.6 lbs of Body Fat and gain 5.5 lbs of Muscle. Total weight change would be a loss of 16.1 lbs.

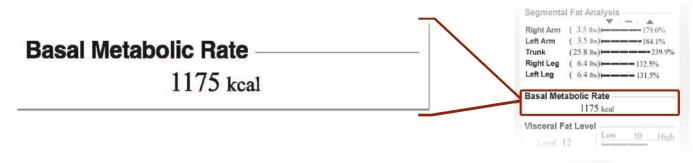
Segmental Fat Analysis



Segmental Fat Analysis shows how many pounds and percentage of fat are in each section.

The percentage at the end of the bar graph compares actual with ideal. For example, the Right Arm is showing 179%, which means this individual has 79% more Fat in the Right Arm compare to the ideal person at that height.

Basal Metabolic Rate



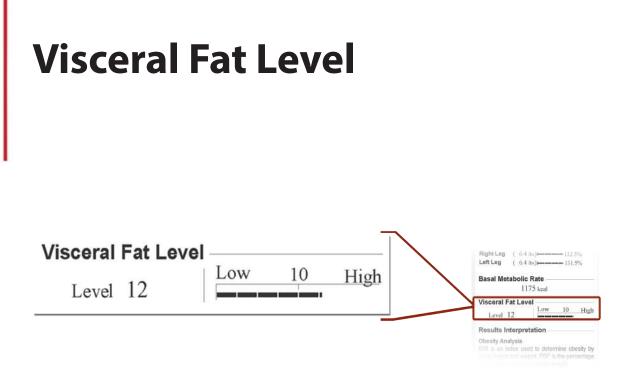
Traditionally, many companies use the **Harris-Benedict** equation to estimate a person's caloric needs. The equation uses gender, age, height, weight, and LBM to determine BMR.

Some also use **Mifflin-St Jeor**, which closely resembles an equation similar to BMI (Body Mass Index).

InBody uses **John J. Cunningham's** equation which only uses LBM (Lean Body Mass) to estimate caloric needs over a 24 hour period at absolute rest.

BMR = 21.6 x LBM (kg) + 370 (LBM = Lean Body Mass, kg)

From the example above, the results show that the user will burn 1175 kcal within 24 hours at rest. This number can be used to determine the daily amount of calories a person needs to consume to lose fat or gain muscle mass.



Visceral Fat Level refers to an estimated level of abdominal fat that is known to be closely related to cardiovascular diseases.

Normally, this measurement is usually found by a

CT scan and shown as Visceral Fat Mass or Area,

with units of kg or cm².

Level 10 is 100 cm² of visceral fat, which is normal.

Anything above level 10 would be considered

high risk and anything below level 10 is low risk.

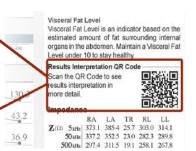
The lower the Visceral Fat Level, the healthier the individual is.

Results Interpretation QR Code

Results Interpretation QR Code

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





Scanning the QR code will take you to:

http://qr.inbody.com/ri/570/adult/en-US.

The site describes the importance of each output and

what each output represents.

Impedance

Impedanc	e				_		
	RA	LA	TR	RL	LL	171	Body Water Analysis EC/07TBW is the ratio of Extracellular Water to Total Body Water, which is an important indicator whetther the body water is belanced. Viscenal Fat Level
$\mathbf{Z}(\Omega)$ 5 kHz	373.1	385.4	25.7	303.0	314.1	0.40	Visceral Fat Level is an indicator based on the estimated amount of fat surrounding informal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy. Results Interpretation QR Code
50 kHz	337.2	352.5	23.0	282.3	289.8	130	Scan the QR Code to see results interpretation in more detail.
500 kHz	297.4	311.5	19.1	258.1	267.8	36.9	RA LA TR RL LL Z(10 5µm) 373,1 3854 25.7 3030 314,1 50ws 3072 3522 201 2823 2808 500ws 2974 311.5 19,1 258,1 267.8
						05.94.12	

These impedance values are for internal use only, and reviewing these values can help to determine whether your results are correctly obtained.

This chart shows the measured impedance values of each segment and also at each frequency. The InBody 570 uses 3 frequencies at 5 kHz, 50 kHz, 500 kHz.

Maintenance

- Make sure that the InBody device is level to the ground.
- Use InBody Tissue to wipe down your In-Body. Do not directly spray any fluid to your InBody.
- No other specific maintenance is required.

Frequently Asked Questions

To view Frequently Asked Questions, please click the question mark.



If you have any further questions, please contact

InBody at:

(323) 932-6503

info@inbodyusa.com