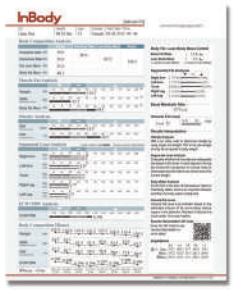
InBody570

Training Manual

Table of Contents

Package

Your InBody package will include:

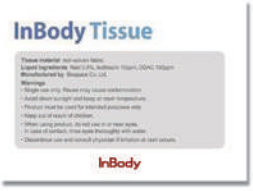


Results Sheets (500)*

InBody Poster

InBody570

Laser Printer
with USB Cable



InBody Tissue (300)*

USB Thumb Drive

*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

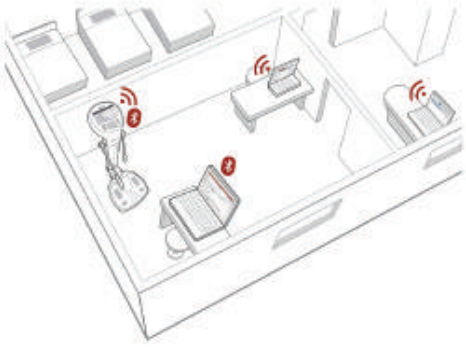
Check your progress right after testing on the touchscreen monitor through graphs that track results over time.

Additional Features

Lookin' Body Data Management Software

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

Wifi/Bluetooth



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

1. 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.

2. Input User's ID, Age, Height and Gender.
Then press ENTER.

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

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

Quick Step Guide

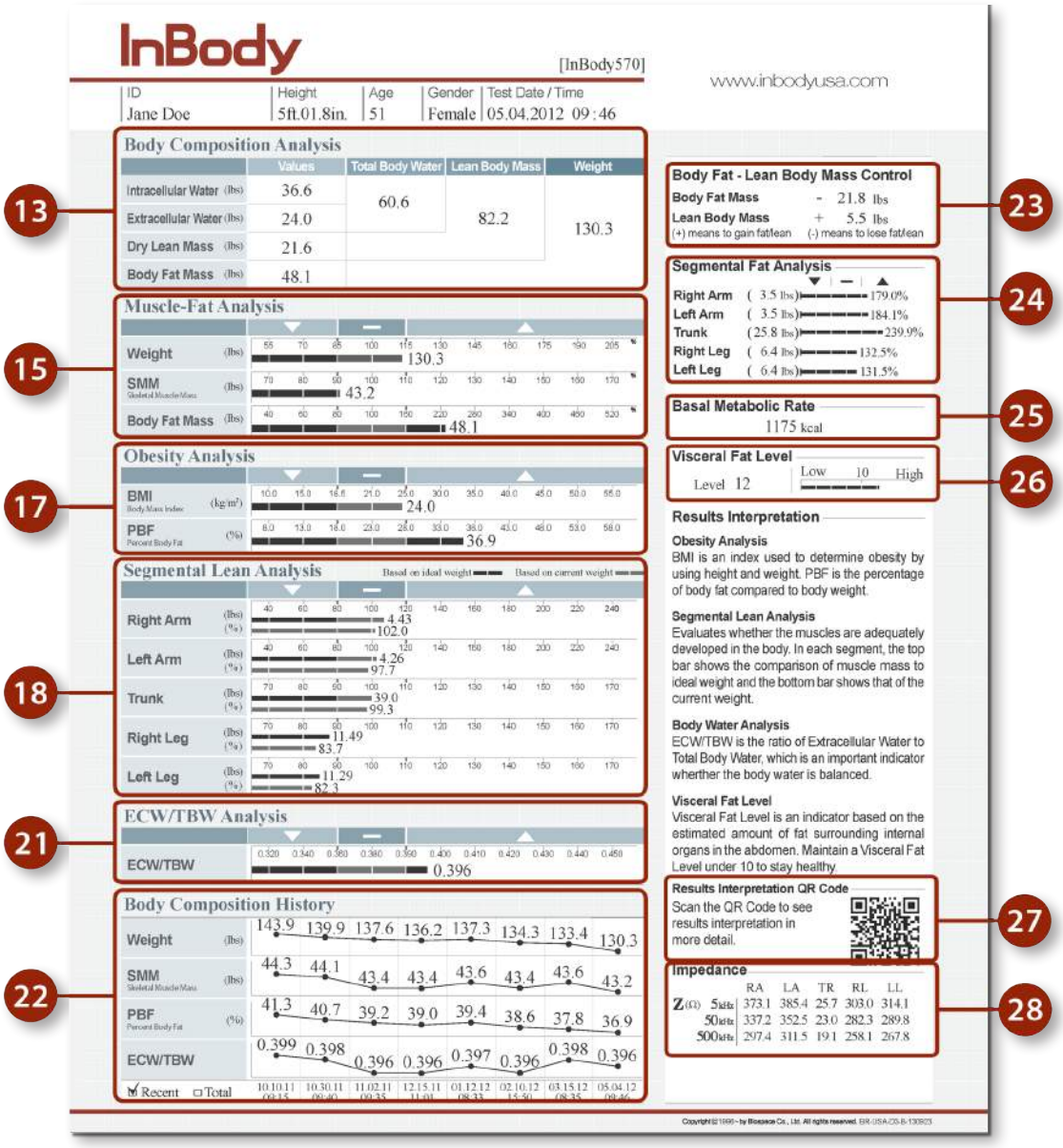
4. Stand with feet shoulder-width apart and keep arms 15 degrees away from the torso during analysis. Relax all muscles during the test and avoid moving to ensure accurate results.

Quick Step Guide

5. 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.



Body Composition Analysis

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	36.6	60.8	82.5	130.3
Extracellular Water (lbs)	24.3			
Dry Lean Mass (lbs)	21.6			
Body Fat Mass (lbs)	47.8			

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

Body Composition Analysis

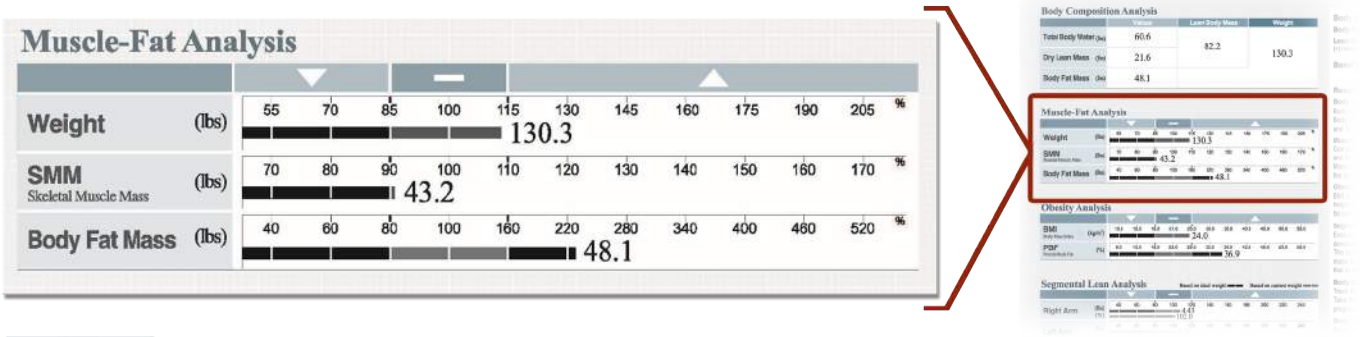
	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	36.6	60.8	82.5	130.3
Extracellular Water (lbs)	24.3			
Dry Lean Mass (lbs)	21.6			
Body Fat Mass (lbs)	47.8			

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



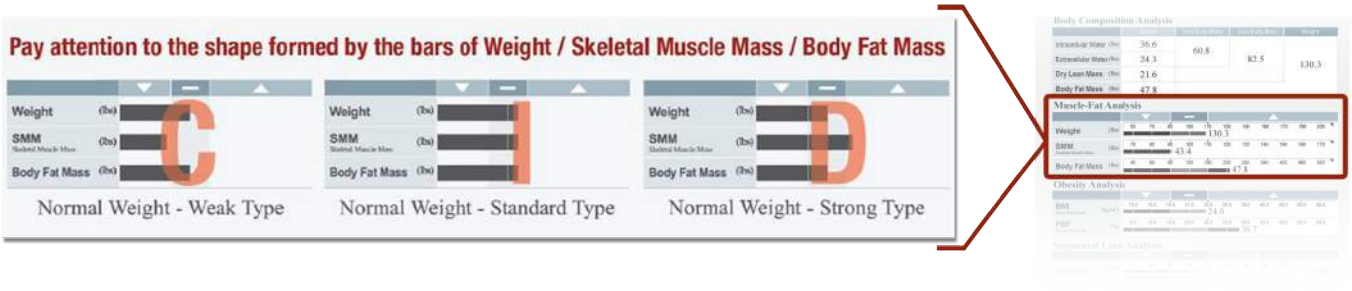
Under Normal Range
Normal Range
Over Normal Range

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

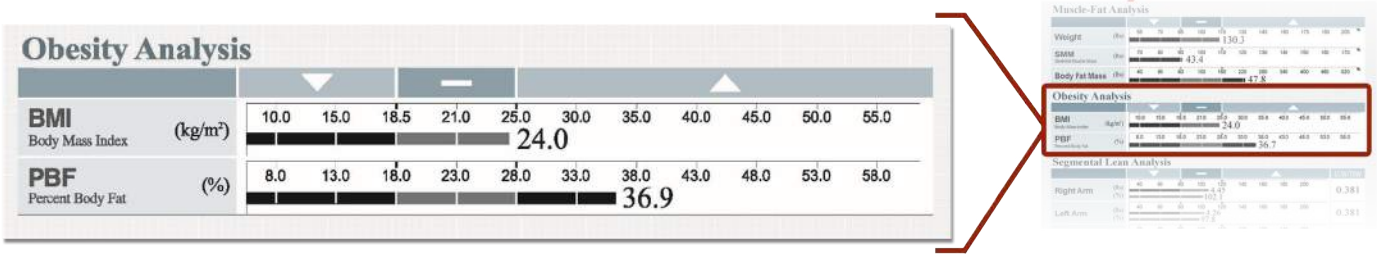


- A **C-Shape** indicates a weak body type because the Skeletal Muscle Mass is lower than Body Fat Mass.
- An **I-Shape** indicates a normal body type as Weight, Skeletal Muscle Mass, and Body Fat Mass are proportionally even.
- A **D-Shape** indicates a strong body type as Skeletal Muscle mass is high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

Muscle-Fat Analysis Graph Interpretation

The shape formed by the Weight/Skeletal Muscle Mass/Fat Mass bars will assist in understanding your body type.

Obesity Analysis



***BMI Normal Range: WHO Standard 18.5 – 24.9**

***PBF Normal Range:**

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

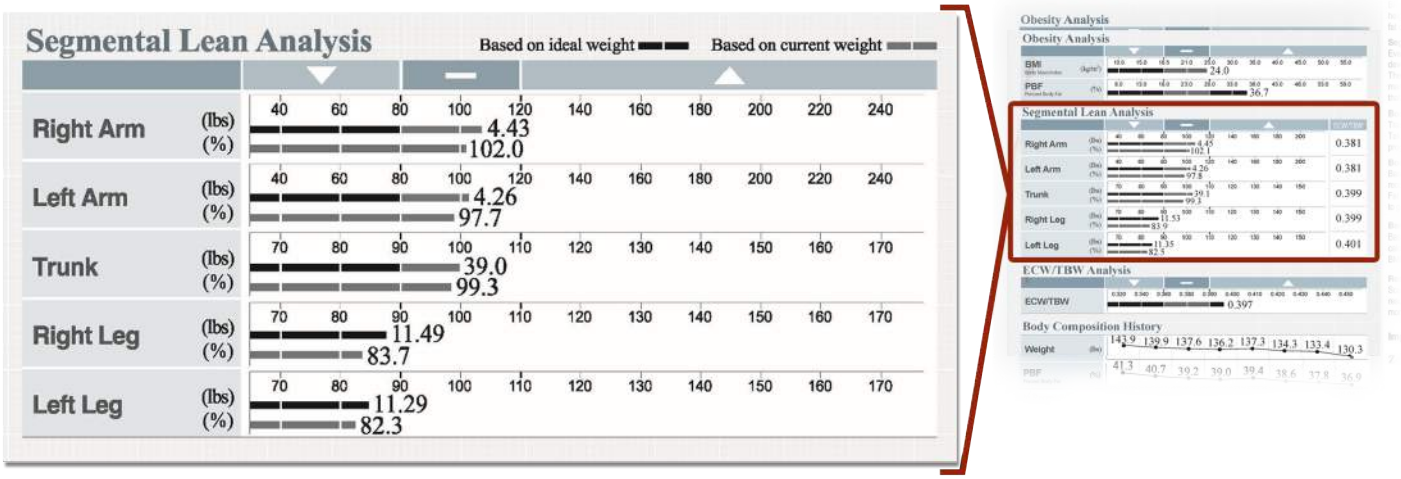
There are two ways to measure obesity: BMI and Percent Body Fat.

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.

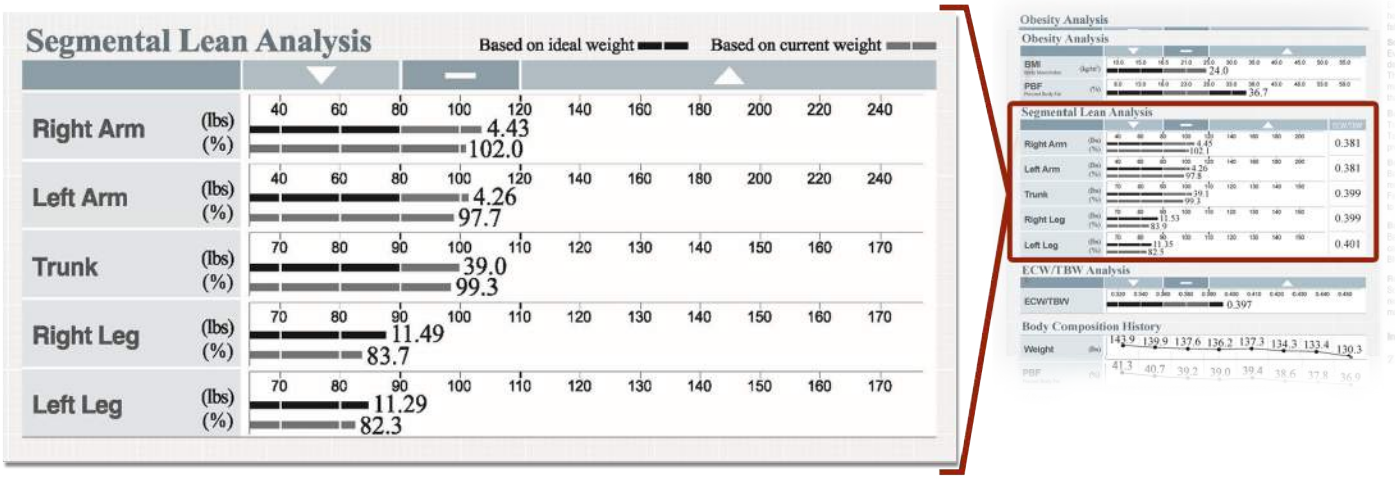
Segmental Lean Analysis



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.

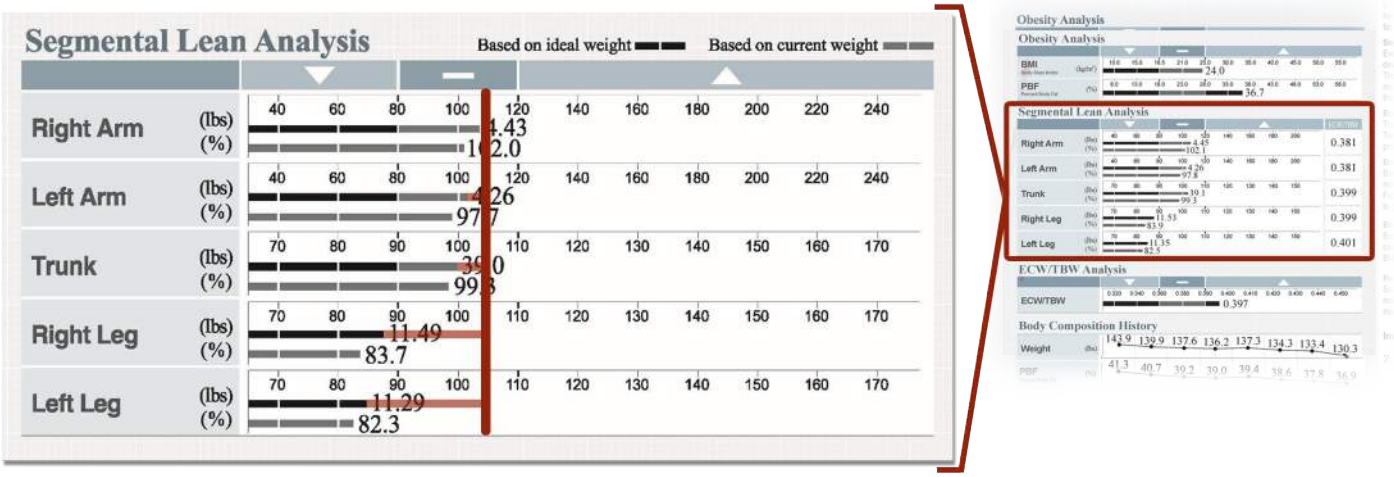
The top bar compares your actual amount of Lean Muscle Mass to your ideal weight derived from your height. The numeric value at the end of the top bar is the actual pounds of Lean Muscle Mass in that segment. The length of the bar shows you whether your actual amount of Lean Muscle Mass is under, normal,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

Segmental Lean Analysis



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

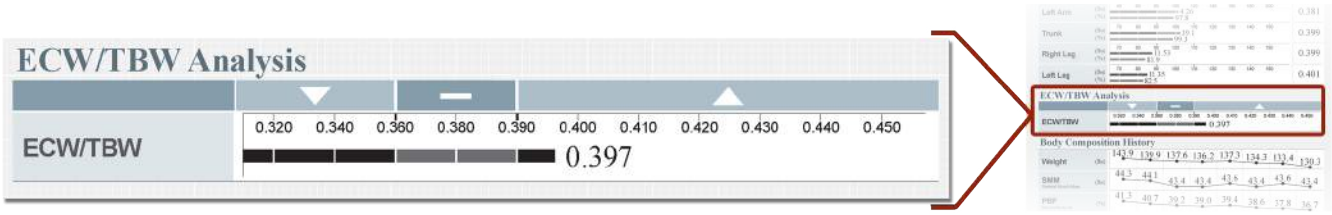


- Draw a vertical line to compare the length of the bars to reveal symmetry issues. For example, the right leg and left leg are symmetrical to each other but not to the right arm or left arm. This means the legs are weaker than the arms.
- This vertical line also compares the strength of each segment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



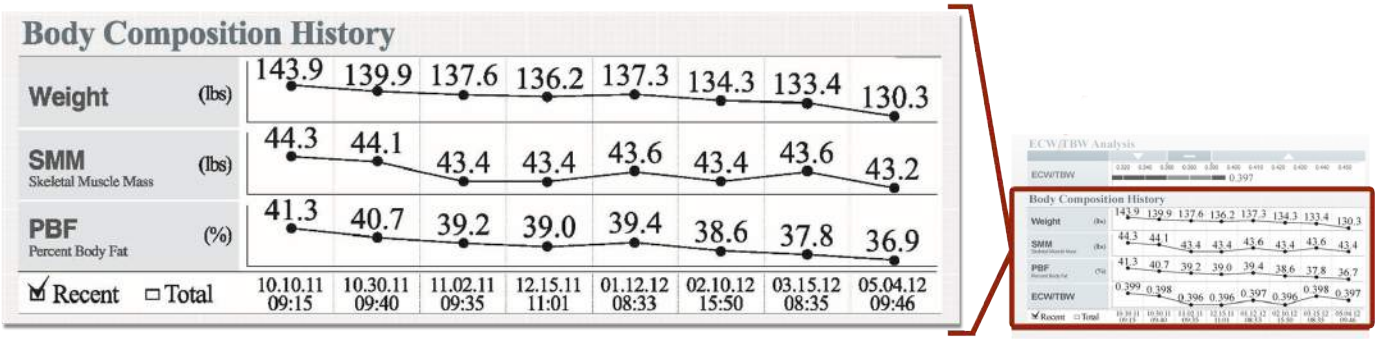
The ratio of Extracellular Water (ECW) to the Total Body Water (TBW) is an important indicator whether your body water is balanced. An optimal ratio of ECW/TBW is 0.380.

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.

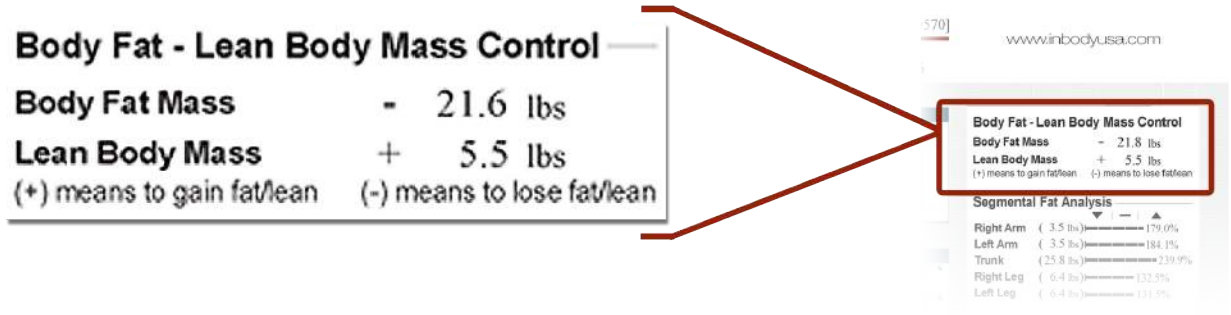
Body Composition History



- 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



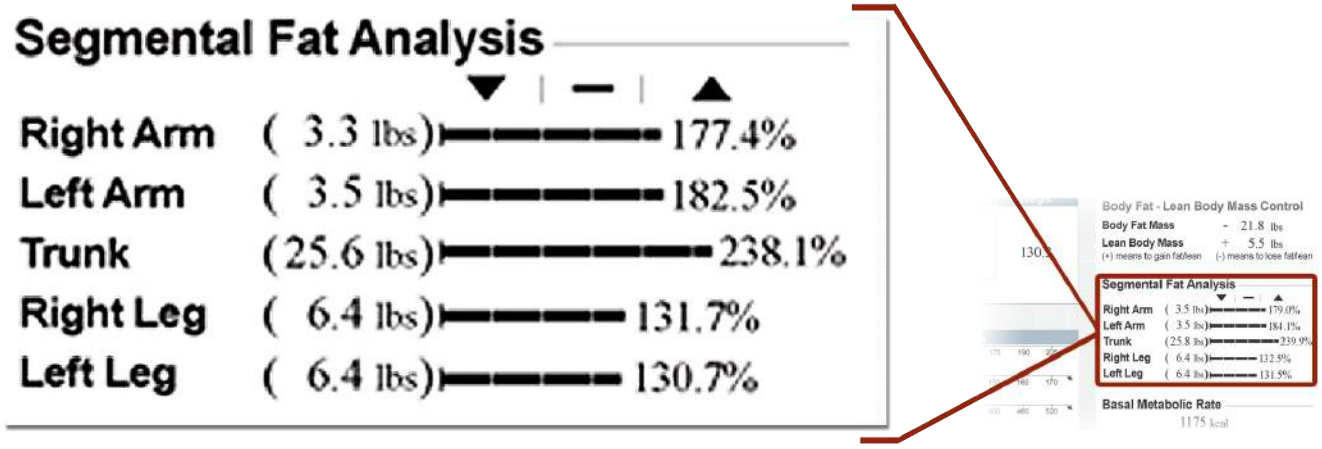
PBF Normal Range: Males 10% - 20%, Ideal 15%
Females 18% - 28%, Ideal 23%

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.

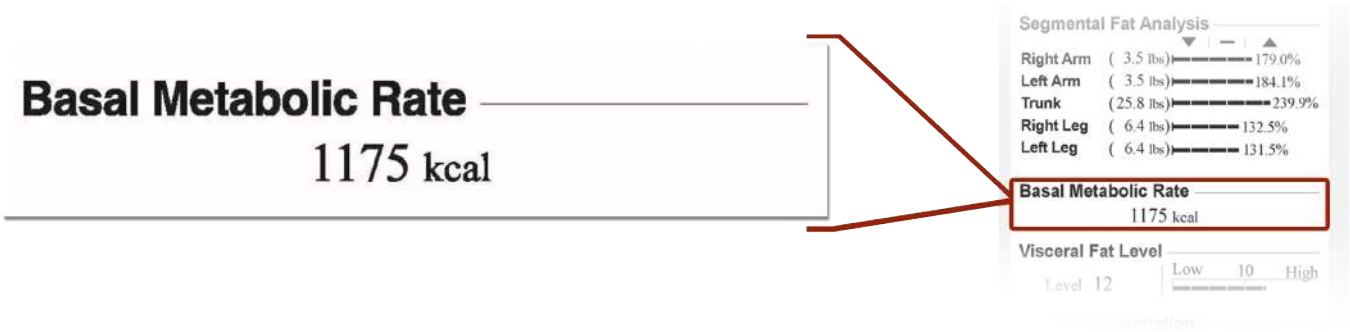
Segmental Fat Analysis



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.

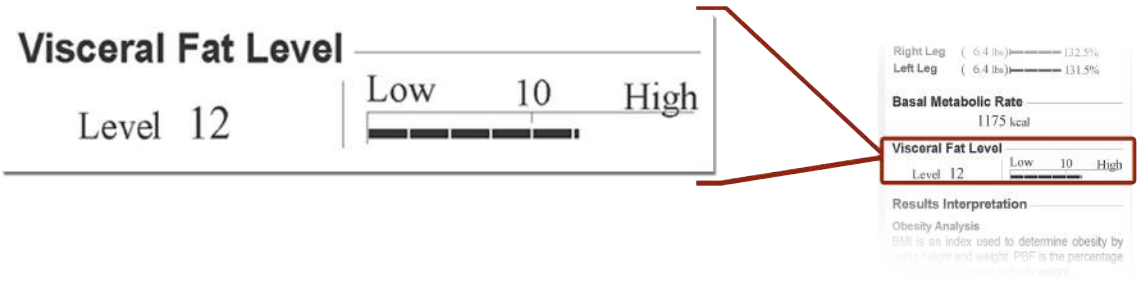
Some also use **Mifflin-St Jeor**, which closely resembles an equation similar to BMI (Body Mass Index).

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



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 cm^2.

Level 10 is 100 cm^2 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

Scanning the QR code will take you to:

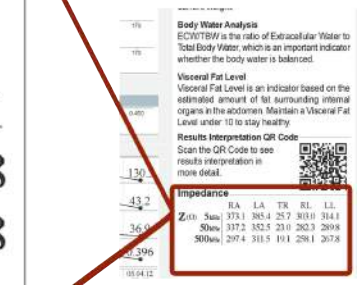
http://qr.inbody.com/ri/570/adult/en-US.

The site describes the importance of each output and what each output represents.

Impedance

Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5kHz	373.1	385.4	25.7	303.0	314.1
50kHz	337.2	352.5	23.0	282.3	289.8
500kHz	297.4	311.5	19.1	258.1	267.8



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 InBody570 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 InBody. 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