



THE PROFESSIONAL'S GUIDE TO

THE INBODY RESULT SHEET

Everything you need to know to interpret InBody
Results and start offering your clients the insights they
need to improve their health & wellness

Muscle-Fat Analysis

SMM
Skeletal Muscle Mass

(kg)



Body Fat Mass (kg)



Obesity Analysis

BMI
Body Mass Index

(kg/m²)



PBF
Percent Body Fat

(%)



Segmental Lean Analysis

Right Arm

(kg)
(%)



Left Arm

(kg)
(%)



(kg)
(%)



(kg)
(%)

