

Sarcopenia

Measure with
InGrip and **InBody**!



✓ Sarcopenia Is Now a Recognized Disease

Accurate equipment is essential for disease diagnosis.

STEP 1
InBody Test

Lean Mass

Male < 7.0
Female < 5.7 kg/m²



STEP 2
Grip Strength Test

Muscular Strength

Male < 28 kg
Female < 18 kg



STEP 3
Sit-to-Stand

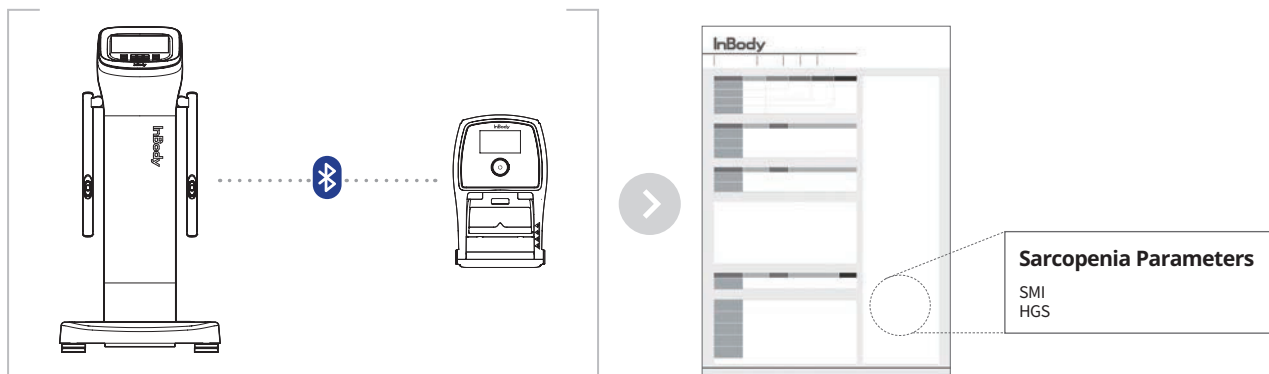
Physical Capability

Male ≥ 12 s
Female



✓ InBody + InGrip = Sarcopenia Diagnosis Result Sheet

InGrip can be connected to InBody, allowing for a simple diagnosis of sarcopenia through the Result Sheet.



✓ Hand Grip Strength: a Better Indicator of a Healthier Life

Hand Grip Strength is one of the strongest **biomarkers** for predicting health.

Increase Rate(%)	When Hand Grip Strength Decreases by 5 kg		Weak Hand Grip Strength	
	Female	Male	Female	Male
Mortality	20%	16%	39%	67%
Cardiovascular Disease	15%	11%	30%	36%
COPD	20%	15%	45%	38%
Cancer	10%	6%	21%	23%

* Carlos A Celis-Morales. Associations of grip strength with cardiovascular, respiratory, and cancer outcomes and all cause mortality: prospective cohort study of half a million UK Biobank participants. BMJ 2018; 361 doi: <https://doi.org/10.1136/bmj.k1651> (Published 08 May 2018)

✓ Check Strength Training Effects through Muscle Health Test

Increases in muscular strength should be analyzed in relation to both muscle hypertrophy and neuromuscular factors.

- Initial Strength Training (8–20 weeks)

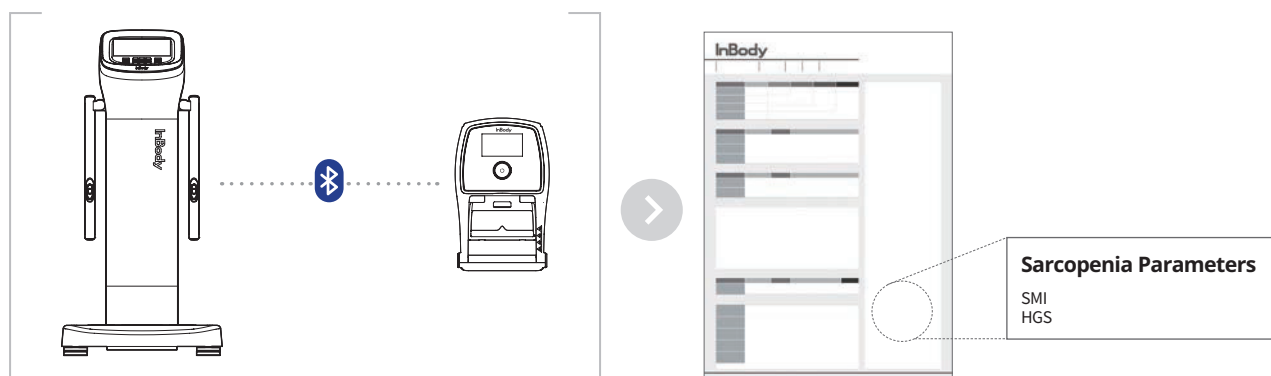
= Muscular Strength ↑ + Lean Mass ↔ = **Apparent Gains**

- Consistent Strength Training

= Muscular Strength ↑ + Lean Mass ↑ = **Real Strength Gains**

✓ InBody + InGrip = Muscle Health Test Result Sheet

You can now assess the effects of strength training using a single InBody Result Sheet.



Another Recommendation for Your
Health Checkup

Sarcopenia

Check both body composition and
assess **sarcopenia** with the InBody Test!



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STEP 2
Grip Strength Test

Muscular Strength

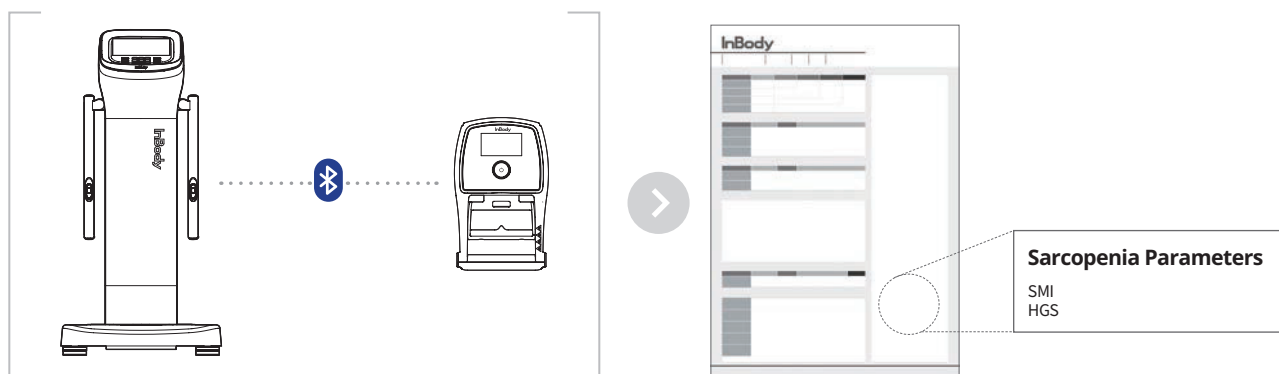
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Chen LK, Woo J, Assantachai P, Auyeung TW, Chou MY, Iijima K, et al. Asian Working Group for Sarcopenia: 2019 consensus update on sarcopenia diagnosis and treatment. J Am Med Dir Assoc 2020;21:300-7. e2.

✓ InBody + InGrip = Sarcopenia Diagnosis Result Sheet

InGrip can be connected to InBody via Bluetooth, allowing for a simple diagnosis of sarcopenia through the Result Sheet.



Start with a Sarcopenia Assessment

By simply connecting the InBody Handgrip Strength Dynamometer to your existing InBody body composition analyzer, you can easily perform a "sarcopenia assessment."

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STEP 2
Grip Strength Test

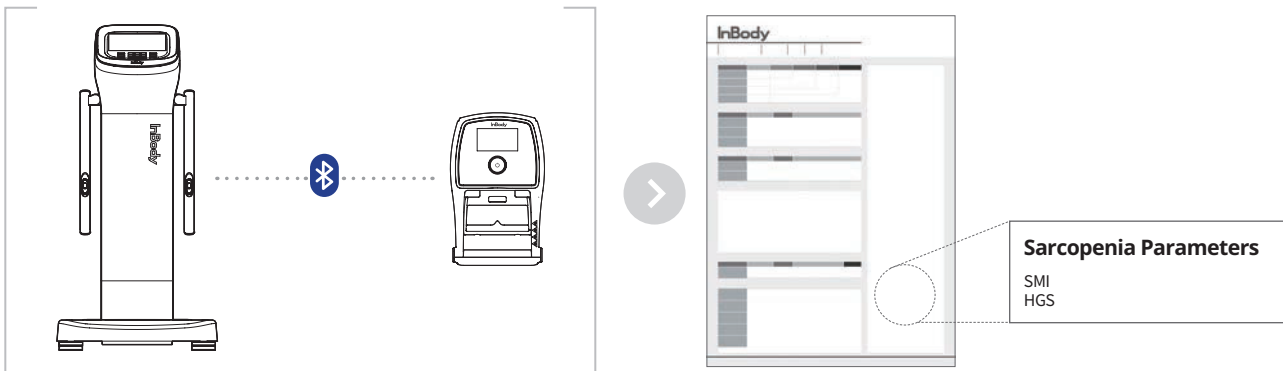
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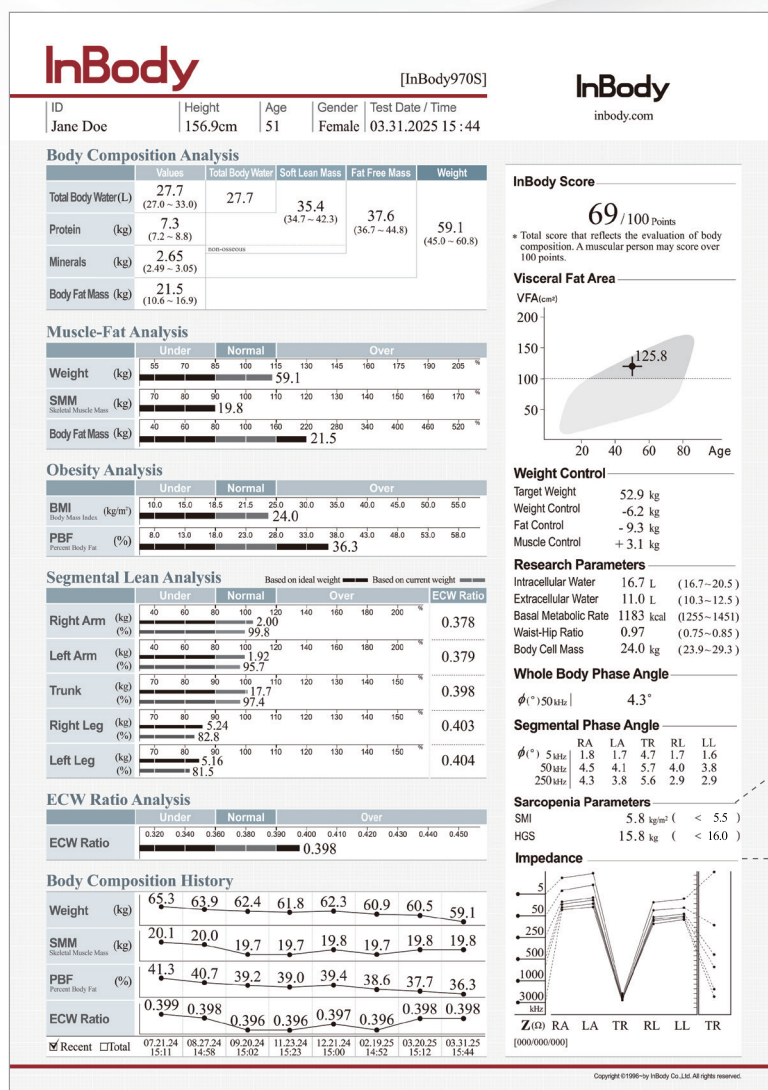
✓ InBody + InGrip = Sarcopenia Diagnosis Result Sheet

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InBody + InGrip

Connecting the Two Enables Access to a Wider Range of Results



✓ Sarcopenia Parameters

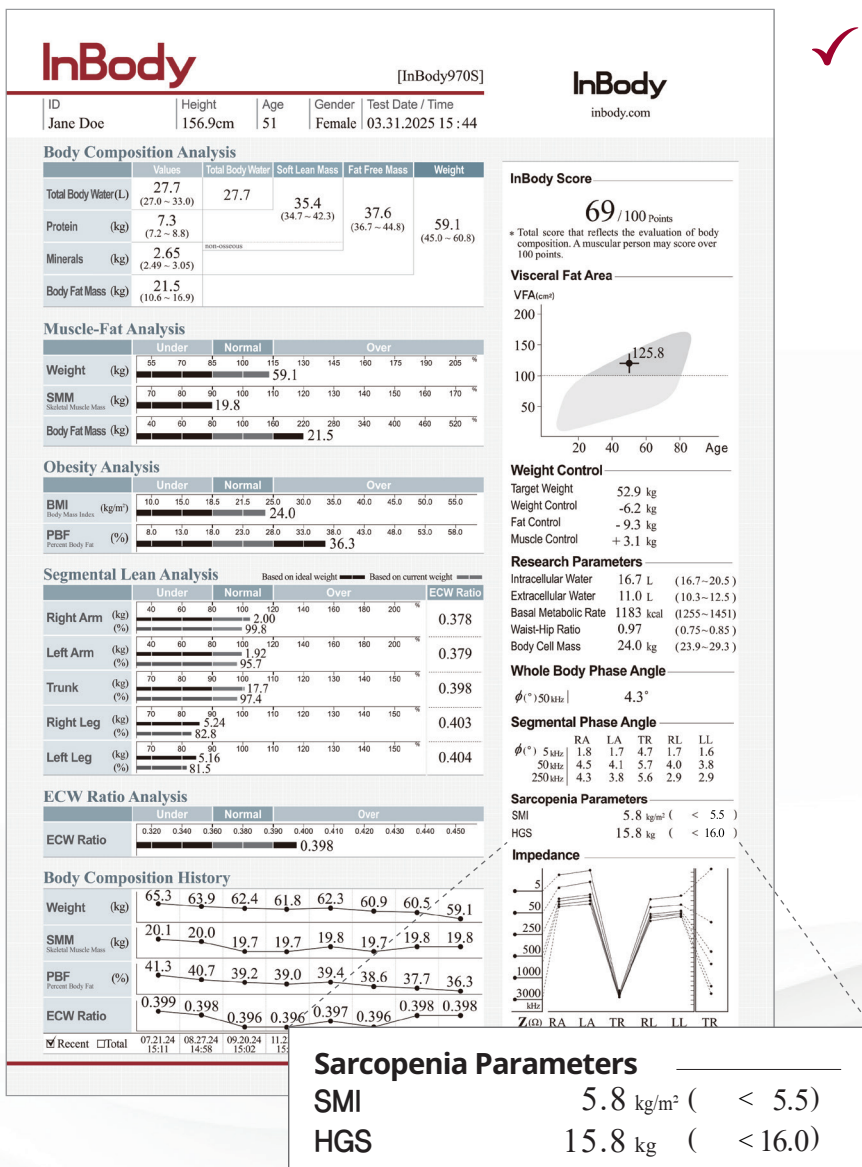
- SMI (Skeletal Muscle Mass Index): Appendicular Skeletal Muscle Mass/Height Squared (m²)
- HGS (Hand Grip Strength): Absolute Muscular Strength
- Both SMI and HGS below cut-off indicate sarcopenia.
- Criteria: AWGS (Asian Working Group Sarcopenia.2019)

Sarcopenia Parameters

SMI 5.8 kg/m² (< 5.5)
HGS 15.8 kg (< 16.0)

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