

INBODY

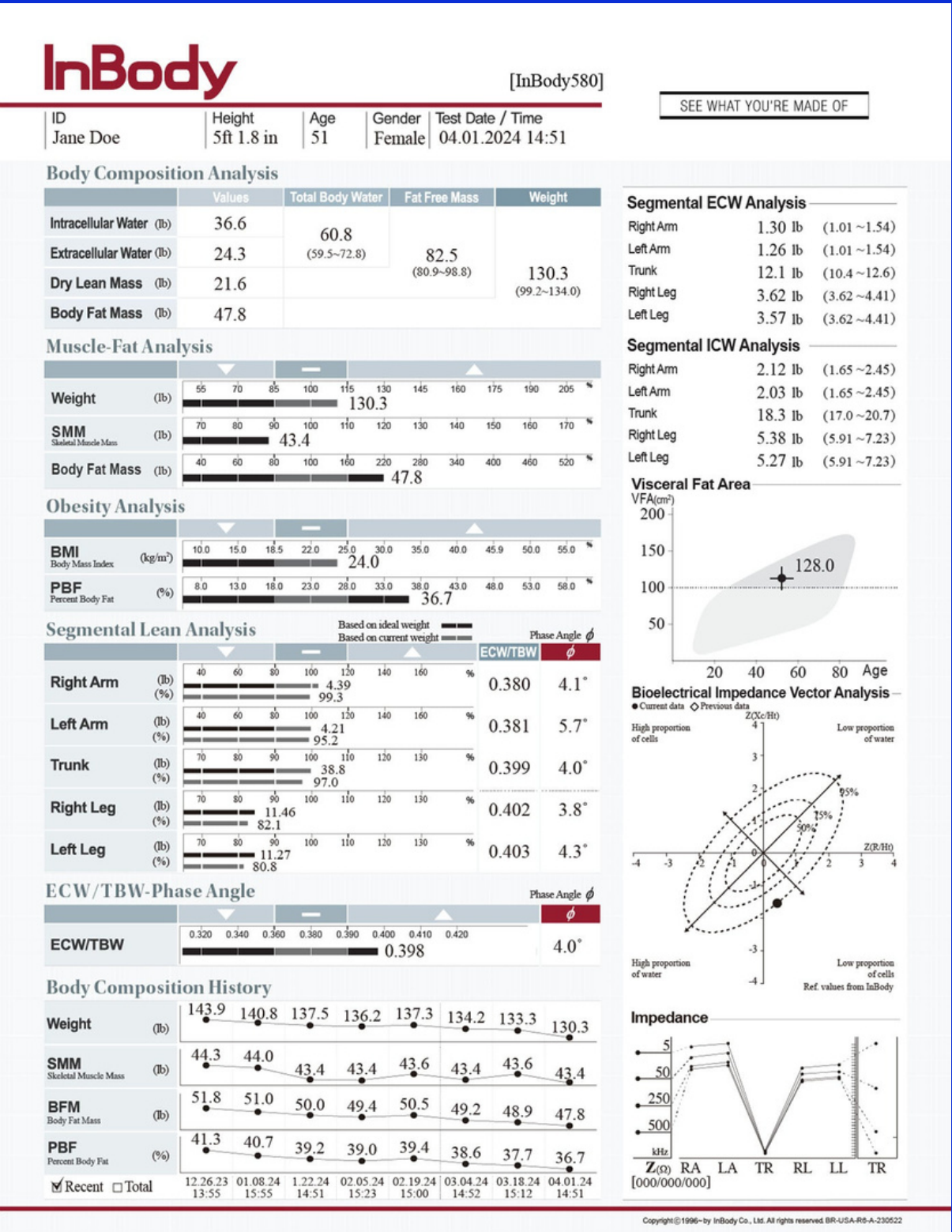
➤ BODY COMPOSITION
ANALYSIS AT BLUE DIAMOND
FITNESS



WHAT IS INBODY?

- Muscle Mass
- Body Fat Percentage

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- Body Fat Percentage
- Water Balance
- Metabolic Rate
- Visceral Fat (the fat around your organs)



HOW IT WORKS?

How To Measure Your Body Composition

STEP 1

Remove Shoes & Socks

Wipe down your hands and feet with an InBody Tissue. The InBody Tissue will help with your body's conductivity.



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STEP 2

Step on the InBody

Align your feet with the foot electrodes.
Wait for weight to be measured.

An illustration of a person's legs and feet standing on a black InBody scale platform. Red circles are drawn around the foot electrodes on the platform to indicate where the feet should be placed. The person is standing with their feet flat on the platform.

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Wait for weight to be measured.



STEP 3

Enter Your Information

Optional but recommended to input a unique User ID to track your progress. Accurate height is required for the best results.

Add your mobile number to your profile to track your progress via the InBody App. If your fingerprint is registered with the InBody device, you can scan your finger to automatically access your personal information via the digital display.

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STEP 4

Follow On-Screen Guide

Follow the step-by-step instructions to properly grab the handles and place your thumbs on the oval electrodes.



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STEP 5

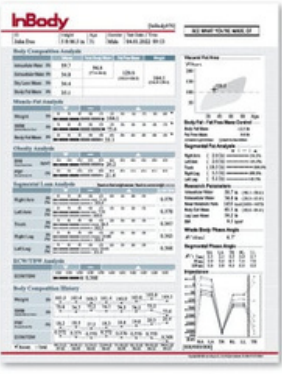
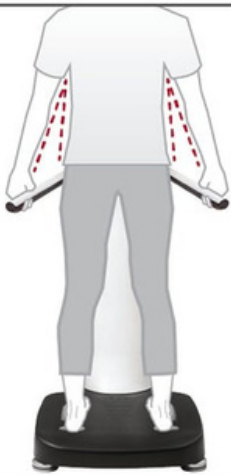
Maintain Proper Posture

Remain still while keeping arms straight and away from the torso until the test is completed.



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Track Your Progress

Test every 2-4 weeks to effectively monitor and track your progress.

FREQUENTLY ASKED QUESTIONS?

How long does the scan take? Less than a minute! It's quick and efficient.

Do I need to prepare for the scan? For the most accurate results, avoid eating, drinking, or exercising 2-3 hours before the scan.

Is it safe? Yes! The InBody scan uses safe, low-level electrical currents.

Accurate insights in 60 seconds without the guesswork.

BENEFITS OF BODY COMPOSITION ANALYSIS

Precision Tracking

Monitor fat loss and muscle gain accurately

Identify Plateaus

Understand why your progress may have stalled.

Personalized Plans

Tailor your workouts and diet to your body.

Motivation Boost

See your hard work reflected in clear data.

WHY INBODY AT BLUE DIAMOND FITNESS?

Track Progress Beyond the Scale

See what's really changing in your body.

Set and Achieve Personalized Goals

Adjust workouts and nutrition based on your data.

No Pinching, No Discomfort

Just stand, hold, and get your results.

Expert Guidance

Our coaches will interpret your results and help you plan for success.

READY TO TAKE CONTROL
OF YOUR FITNESS?

[Schedule Your In Body Scan Today!](#)



Blue Diamond Fitness 2.0

Discover Your Fitness from the Inside Out

OUR LOCATION

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www.Bluediamond.Fitness

CONNECT WITH US



Call us at (407) 520 2252