INBODY

BODY COMPOSITION

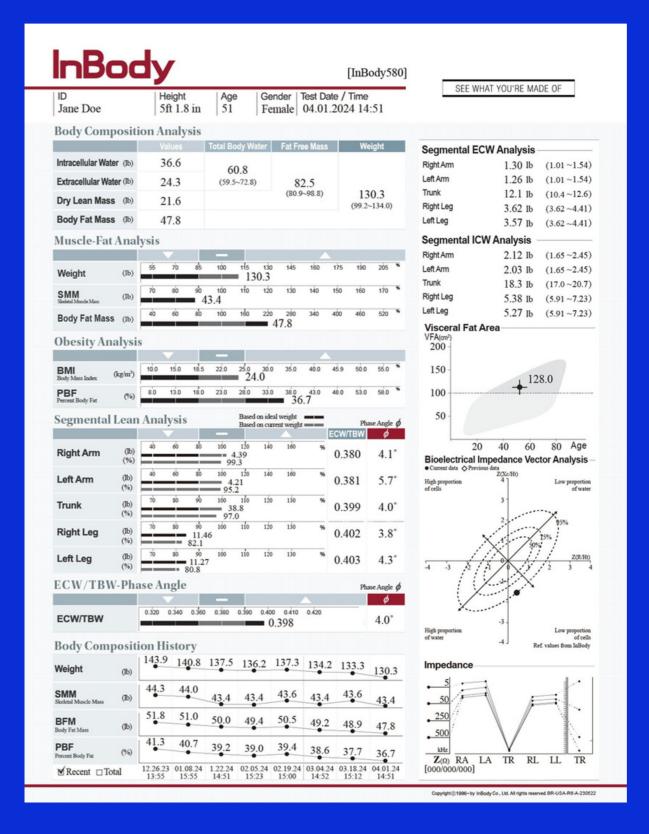
ANALYSIS AT BLUE DIAMOND
FITNESS



WHAT IS INBODY?

The InBody device offers state-of-the-art body composition analysis to give you a detailed breakdown of your:

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



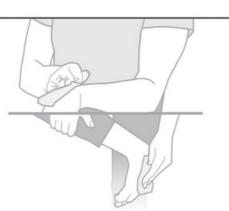
HOW IT WORKS?

How To Measure Your Body Composition



Remove Shoes & Socks

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



STEP 2

Step on the InBody

Align your feet with the foot electrodes. 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.



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.



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.

BENEFITS OF BODY COMPOSITION ANALYSIS

WHY INBODY AT BLUE DIAMOND FITNESS?

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.

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?

