THE INBODY TEST
TEST PREPARATION

Before each InBody Test, follow these guidelines to ensure your test results are accurate:

Prior to testing, avoid:
- Exercising 6-12 hours prior
- Eating 3-4 hours prior
- Consuming alcohol or caffeine 24 hours prior
- Using a shower or sauna
- Using lotion or ointment on hands or feet

Prior to testing, do:
- Hydrate well the day before
- Stand upright for at least 5 minutes
- Use the bathroom
- Remove all socks, pantyhose, shoes, articles of heavy clothing (jackets) and metal objects (jewelry, watches, belts)
- Warm yourself up for 20 minutes if you are testing in cold weather

Please consult a physician before testing if you are pregnant, menstruating, or have medical implants such as pacemakers and other life-sustaining medical implants.
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HOW TO TEST

The InBody unit utilizes voice commands to guide the user through the InBody Test. The following steps are elaborated to provide you with detail to the proper testing procedures.

1. Remove shoes, socks, heavy articles of clothing, and items in pockets if you have not done so already. Wipe hands and feet with an InBody Tissue (optional).

2. Stand on the device barefoot and align heel with the round silver electrodes and the rest of the feet with the foot electrode. Stay still and wait for weight to be measured.

3. After weight is measured, input your Age, Height, and Gender. Entering a unique ID is optional but recommended because using an ID will record and track your progress.

4. When prompted, grab the hand electrodes by placing your thumbs on the thumb electrodes and wrapping your fingers around the bottom electrodes. Keep your arms relaxed and extend slightly away from the torso so that your armpits are not touching one another (roughly 15 degrees).

The InBody Test will take 15 seconds and your results will print automatically after testing.

Remember to test every 2-4 weeks to monitor and track your progress.