



Preparing for your InBody Test

For the most accurate test results, follow the short steps below. If the following guidelines cannot be met, test results may be skewed. Testing under the same conditions will allow for better comparability between tests.

Prior to testing, **do**:

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

Prior to testing, **avoid**:

- ✗ Eating/exercising at least 3 hours
- ✗ Consuming alcohol or caffeine at least 24 hours
- ✗ Using a shower or sauna
- ✗ Using lotion/ointment on your hands and feet



Do not test if you are pregnant, menstruating, or have medical implants such as pacemakers or other life-sustaining medical implants.

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For more information regarding InBody devices, visit www.inbodyusa.com.



InBody Test Procedures



STEP ONE

Remove your shoes, socks, heavy articles of clothing, and jewelry. Empty your pockets. Wipe your hands and feet with an InBody Tissue to enhance test accuracy.



STEP TWO

Step onto the device. Check that your heels are covering the rear round electrodes and the rest of your feet are on the longer electrodes. Stand still and wait for your weight to be measured.



STEP THREE

When prompted, input your ID*, Age, Height & Gender. Then press ENTER. Grab the handles. Place your thumbs on top of the thumb electrodes and wrap your fingers around the bottom electrodes.

*ID is optional and is used to track user data.



STEP FOUR

The test will begin once you are in proper testing position. Relax all your muscles and extend your arms away from the sides of your body. Remain still during the test.



STEP FIVE

Once the test is complete, your results will automatically print. Ask for a consultation to interpret your results.

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