



How to prepare for the BodPod Composition Analysis

In order to produce the most accurate results, it is necessary for you to complete and adhere to the following protocol prior to completing the scheduled body composition analysis.

Clothing Requirements

The subject should wear minimal, form fitting clothing.

For WOMEN:

1. Form fitting Speedo® or other Lycra®/spandex-type swimsuit; or
2. Single-layer compression shorts (only shorts without padding and single-layer (not padded) sports bra.

For MEN:

1. Form fitting Speedo® or other Lycra®/spandex-type swim suit; or
2. Single-layer compression shorts (only shorts without padding)

During Testing

Please note that a swim cap will be required to be worn during the testing process while in the Bod Pod. The swim cap will be provided or you can bring your own.

Prior to Testing

- DO NOT EXERCISE 2 HOURS PRIOR TO TESTING.
- DO NOT EAT 2 HOURS PRIOR TO TESTING.
- Prior to completing the body composition analysis, please use the restroom, if necessary.
- Subjects should not wear any other article of clothing except for what specified above (i.e. jewelry, socks, eyeglasses, etc.)
- Cell phones are not permitted in the testing area.

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