

Titan Training Protocol for InBody Body Composition Testing

As with any health scan, following the recommended guidelines will produce reliable results. It is recommended to test every 2-4 weeks under similar conditions and maintain the same conditions for subsequent tests to effectively track progress. This will ensure that the changes observed are a direct result of recent lifestyle changes to diet and or exercise, rather than external factors. **It is prohibited to take the scan if you have a pacemaker or any other electronic device in your body.**

DO NOT Eat or exercise for at least 3 hours.

DO NOT Become over hydrated.

DO NOT Consume alcohol or excess caffeine for at least 24 hours.

DO NOT Use a shower or sauna prior to testing.

DO Maintain your normal fluid intake the day before.

DO If you feel dehydrated, drink 16-20 ounces of water 45-60 minutes prior to testing.

DO Wear or bring lightweight clothes to change into prior to testing.

DO Warm yourself up for 20 minutes in cold weather including hands or feet prior to testing.

DO Use the bathroom.

DO Remove any socks or pantyhose.

DO Remove heavy objects such as watches, belts, wallets, jackets or sweaters.

DO Stand upright for a minimum of 5 minutes before testing.

DO Keep the same routine as the first day of testing as possible.

For more information on our services and see all that we offer visit www.titantraining.us

Email info@titantraining.us Phone 434 414 1330

Locations,

Virginia, Franklin Turnpike Office Center. 104 Annhurst Dr. Danville, Virginia 24540

Use the rear entrance parking off of Franklin Turnpike. Room 10 on the second floor.

North Carolina, 717 South Marshall St, Winston-Salem, North Carolina, 27101
Room 105C



InBody 270

