

**WHAT WILL I LEARN
FROM MY INBODY®
COMPOSITION
ANALYSIS?**

MY MUSCLE MASS
AND PERCENTAGE

MY BODY FAT MASS
AND PERCENTAGE

TRACKING THE
EFFECTIVENESS OF MY
WORKOUTS

MY LEAN BODY WEIGHT

A DESIRABLE WEIGHT FOR
MY GENDER AND HEIGHT

MY BODY'S STRONGER
AND WEAKER AREAS

GOAL SETTING

MY BASAL METABOLIC RATE
(CALORIES BURNED AT REST)



500 QUINTANA ROAD
MORRO BAY, CA 93442
(805) 772-7466

HOURS OF OPERATION:
MONDAY—FRIDAY 5 AM—9 PM
SATURDAY 7 AM—7 PM
SUNDAY 8 AM—6 PM

VISIT US AT:
WWW.FITNESSWORKSMB.COM



We're excited to offer...

INBODY®
**BODY COMPOSITION
ANALYSIS**

InBody270



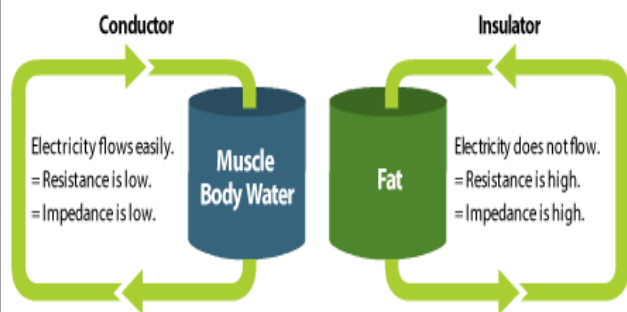
ALL ABOUT INBODY®

*A quick, non-invasive,
and accurate measure of
your body's balance.*

WHAT IS BIOELECTRICAL IMPEDANCE?

Bioelectrical Impedance Analysis (BIA) is “an easy-to-administer and safe method of assessing body composition in a fitness setting. BIA involves passing a small electrical current through the body and measuring the impedance or resistance to current flow.”

~American College of Sports Medicine (ACSM)



*The InBody® will look
beyond the number on the scale.
What's your body really made of?*

WHAT DO I NEED TO DO?

1. Abstain from eating or exercising at least 3 hours before the assessment.
2. Do not consume alcohol or excess caffeine at least 24 hours before the assessment.
3. Do not shower or use a sauna directly prior to your assessment.
4. Void completely before the assessment.
5. Women should *not* be assessed during their menstrual cycle due to added water weight.

IS IT FOR EVERYONE?

Do not use this machine if you have a pacemaker or any other internal electronic medical devices.

Any other metal parts (total hip replacements, total knee replacements, pins, etc.) will affect the results of this test.

Pregnant women are not recommended to take this test.

PRICING

InBody® test and analysis:	\$30
Initial InBody® test and follow-up test:	\$55

All assessments
are conducted
by trained
FitnessWorks
personnel.



***FREE ANALYSIS WITH
ALL PERSONAL TRAINING
PACKAGES AND NEW
1 & 2 YEAR MEMBERSHIPS
WHEN SCHEDULED WITH
AN INTRO TRAINING.***

***PLEASE SEE OUR MEMBERSHIP
DEPARTMENT FOR DETAILS.***