

InBody



No meals for
2 hours



No water for
20 minutes



No exercise
for 30 minutes

Precautionary Steps



Relax for
5 Minutes



Use the urinal
before test



Measure height
in cms

STEP 1



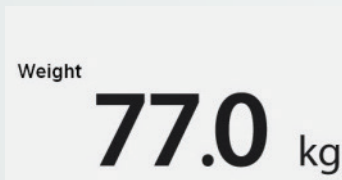
STEP BARE FEET
on the foot electrodes

STEP 4



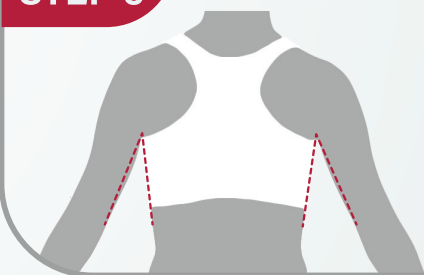
Gently **HOLD** the
ELECTRODES and
raise your arms

STEP 2



WEIGHT is
measured first.
please stand still

STEP 5



KEEP GAP
between **ARMPITS**
and side of **TRUNK**

STEP 3



Enter **HEIGHT**,
AGE and select
GENDER

STEP 6



During this
15 SECONDS test,
stay still, stay quiet

NOT RECOMMENDED



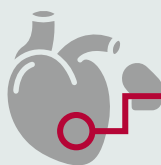
Pregnant



Menstruating



Metallic Implant



Pacemaker