

**EVOLT**

# WHAT IS THE EVOLT 360?

The Evolt 360 Body Composition Analyzer provides you with a comprehensive report detailing what your body is composed of. This quick and non-invasive measurement requires you to stand on the device after removing shoes, socks, smartwatches, and emptying your pockets. Simply grab the handles and stay still for 60 seconds.



## TRACK PROGRESS

We recommend scanning every 4 weeks to monitor your progress accurately.



## STAY INFORMED

Understand your muscle mass, fat mass, visceral fat, biological age, and recommended macros based on your goals.



## HEALTH INSIGHTS

Gain insights into how your body is responding to your training and nutrition efforts.

## PRE-SCAN TIPS FOR ACCURACY

To ensure the most precise results, please follow these guidelines:

- ✓ Scan at the same time of the day.
- ✓ Avoid scanning after exercise.
- ✓ Maintain consistent nutrition 24 hours before your scan.
- ✓ Stay well hydrated: Drink 2–3 liters of water in the 24 hours before, and at least 600ml just before.
- ✓ Avoid alcohol 24–48 hours before your scan.
- ✓ Avoid caffeine and diuretics (like pre-workouts) before your scan.
- ✓ Females should consider their monthly cycle for consistent readings.
- ✓ Fast for 3–4 hours before the scan to avoid food being interpreted as fat mass.

## GETTING STARTED



Experience Evolt 360 first-hand, our trained staff will guide you through the process and answer any questions you may have. Scan the QR code to download the Evolt Active App to get started.

## STAY AHEAD

Make informed decisions about your health and fitness journey. Evolt 360 empowers you with data-driven insights to optimize your results.



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