

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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