



HOW DOES IT WORK?



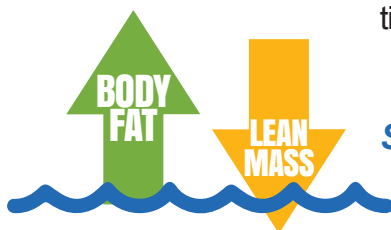
Step 1: We get your dry weight.



Step 2: We weigh you under water in our custom Hydrostatic Testing Tank.



Step 3: We are able to use the Archimedes Principle which states that the buoyant force on a submerged object is equal to the weight of the fluid that is displaced by the object. We can use this principal to determine a person's percentage of body fat mass and fat-free mass are constant. Lean tissue, such as bone and muscle are denser than water, and fat tissue is less dense than water.



Simply put, body fat floats and lean mass sinks.



The reason Hydrostatic Body Fat Testing is considered the “Gold Standard” in testing is because it is able to account for your entire body. It accurately determines your body fat, lean mass and Basal Metabolic Rate to help you learn what you need to help you reach your fitness goals.

