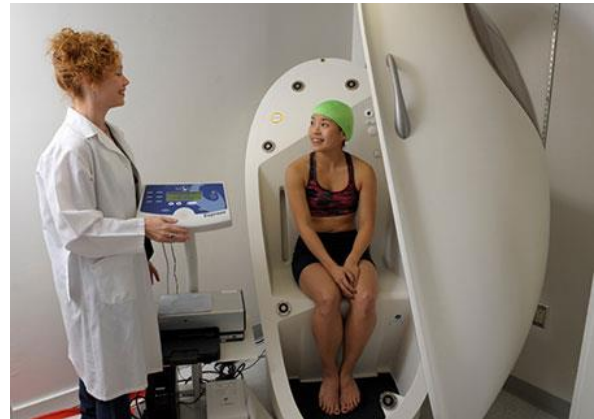


Bod Pod Body Fat Testing

The BOD POD Body Composition Tracking System is an air displacement plethysmograph which uses whole-body densitometry to determine body composition (fat and fat-free mass) in adults and children, and can accommodate a wide range of populations. A full test requires only about 5 minutes, and provides highly accurate, safe, comfortable, and fast test results. Each BOD POD Gold Standard is a complete turnkey system with a dedicated computer system, the ability to measure thoracic gas volume (TGV), and data management capabilities.



Your Body Fat Percentage: What it Means

Body Fat Rating	Men*	Women*
Risky (High Body Fat)	>30%	>40%
Excess Fat	20.1 - 30%	30.1 - 40%
Moderately Lean	12.1 - 20%	22.1 - 30%
Lean	8.1 - 12%	18.1 - 22%
Ultra Lean	5 - 8%	15 - 18%
Risky (Low Body Fat)	<5%	<15%

Risky (High Body Fat): Too much body fat can pose serious health risks. Ask your health care professional about how to safely modify your body composition.

Excess Fat: Indicates an excess accumulation of fat over time.

Moderately Lean: Fat level is acceptable for good health.

Lean: Lower body fat levels than many people. This range is excellent for health and longevity.

Ultra Lean: Fat levels sometimes found in elite athletes.

Risky (Low Body Fat): Too little body fat can present health risks, especially for women. If in doubt, check with your health care professional.

**Applies to adults ages 18 and older. See your trainer for more information on modifying your body composition.*

Based on information from the American College of Sports Medicine, the American Council on Exercise, Exercise Physiology (4th Edition) by McArdle, Katch, and Katch, and various scientific and epidemiological studies.