



## **PREPARATION PROTOCOL Compleat BODY**

### **Body Composition Analysis (ISAK protocol and BIA analysis)**

#### **What will we assess?**

- Skinfold thickness (mm, sum of 6 and 8 sites)
- Circumferences
- Height and arm span
- Bone length
- Body fat percentage and muscle mass
- BIA (Bioelectrical Impedance Analysis)

#### **Test procedure**

- Test will last approximately 45 minutes.
- Please arrive at least 10 minutes before scheduled start time.

#### **How to prepare for the test?**

It's best to perform the test under similar conditions each time.

- Wear sportswear – ideally sports bra and short, tight-fitting shorts for women and short, tight-fitting shorts for men
- Bring flip-flops to avoid walking barefoot (they may also be useful for a shower after the ACTIVE test)
- Skinfold measurements require clean, dry skin (free of lotion or oils)
- Perform the test in a fasted state (if in the morning) or 3–4 hours after the last meal
- Avoid intense physical activity on the day of the test and the day before
- Make sure to be in a similar state of hydration each time (optimal hydration)
- Avoid caffeine intake on the day of the test
- Avoid alcohol consumption 24 hours prior to the test
- Empty your bladder no later than 30 minutes before the test

#### **How often should the test be repeated?**

- Depending on the season phase and individual goals, we recommend tailoring the body composition monitoring protocol accordingly.

#### **Any Questions?**

If you have any questions, feel free to contact us:

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