

POWER STRENGTH TRAINING SYSTEMS

Testing and Tracking with the InBody Body Composition Analyzer

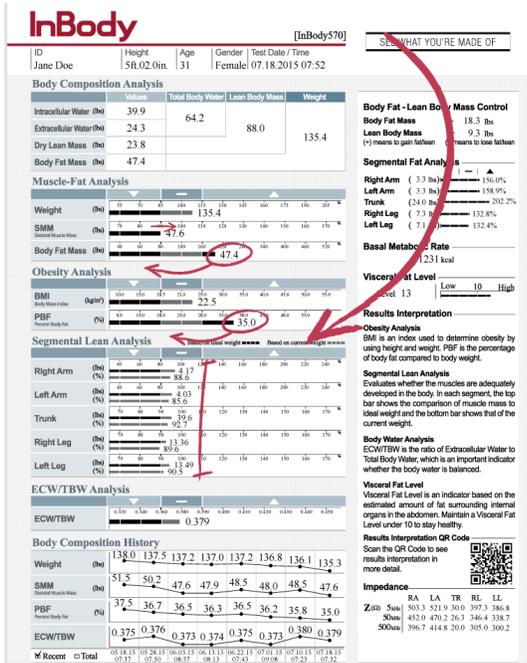
The same machine used by D1 College Programs and multiple NFL teams available to you at PowerStrength!

Who Is It For?

We use the InBody Body Composition Analyzer at both PowerStrength locations for all our adult fitness clients and for athletes 14+ as needed. This is an incredible tool we are fortunate to have in our toolbox to support and track the nutritional goals of our athletes along with the physiological adaptations of training.

What Is It?

The InBody goes beyond your typical average scale. It measures weight, skeletal muscle mass, body fat percentage, fat mass, visceral fat levels (the fat around your internal organs), and water levels within the body. Having these numbers available allows us to track body composition history, and truly measure progress through training cycles. It can even reveal inflammation and/or joint swelling from current or past injuries.



Why Is It Important?

The accuracy of the InBody tells us exactly where in an athlete's body they are losing fat mass and gaining lean muscle. This segmental analysis shows each limb and trunk. As athletes continue to gain lean muscle and lose fat mass their speed, explosiveness, quickness, and agility will all improve. This increase in performance is directly correlated to proper training and coaching, combined with Nutrition and Recovery routines found in your PSTS Athlete Nutrition Guide.

When Is The Test?

For athletes ages 14+ we aim to test during their first weeks of training. We will then re-test during the Athlete testing periods (every 10-12 weeks). Noticeable changes are reported on athlete progress reports. There is no additional fee for the InBody test and it is reserved for PSTS members only.

As you can see this is not a common scale! The InBody is another tool that allows PSTS coaches to make adjustments for the best, and most timely, results possible. It paints a clearer picture of what is truly going on inside the body and removes the guesswork. If you'd like to learn more, visit www.inbodyusa.com.