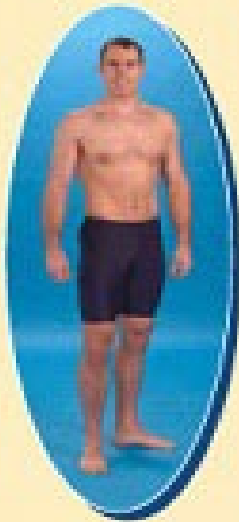


## Approved Clothing



✓ Wear approved clothing.

### Approved clothing for MEN:

Form-fitting Speedo® or Lycra® / spandex-type swimsuit.

- or -

Single-layer compression shorts (without padding).

### Approved clothing for WOMEN:

Form-fitting Speedo® or Lycra® / spandex-type swimsuit.

- or -

Single-layer compression shorts and jog bra (without padding or wires).

✓ Wear a swim cap. One will be provided at our facility.

✓ Do not exercise within two hours prior to testing.

✓ Do not eat or drink 2 hours before testing.

✓ Use the restroom (if necessary) before testing.

✓ Sit still, breathe normally, and avoid talking during the brief test period.

## Non-Approved Clothing



*By following the simple steps above you can be assured of an accurate BOD POD measurement!*