

# WELCOME PACK



**EVOLT**

evolt360.com



RETENTION



SALES



ENGAGEMENT



RESULTS



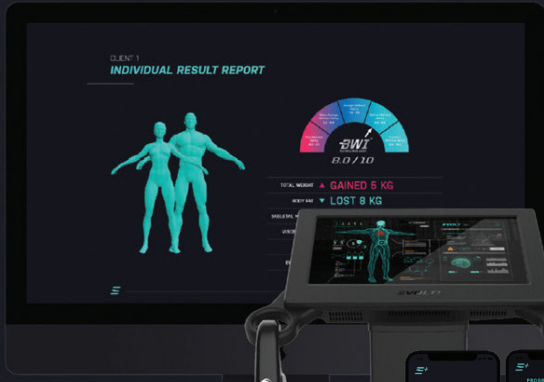
SATISFACTION



REVENUE



EDUCATION



# **WELLNESS MEETS TECHNOLOGY**

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The Evolt Team is at the forefront of technology in the body composition space, with continuous innovation to enhance business outcomes for our clients.

The growth of the Health, Fitness & Wellness industry, worldwide has grown exponentially with businesses looking for a way to differentiate themselves from their competitors. Evolt is proud to offer the tools to help businesses track their clients progress, as well as bring added revenue, retention and engagement.

This guide explains everything you need to know. If you need any help with your new account please visit [evolt360.com/getstarted](https://evolt360.com/getstarted) or email us [info@evolt360.com](mailto:info@evolt360.com)

We are happy to help!



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**TURNING INFORMATION**  
**— INTO INSPIRATION**

***"IT'S AN  
ENGAGEMENT  
GAME CHANGER"***



# HOW TO SET UP YOUR SCANNER

## SET YOURSELF UP FOR SUCCESS!



### STEP 1

Unpack and Plug In



### STEP 2

Connect to the Internet & Printer



### STEP 3

Start Scanning

## SCANNING PRECAUTIONS FOR EVOLT 360



### PREGNANCY

It's not recommended to scan whilst pregnant or suspected pregnancy.



### PACEMAKER

It's not recommended to scan if you have a pacemaker or similar device implanted.



### MAXIMUM WEIGHT

Maximum weight is 240 kg or 528 lbs.



### METAL IMPLANTS

The technology passes a signal which travels through the 5 compartments to provide a reading of the impedance & reactance of tissue. The size of the implant will determine whether the signal can travel through all compartments unimpeded. The Evolt 360 will provide a message if the impedance is interrupted and not able to supply a reading.



### PROSTHETIC LIMBS

As the technology requires enough tissue for the impedance to flow through all 5 compartments (limbs and torso), people with prosthetic limbs will not be able to obtain a sufficient reading.



### BAND AIDS

Please remove any band aids that are attached to your fingers, palms or under your feet if it is safe to do so.



### ACTIVITY TRACKING DEVICES

Please remove any activity tracking devices such as Apple Watch or FitBit to avoid any interference with the frequency.



[VIEW THE QUICK VIDEO SET UP](#)





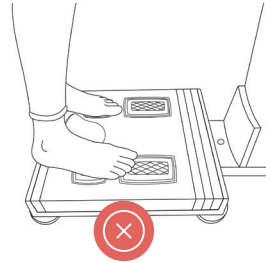
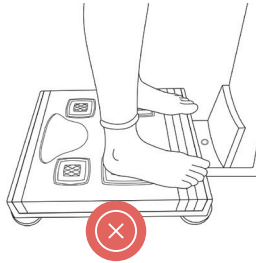
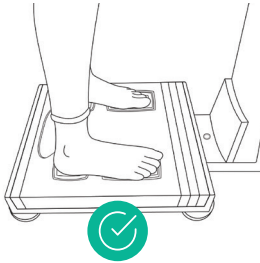
***SET YOURSELF UP  
FOR SUCCESS***

# USING YOUR EVOLT 360 SCANNER

## CORRECT POSITION TO MEASURE

### How to touch electrodes

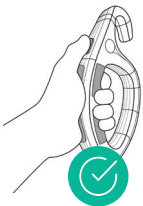
- Make sure that the plate electrodes are clean. Use antiseptic wipes on all silver plate electrodes after each use to ensure cleanliness, hygiene and free from any dirt particles.
- Take off any socks or stockings or any other foot coverings before standing on the plate electrodes.
- Remove any dirt particles or sweat from the bottom of your soles before standing on the plate electrodes.
- Evenly place bare feet on the plate electrodes, ensuring no clothing falls under your feet.



## MEASUREMENT ANALYSIS

### How to grip handle electrodes

- Ensure you have contact with all fingers including thumbs and palms as shown on the image
- Ensure that your palms stay in contact with the electrodes during the scanning process.
- Stretch out your arms so they aren't touching the sides of your body.
- Stand completely still throughout the scanning process being sure not to move your hands, arms or feet.

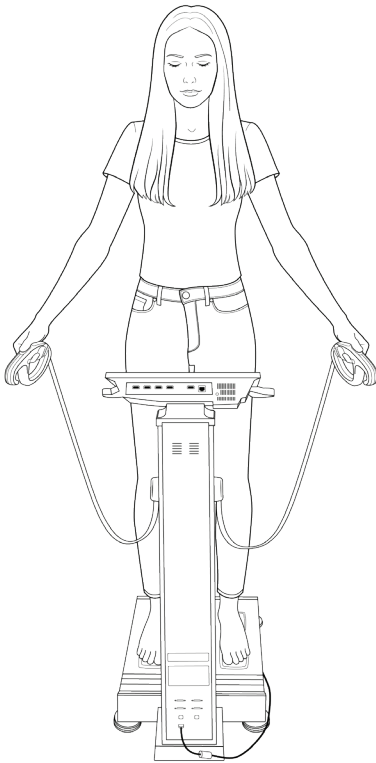




# USING YOUR **EVOLT 360** SCANNER

## **CORRECT USE OF THE EVOLT 360**

1. Please ensure that the feet are evenly placed over the electrodes, paying attention to the ball and heel of the feet. If the feet aren't covering the electrodes correctly, the impedance may not sufficiently travel through all of the compartments which may alter the result.
2. During the scanning process, please remove all items from your pockets and activity monitors from your wrist.
3. If any of the contact with the electrodes moves during the process of scanning, the impedance may not sufficiently travel through all of the compartments which may alter the result.



## **MEASURING POSTURE**

- Step onto the scale with bare feet. Stretch both arms and spread them 30° from the body.
- Do not speak or move the body until the measurement is completed.
- Do not bend or shake the arms until the measurement is completed.
- The measurement will be stopped if all 8 electrodes are not evenly touched.

# USING THE EVOLT 360 SCANNER

## USING YOUR EVOLT 360 SCANNER

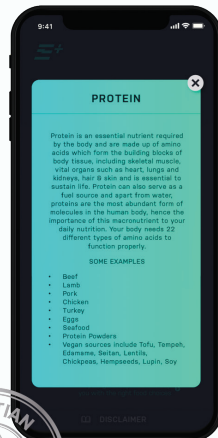
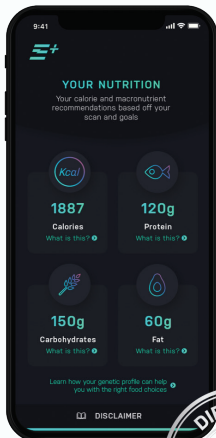
Scanning your members is easy? Ensure you follow these easy steps and make sure the testing and scanning procedure is followed correctly.

## SCANNING PROCESS FOR CLIENTS

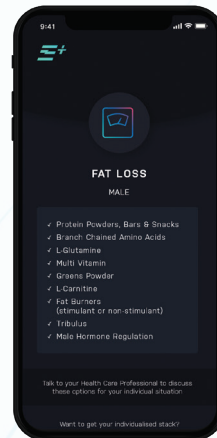
1. Download the Evolt Active App
2. Ensure Height and DOB are correct for scan accuracy
3. Sign in or register on the body scanner
4. Wipe feet and hands and proceed to measurement
5. Clients can view their results via the print out or on the Evolt Active App
6. View progress via tracking graphs on the Evolt Active App



## LET YOUR MEMBERS CALCULATE THEIR DIET CALORIE AND MACRONUTRIENT PROFILING



## HELPING YOUR MEMBERS UNDERSTAND SUPPLEMENTS



Be prepared for member success!

View the quick video for correct scan protocols.



A full-body photograph of a very muscular man, likely a bodybuilder, in a classic bodybuilding pose. He is shirtless, showing his highly defined chest, abdominal muscles, and arms. He is looking slightly to his right. The background is a soft gradient from light blue on the left to light purple on the right. The text is overlaid on his chest area.

**SCANNING  
YOUR MEMBERS  
IS EASY!**

# BEST SCANNING CONDITIONS

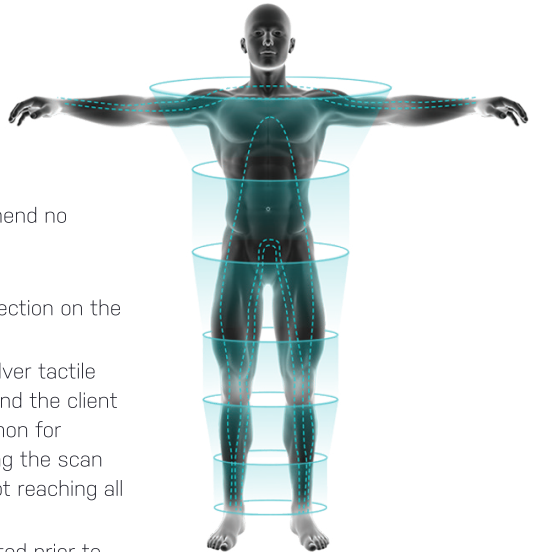
## EVOLT 360 TECHNOLOGY

As with all forms of body composition, the technology of bioelectrical impedance (BIA) requires standardized conditions when scanning to provide proper repeatability of measurements. The technology reads impedance and reactance of tissue at a point in time which can differentiate **Lean Body Mass** from **Body Fat Mass**.

The human body is quite dynamic in response to training stimulus, nutrient partitioning and supplementation/medications so those things need to be taken into account with respect to scan readings. The technology is validated in science and used in medicine so generally, variabilities in scan results are mostly due to human factors, this is why we always ensure there are standardized conditions around testing.

The most important aspect of using BIA technology is to ensure the circumstances around comparison scans are controlled, so all scans need to be performed under the following conditions:

- The same time of day as the original scan
- The same hydration level (i.e. the user should have consumed some water well before scanning)
- The same food consumption
- The same medications
- The same supplements
- The same caffeine consumption (we recommend no caffeine prior to scanning)
- The same phase of the menstrual cycle, i.e. follicular phase or luteal phase (refer to section on the menstrual cycle)
- The client must have full contact with the silver tactile points (particularly full contact with palms) and the client should have clean hands and feet. It is common for people to lose contact with their palms during the scan process which can lead to the impedance not reaching all 5 compartments.
- The client should not have trained or be heated prior to scanning.



# BEST SCANNING CONDITIONS

## KEY POINTS OF ASSESSING PROGRESS

You will see the key components on the scan to check are highlighted in yellow.

Whilst people always look at body fat percentage as a show of progression, the reality is that it is only a percentage of your total body weight and not always a reflection of how much body fat has changed. The best way to track body fat is to track Body Fat Mass in kilograms or pounds.

The largest margin of error can be seen by checking **Total Body Water**. Being a component of **Lean Body Mass**, this is where you can identify whether the scan result has been affected by a human factor that is influenced by something that has altered **Total Body Water**. This is why it is imperative to control the scanning conditions as much as possible.

This is also where it is most important to note anything that can have an effect on **Total Body Water** such as:

- Inflammation from training load
- Medications prescribed i.e., blood pressure medication or non-prescribed i.e., marijuana, CBD
- Supplements such as cell volumizing products i.e., creatine, beta alanine, pre workouts etc.
- Carbohydrate dense foods
- Sodium
- Hormonal changes
- Severe temperature changes
- Caffeine
- Dehydration (it is common for people to not want to drink water before a "weigh in")
- Alcohol



# BEST SCANNING CONDITIONS

## ACCURACY QUESTIONS

Physiologically speaking there are a number of human variables that can attribute to a scan result not reflecting an expected result or change and this is why there is a significant emphasis on controlling scan conditions.

For initial scans, areas to check are:

- Ensure the height is correct
- Ensure the client has had full contact of the silver tactile points on the machine throughout the scan process (especially palms)
- Has the client taken any cell volumizing supplements or medications that alter hydration?
- Has the client consumed any caffeine?
- Has the client recently trained or do they have a raised temperature?

If a female client, where are they in their menstrual cycle? If they don't know, always scan at the same time of day in 4 to 8 weeks.

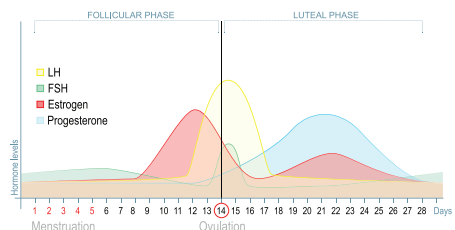
Some people will have an expectation of their **Body Fat Percentage** which might not be reflected on the scan result. The BIA device can only provide a result based on the impedance and reactance of tissue, and therefore the result is reflecting the state of the body at the time of scanning. The first scan result is only a baseline and the emphasis should be on the follow up scan results, not the initial scan. Furthermore, where body fat is concerned, the total **Body Fat Mass** (kg or lbs) is where the emphasis should lie rather than **Body Fat Percentage**.

## MENSTRUAL CYCLE & MENOPAUSE

From a hormonal perspective, there are significant fluid shifts within the menstrual cycle as you can see from the diagram depicting the controlling hormone changes. You can see where the hormones rise, this is where you will see significant fluid shifts. The first 5-7 days are the best days to scan, where the hormone levels are evenly stable. The levels of hormones estrogen and progesterone fluctuate throughout the cycle and can lead to water retention. Water retention is highest around the midpoint of the monthly cycle and the 1-2 weeks before a period.<sup>1</sup>

It is important to note that this is a guide only and you will come across the odd client that typically holds fluid in different circumstances, but for the most part, use this as a general guide.

Similarly, women in peri, post or menopause can experience fluid shifts due to drops in estrogen and progesterone. The take home message is to scan at the same time of the day within 4 or 8 weeks from each other to try and keep standardized scanning conditions.



# BEST SCANNING CONDITIONS

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## TRAINING, INFLAMMATION & OTHER FACTORS

Significant training loads can produce inflammation and fluid retention. Sometimes you may experience a scan result where the results may not reflect your expectations.

It is not uncommon for some people to experience plateaus and sometimes increases during a fat loss phase. It is never a linear process and the human body is subject to a number of different processes to recover, replenish and normalize certain functions. In most cases, if the client is being compliant, they should re-scan again at another interval (under the same scanning conditions) to reassess. It is always important to encourage the client to stay on track and discuss the various factors that could potentially show a result that didn't meet expectations.

From a nutrition perspective, reducing carbohydrate consumption will initially provide a substantial change as 1 gram of carbohydrate bonds with approximately 3 grams of water, so this is why there is often a decent change from the first to second scan result in a fat loss phase.

Carbohydrates are also required to replenish glycogen stores in the muscle (as well as the liver). Excess carbohydrates or a high carbohydrate meal can momentarily cause fluid shifts and alter a scan result, so keeping food choices similar in nature around scanning, is important.

Finally, remember that using the Evolt 360 scan gives you some important data about your client. It is a collection of data around your client's individual circumstances. It gives you an opportunity to learn what variables effect your client's body composition.

Managing client's expectations around scan results is key to keeping them motivated. The scan is only one piece of information from the state of the body at the time of scanning. Other key indicators such as increased energy, increased strength, feeling and looking better in clothing, feeling confident etc. are all important factors.



# EXPLAINING RESULTS



WATCH THIS QUICK VIDEO ON EXPLAINING RESULTS

## YOUR EVOLT 360 BODY SCAN

DATE: 10-04-2019 09:21    NAME: [REDACTED]    EVOLTACTION    DOWNLOAD THE EVOLT ACTIVE APP

HEIGHT: 164 cm    WEIGHT: 63.3 kg    AGE: 46    GENDER: Female

### YOUR BODY COMPOSITION

|  |  |   |               |
|--|--|---|---------------|
| LEAN BODY MASS <sup>95%</sup> 46.5 / Optimal (43.4 - 47.4)       | BODY FAT MASS <sup>94%</sup> 16.8 / Optimal (14.8 - 17.8)  | VISCERAL FAT LEVEL 8 / Balanced                                     | BIO AGE 44    |
| SKELETAL MUSCLE MASS <sup>95%</sup> 25.7 / Optimal (22.2 - 27.1) | SUBCUTANEOUS FAT MASS <sup>94%</sup> 15.2 [ 24.0%]         | INTRACELLULAR FLUID (ICF) <sup>95%</sup> 21.9 / High (19.8 - 21.9)  | BMI SCORE 7.4 |
| PROTEIN <sup>94%</sup> 9.4 / Optimal (7.8 - 9.8)                 | VISCERAL FAT MASS <sup>94%</sup> 1.6 [ 2.5%]               | EXTRACELLULAR FLUID (ECF) <sup>95%</sup> 11.6 / Under (11.7 - 13.6) |               |
| MINERAL <sup>95%</sup> 3.6 / Optimal (3 - 3.8)                   | VISCERAL FAT AREA <sup>94%</sup> 4.3 / Optimal (4.0 - 8.0) | BMR <sup>94%</sup> 1374 kCal  |               |
| TOTAL BODY WATER <sup>95%</sup> 33.5 / Optimal (30.2 - 34.8)     | TOTAL BODY FAT PERCENTAGE 26.5% / Optimal (20 - 30)        | TDEE <sup>94%</sup> 2116 kCal                                       |               |

### SEGMENTAL ANALYSIS

UPPER: LOWER BODY BALANCE LEFT: RIGHT

BALANCED     BALANCED

UNBALANCED     UNBALANCED

| LEARN MASS <sup>95%</sup> | DEF. MASS <sup>95%</sup> | LEFT ARM | RIGHT ARM               | LEARN MASS <sup>95%</sup> | FAT MASS <sup>95%</sup> |
|---------------------------|--------------------------|----------|-------------------------|---------------------------|-------------------------|
| 2.28 / Optimal            | 0.35 / Optimal           |          | 2.3 / Optimal           | 0.93 / Optimal            |                         |
| LEARN MASS <sup>95%</sup> | FAT MASS <sup>95%</sup>  | TORSO    | ABDOMINAL CIRCUMFERENCE | WAST TO HIP RATIO         |                         |
| 19.38 / Optimal           | 9.04 / High              |          | 75.7 cm                 | 0.8 / Optimal             |                         |
| LEARN MASS <sup>95%</sup> | FAT MASS <sup>95%</sup>  | LEFT LEG | RIGHT LEG               | LEARN MASS <sup>95%</sup> | FAT MASS <sup>95%</sup> |
| 6.89 / Optimal            | 2.85 / Optimal           |          | 6.71 / Optimal          | 2.93 / Optimal            |                         |

### YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS. VISIT THE EVOLTACTION APP TO LEARN MORE ABOUT NUTRITION AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

**1** CALORIES: 1774 - 1874    **2** PROTEIN: 133g - 141g    **3** CARBOHYDRATES: 155g - 164g    **4** FAT: 69g - 73g

### YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS:

- FAT LOSS
- MUSCLE GAIN
- OPTIMAL HEALTH

Acetyl L-Carnitine  
Protein Isolate (Whey or Plant)  
Fat Burning Thermogenic Powders  
Branch Chain Amino Acids (BCAA's)  
L-Glutamine  
Lean protein bar snacks  
Greens Powder  
Multi-Vitamins

EVOLT THE INTELLIGENT BIOSCAN #EVL360 @EVL360 EVOLT360.COM

## THE SCAN REPORT

**UNDERSTANDING THAT HEALTHY IS NOT JUST A NUMBER.**

In 60 seconds, the Evolt 360 gives users a unique experience and a full report of their body composition.

## CUSTOMIZED SOLUTIONS AVAILABLE

Our digital capability provides the unique ability to brand the Result Sheets for the customer's business for the ultimate brand recognition and association.

The reverse of the Result Sheet also provides advertising real estate for companion selling products and services.



EXPLAINING FOLLOW UP RESULTS



Members can watch the scan explanation video directly from the Evolt Active App where they view their scan results.







***CUSTOMIZED  
SOLUTIONS  
& DETAILED  
REPORTS***

# EVOLT INSIGHTS

## TAKE A DEEP DIVE INTO YOUR BUSINESS!

Evolt's major differentiator is the Evolt Insights analytic platform. Business owners can view their users scans, access their progress charts, generate data analytics, run challenges and see which users are progressing or regressing at the click of a button.

- We give businesses the ability to ensure their members are getting results
- Delivering powerful results
- Progress reports
- Deep Dive into Member base

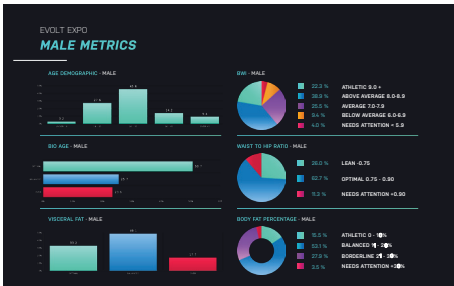
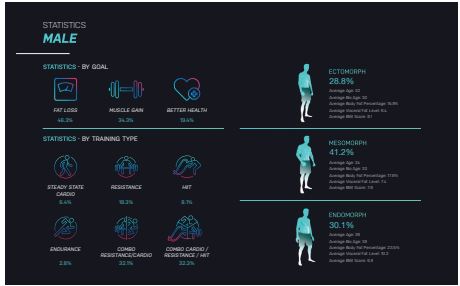
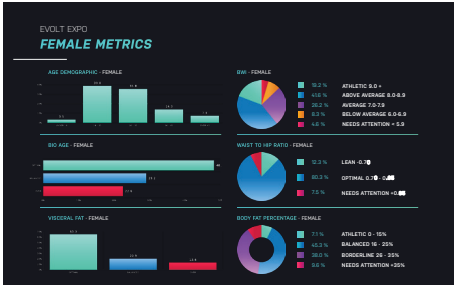
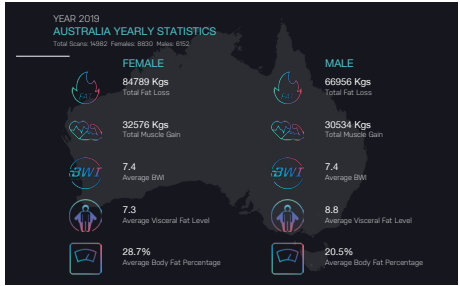
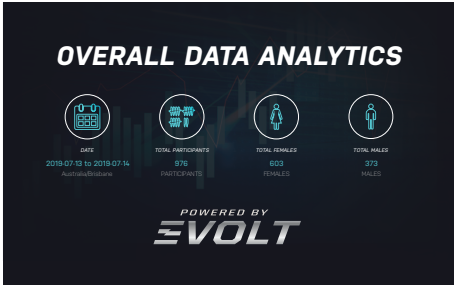
The #1 reason members join the gym is to change their body composition. In today's competitive environment if gyms are not tracking this data their members are at risk of leaving.

With the amount of customer data being collected, it's easy to become overwhelmed. The strength of the Evolt platform is in its ability to focus on the metrics that matter.

- Understanding members physical health & wellbeing goals in relation to their BWI
- View aggregated data reports over a single location, specific region or entire brand
- Identify opportunities through the Retention Report to engage with members who aren't achieving their personal goals to prevent them from becoming demotivated and cancelling their membership.



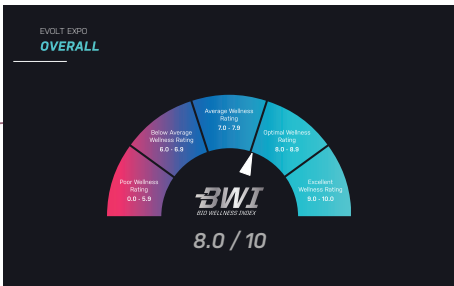
# EVOLT INSIGHTS



**EVOLT INSIGHTS VIDEO TUTORIAL**



For further training, a demo or any questions, please contact our team on [evoltinsights@evolt360.com](mailto:evoltinsights@evolt360.com)



# MARKETING YOUR SCANNER

## YOUR SUCCESS IS OUR SUCCESS!

Scan the QR Code to access your Implementation Success Guide for hints on how to use the Evolt 360 effectively to increase business outcomes.

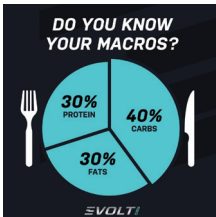
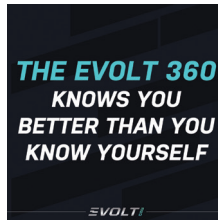
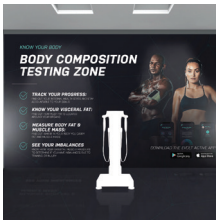
TAG US in your social posts and share your success stories.

#evolt360



## EVOLT OWNER & MARKETING PORTAL

We are proud to support our Evolt owners with access to our Owner's Portal - a hub where we give you the latest content, resources and training materials to ensure you are successful with your system.

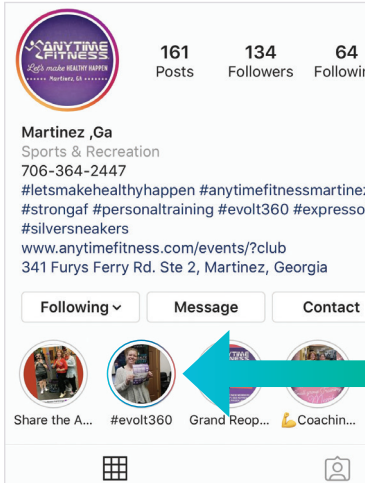


Here are some of the resources you will find:

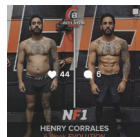
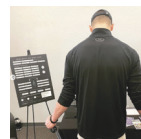
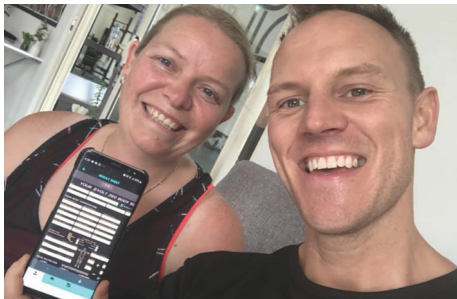
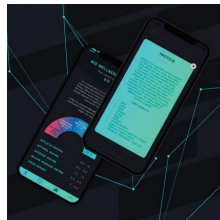
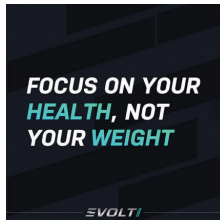
- Pre-Designed Web Pages
- Evolt Online Certifications
- Social Media + Marketing Materials
- Training and Support Manuals
- Evolt Zone Graphics
- Education For Members, Copy and Paste Our Content
- Videos
- Playbook



# MARKETING YOUR SCANNER



- Tag [@Evolt360](#) or [#evolt360](#) to your posts or stories, so we can feature you
- Promote Evolt on your website with one of our predesigned website templates
- Create an EVOLT scanning zone in your club
- Use our education tiles or predesigned social media tiles
- Insert an Evolt 360 or body scan tab on Instagram



# EVOLT 360 ONLINE CERTIFICATION

## TAKE A DEEP DIVE INTO YOUR BUSINESS!

Become a specialist in Evolt Body Composition Scanning!

Scan the barcode to register and complete our free course. Get all the skills and knowledge you need to be able to help your members.

Book in a Zoom Training Session with one of our Specialists.



## EVOLT 360 SPECIALIST COURSE

This platform provides the owner and operators a broader knowledge base of the capabilities of the technology, science, user experience as well as marketing and other aspects of the Evolt 360.

Please ensure all current and new staff complete this course before they operate the Evolt 360.



✔ Team members who have completed the course will receive a digital certificate, building confidence and adding to their credentials.

✔ Keep your team accountable to your testing protocols.



# ORDERING MORE RESULT SHEETS

## CUSTOMIZED SOLUTIONS AVAILABLE

Our digital capability provides the unique ability to brand the Result Sheets for the customer's Business for the ultimate brand recognition and association. The reverse of the Result Sheet also provides advertising real estate for companion selling products and services.

### YOUR EVOLT 360 STORE

BEFORE YOU INPUT YOUR AGE, HEIGHT AND GENDER, IT IS TO PROVIDE YOU WITH A MEDICALLY BASED REFERENCE RANGE TO SHOW YOU WHERE YOUR RESULTS COMPARE TO THOSE INDIVIDUALS WHO ARE SEEING BENEFICIAL CHANGES IN METABOLIC RISK TO YOUR RESULTS. ALIGNING WITH AN INDICATOR OF WHETHER YOU'RE "OPTIMAL," "NEAR" OR "HIGH" COMPARED TO THESE RANGES, IT IS IMPORTANT TO REMEMBER THAT YOUR GOALS ARE MOST EFFECTIVE TO BEING ACHIEVED, PARTICULARLY IN YOUR GOALS AREA FOR THE 90 DAY PERIOD. RECOMMEND YOU SEEK GUIDANCE FROM YOUR TRAINER OR HEALTH CARE PROFESSIONAL.

- LEAN BODY MASS:** Consists of muscle, protein and mineral (excluding excluding body fat). A lean body mass of 16.9kg would be associated with increasing your metabolism to burn more fat and increase your BMR.
- SKELETAL MUSCLE MASS:** Refers to the muscles attached to all the bones that you utilize for movement. It is the largest component of lean body mass. It is important to maintain muscle mass to burn fat, as giving you a higher BMR (Basal metabolic rate) - the rate at which your body burns calories at complete rest. A higher BMR is due to the increased activity of skeletal muscle mass. Together with sufficient protein intake which repairs and renews muscle cells as they break down, this will be essential to a host of other important roles within the body in burning calories and maintaining health.
- PROTEIN:** This refers to the amount of nitrogen within your body. Nitrogen is a component of protein which provides your body with the ability to repair tissues and cells and is used for the production and growth of skeletal muscle mass. Ensuring a sufficient protein intake for your weight, and sufficient amino acids will ensure repaired fat free muscle, not only for the development and repair of skeletal muscle mass, but also for the regeneration of cells for overall good health and anti-aging purposes.
- MINERAL:** This is your bone mineral density. Having high skeletal muscle mass and protein mass will lead to increasing good bone mineral content. Bone mineral density increases with age, especially for women, as it is important for those who have a low bone mineral density to commence a strength training program and consume adequate amounts of protein and calcium. This should be supplemented with a mineral density Test which must be completed on a DEXA scan.
- TOTAL BODY WATER:** This consists of intracellular and extracellular water contained within the cell and outside the cell. Healthy adults body water should be approx. 43-50% of the total body weight. Ensuring adequate fluid intake through the day, dependent upon activity level, will ensure that you stay hydrated throughout the day. A general guide for you who are drinking enough fluid will result in urinating clear fluid in the afternoon.
- BODY FAT MASS:** Your lean body mass subtracted from your overall weight gives you your total body fat. This measurement includes two types of body fat, subcutaneous body fat as well as visceral fat.
- SUBCUTANEOUS FAT MASS:** Subcutaneous fat mass between the skin and muscle is 80% of the fat that is stored in the body. This measurement includes two types of body fat, subcutaneous body fat as well as visceral fat.
- INTERNAL FAT MASS:** Internal fat mass (shown in kg or lbs and also as %) is the intra-abdominal fat which is located near the abdominal cavity and near vessels for the liver. Carrying a high amount of visceral fat is known to be associated with insulin resistance, which can lead to glucose intolerance and diabetes.
- EXTERNAL FAT AREA:** External fat area is indicated in cm<sup>2</sup>. The optimal range for men is 10-100cm<sup>2</sup> and for women is 20cm<sup>2</sup>. Changes to reductions in external fat area can identify metabolic changes.
- BODY FAT PERCENTAGE:** The percentage of body fat compared to body weight. Overall body fat percentage is very individual and varies different on age, gender, genes. Therefore, it is important to compare body fat percentage from person to person. A more accurate reflection of reduction in subcutaneous fat is to look at the segmental body fat % rights for each limb on the scan.
- VISIBAL FAT LEVEL:** Visible fat refers to the fat that is hidden and stored around your internal organs. It is important to note that a person can lose their body fat but still have high visceral fat. It is so important to identify the levels of body fat for a complete assessment of metabolic risk. This is done through the use of the Evolt 360 Body Scan. The Evolt 360 Body Scan is a non-invasive, painless, and safe way to measure body fat levels. It is important to note that a person can lose their body fat but still have high visceral fat. It is so important to identify the levels of body fat for a complete assessment of metabolic risk. This is done through the use of the Evolt 360 Body Scan. The Evolt 360 Body Scan is a non-invasive, painless, and safe way to measure body fat levels.

- BMI (BODY MASS INDEX):** A measure of body fat based on a person's mass in kilograms and height in meters.
- TEE TOTAL:** Total energy expenditure (TEE) is the sum of your basal metabolic rate (BMR) and your activity level. It is the total amount of energy your body uses in a day.
- BIO AGE:** Bio Age is a measure of biological age based on various health markers, including body composition and metabolic health.
- BMI SCORE:** BMI Score is a measure of body mass index, which is a ratio of a person's weight in kilograms to the square of their height in meters.

### YOUR EVOLT 360 BODY SCAN

DATE: 11-04-2019 09:08 NAME: kyle

HEIGHT: 164 cm WEIGHT: 62.9 kg AGE: 46 GENDER: Female

#### YOUR BODY COMPOSITION

|  |   |   |                       |
|--|---|---|-----------------------|
| LEAN BODY MASS <sup>kg</sup> <b>46 / Optimal</b> [414 - 474]         | % BODY FAT MASS <sup>kg</sup> <b>16.9 / Optimal</b> [11.8 - 17.8]         | % VISCERAL FAT LEVEL <b>6 / Balanced</b>                                  | % BIO AGE <b>44</b>   |
| SKELETAL MUSCLE MASS <sup>kg</sup> <b>25.4 / Optimal</b> [22.2 - 27] | SUBCUTANEOUS FAT MASS <sup>kg</sup> <b>15.2</b> [14.2%]                   | INTRACELLULAR FLUID (ECF) <sup>kg</sup> <b>21.7 / High</b> [18.6 - 21.5]  | % BMR <b>1732</b>     |
| PROTEIN <sup>kg</sup> <b>9.3 / Optimal</b> [7.8 - 9.8]               | VISCERAL FAT MASS <sup>kg</sup> <b>1.7</b> [2.7%]                         | EXTRACELLULAR FLUID (ECF) <sup>kg</sup> <b>11.4 / Under</b> [11.6 - 13.5] | % BW SCORE <b>7.4</b> |
| MINERAL <sup>kg</sup> <b>3.6 / Optimal</b> [3 - 3.6]                 | VISCERAL FAT AREA <sup>cm<sup>2</sup></sup> <b>44 / Optimal</b> [40 - 80] | BMI <sup>kg/m<sup>2</sup></sup> <b>1363 Kcal</b>                          |                       |
| TOTAL BODY WATER <sup>kg</sup> <b>33.1 / Optimal</b> [30.2 - 34.6]   | TOTAL BODY FAT PERCENTAGE <b>26.9% / Optimal</b> [20 - 30]                | TEE <sup>kcal/day</sup> <b>2099 kCal</b>                                  |                       |

**SEGMENTAL ANALYSIS**

UPPER - LOWER BODY BALANCE LEFT - RIGHT

BALANCED  BALANCED

UNBALANCED  UNBALANCED

|  |   |  |  |
|--|---|--|--|
| LEAN MASS <sup>kg</sup> <b>2.25 / Optimal</b> [2.16 - 2.49]    | DEFICIT <sup>kg</sup> <b>0.65 / Optimal</b> [0.87 - 1.05] | RIGHT ARM LEAN MASS <sup>kg</sup> <b>2.3 / Optimal</b> [2.16 - 2.49] | DEFICIT <sup>kg</sup> <b>0.81 / Optimal</b> [0.67 - 1.05]    |
| LEAN MASS <sup>kg</sup> <b>18.87 / Optimal</b> [18.28 - 19.89] | TORSO <b>9.13 / High</b> [6.76 - 6.94]                    | % ABDOMINAL CIRCUMFERENCE <b>75.8 cm</b>                             | % DIST. W/TO HP. (RATIO) <b>0.81 / Optimal</b> [0.87 - 0.93] |
| LEAN MASS <sup>kg</sup> <b>6.67 / Optimal</b> [6.47 - 7.35]    | LEFT LEG <b>2.87 / Optimal</b> [2.99 - 3.16]              | RIGHT LEG LEAN MASS <sup>kg</sup> <b>6.62 / Optimal</b> [6.77 - 7.5] | 2.93 / Optimal [2.99 - 3.16]                                 |

#### YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS. USE THE EVOLT ACTIVE APP TO LEARN MORE ABOUT MACROS AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

|                                |                               |                                     |                          |
|--------------------------------|-------------------------------|-------------------------------------|--------------------------|
| 1. CALORIES <b>1763 - 1863</b> | 2. PROTEIN <b>132g - 140g</b> | 3. CARBOHYDRATES <b>154g - 163g</b> | 3A. FAT <b>69g - 72g</b> |
|--------------------------------|-------------------------------|-------------------------------------|--------------------------|

#### YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS

FAT LOSS  MUSCLE GAIN  OPTIMAL HEALTH

VISIT THE EVOLT ACTIVE APP FOR MORE INFORMATION.

- Acetyl L-Carnitine
- Protein isolate (Whey or Plant)
- Fat Burning Thermogenic Powders
- Branch Chain Amino Acids (BCAA's)
- L-Glutamine
- Lean protein bar snacks
- Greens Powder
- Multi Vitamin

EVOLT TAG US ON SOCIAL MEDIA #EVOLT THE INTELLIGENT BIOSCAN #EVOLT360 @EVOLT360 EVOLT360.COM

Please order paper via your Evolt 360 Store in the Evolt Insights Dashboard.

**AUSTRALIA, NEW ZEALAND ASIA & EUROPE**

**AMERICA & CANADA**

# CLEANING & HYGIENE

## KEEPING YOUR EVOLT 360 PRISTINE!

We strongly recommend every person use an antiseptic wipe to clean their hands and under their feet before using the Evolt 360 for hygienic reasons and to improve conductivity.

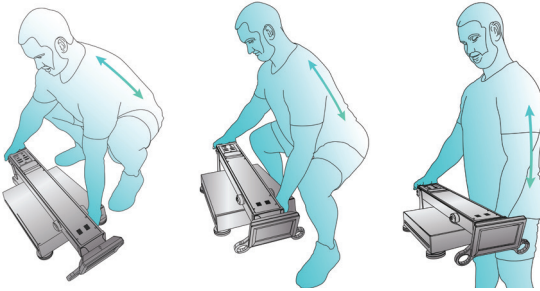
We also recommend that the whole machine is cleaned regularly (every second day) with a microfiber cloth.





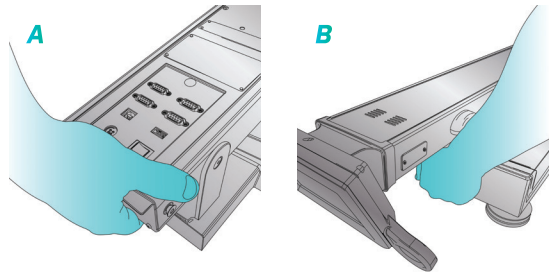
# TRANSPORTATION & STORAGE

## CORRECT HANDLING TECHNIQUE



Ensure that your back is kept in a straight position at all times, keeping your feet, shoulder width apart, use your legs to lift the machine up as shown in the figures above. DO NOT round your back.

When the unit is folded, firmly grasp the base of the neck as shown in figure A with one hand and grasp the other side of the unit by grasping under the scale between two feet as shown in figure B.



## GENERAL HOUSE KEEPING

1. The scanner takes about 30 seconds to boot up, and it is calibrating, so avoid putting any weight on the scale during boot up.
2. Turn off the scanner daily when leaving the gym.
3. The scanner will scan offline, so if there is ever trouble signing into a profile for a scan, ensure the network says "100 (connected)". You will not be able to log into a profile if the scanner is offline.
4. Allow system to be on for 15-30 seconds before attempting a scan.
5. If any issues are experienced, turn off the scanner for about 10 seconds and turn back on.

# TROUBLESHOOTING & INFORMATION

## EVERYTHING YOU NEED TO KNOW IF YOU GET IN TROUBLE!

Scan the barcode to our Evolt Owners Manual, FAQ Guide and other helpful information.



## INTRODUCTION

### 1. INTENDED USE

This device measures impedance by bioelectrical impedance analysis method and provides lots of information using measured impedance and inputted personal data (height, age, gender, weight).

It shows body composition of MBF, LBM, SLM, SMM, TBW, protein mass, mineral mass, etc. and information regarding BMI, PBF, BMR, abdominal analysis, target to control, segmental analysis, body composition change, etc.

### 2. WORD DEFINITIONS

To ensure safe operation and long term performance stability, it is essential that you fully understand the functions, operating and maintenance instructions by reading this manual before operating your unit. Particular attention must be paid to all warnings, cautions and notes incorporated herein.

The following conventions are used throughout the manual to denote information of special emphasis.



#### WARNING

"Warning" indicates important information about the presence of a hazard which may cause severe personal injury, substantial loss of property, damage if the warning is ignored.



#### NOTICE

"Notice" indicates important information in order to notify installation, operation or maintenance of this device. "Notice" is important but not hazard-related. Hazard warnings are not included here.



#### CAUTION

"Caution" indicates important information about the presence of a hazard which may cause minor personal injury or property damage if the caution is ignored.

# TROUBLESHOOTING & INFORMATION

## CLASSIFICATION AND COMPLIANCE

1. This device is classified as;
  - Class 1 type-BF against electric shock
  - Ordinary equipment without protection against ingress of water
  - Equipment not suitable for use in the presence of a flammable anaesthetic mixture by standard of IEC 60601-1: 2005+A1:2012 (Basic safety and essential performance of Medical Electrical Equipment)
2. This device is complied with Class A for noise-emission, Level B for noise-immunity, by standard of IEC 60601-1-2:2014 (Electromagnetic Compatibility Requirements).

## SAFETY PRECAUTIONS

This device is designed and manufactured with consideration of the safety of the operator and subject and also the reliability of the unit. The following warnings, precautions and notes must be observed for safety;



### WARNING

During measurement of the body composition, a microcurrent of 180 $\mu$ A flows through the body. Individuals who have any kind of implanted active medical devices, such as pacemakers, should not use this equipment because the microcurrent can cause malfunction in the implanted device.



### WARNING

To prevent fire hazard, use only a correctly wired (100-240VAC) outlet, and do not use an MSO (Multiple Socket Outlet) that is not in compliance with IEC 60601-1.



### WARNING

To reduce the risk of electric shock or product damage, never plug-in or plug-out with wet hands.



### WARNING

Physically disabled persons should not attempt to take measurements alone, but instead should have their caretakers assist them in using the device.



### CAUTION

The unit must be operated only by, or under supervision of a qualified person with our company or our distributors.



### CAUTION

If you have experienced any trouble with the unit, switch it off immediately, and contact our company or its authorized dealer for assistance.



### CAUTION

If you plan to connect any device from other manufacturers electrically or mechanically to the unit, contact our company or its authorized dealer for instructions before doing so.

When you connect computer or other system to the unit (RS-232C), the attached systems should be those certified by IEC 950 or equivalent standards for data processing equipment. Configurations shall comply with the system standard IEC 60601-1: 2005+A1:2012. Everybody who connects additional equipment to the signal input part or signal output part configures a medical system by standard IEC 60601-1: 2005+A1:2012. If in doubt, consult the A/S department of local distributor.

# TROUBLESHOOTING & INFORMATION

## SAFETY PRECAUTIONS



**PROHIBITION**

Do not disassemble or alter the device under any circumstances, as this could result in electric shock or injury as well as adversely affect the precision of measurements.

This device is specified as Class 1 type BF unit under the standard IEC 60601-1: 2005+A1:2012 (Basic safety and essential performance of Medical Electrical Equipment). Therefore, patients must not touch or handle inner side of the system at any time.



**PROHIBITION**

Do not touch signal input, signal output or other connectors, and the patient simultaneously.



**PROHIBITION**

The unit has previously been adjusted in the factory for optimum performance. Do not attempt to adjust switches or any other things except those specified in this manual for operation.



**PROHIBITION**

Never pour any liquid directly on the scale platform, as it may leak and cause internal damage.



**PROHIBITION**

Never jump on the Weighing Platform, there may be a risk of stumbling and malfunction of the equipment.



**NOTICE**

This equipment has been tested and found to comply with the limits for medical devices according to IEC 60601-1-2:2014. These limits are designed to provide reasonable protection against harmful interference in a typical medical installation.

This equipment generates, uses, and can radiate, radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to other devices in the vicinity. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to other devices, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving device.
- Increase the separation between the equipment.
- Connect the equipment into an outlet on a circuit different from that to which the other device(s) are connected.
- Consult the manufacturer or field service technician for help.



**NOTICE**

Note that portable and mobile RF communication equipment can affect MEDICAL ELECTRICAL EQUIPMENT.



**NOTICE**

Consult a physician or trained health professional to explain results.

# TROUBLESHOOTING & INFORMATION

## SAFETY PRECAUTIONS



### Avoid the following environments for storage;

- Where the ambient temperature falls below -25°C or exceeds 70°C.
- Where the atmospheric pressure falls below 70kPa (700mbar) or exceed 106kPa (1060mbar).
- Where the humidity is over 93% non-condensing.
- Where the unit is exposed to spray or splashing water
- Where the unit is exposed to dust.
- Where the unit is exposed to water vapor.
- Where the unit is exposed to salty atmosphere.
- Where the unit is exposed to explosive gas.
- Where the unit is exposed to excessive shocks or vibrations.
- Where the angle of inclination of mounting surface exceeds 10 degrees.
- Where the unit is exposed to direct sunlight.



This device needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS.



Cross contamination is possible because this equipment is used with bare hands and feet. Refer to the cleaning and disinfecting methods in this manual.



Measurements may be impaired if this device is used near televisions, microwave ovens, X-ray equipment or other devices with strong electrical fields. To prevent such interference, use the meter at a sufficient distance from such devices or turn them off.



In case of patients who have certain diseases, the estimates might be different.



Do not modify this equipment without authorization of the manufacturer.



Connect the earth placed on the backside of this device to the terminal plate to prevent any electric shock from leakage current or a potential difference.



To avoid the risk of electric shock, this equipment must only be connected to supply mains with protective earth.



TO VIEW OUR FULL  
CE MANUAL SCAN  
THE QR CODE

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**+61 7 5535 6227 (AUSTRALIA)**

## UPDATING YOUR DETAILS

If you need to update your login details, scanner location or change of ownership.

Please ensure you contact our team so we can assist.

Please contact our team on [info@evolt360.com](mailto:info@evolt360.com) to update your details.



A woman in a gym setting, leaning forward and holding a dumbbell, with motivational text overlaid. The text reads: 

**THE SECRET  
OF GETTING AHEAD  
IS GETTING STARTED**

# THANK YOU!

At Evolt we are motivated by doing our part to combat obesity.

We are passionate about educating people about their bodies and we are proud to provide a platform for people to track their health and wellness goals.

We hope you absolutely love your Evolt 360 scanner, your support and belief in our products and company means the world to us!

**Kelly, Ed & the Evolt Team!**



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