



The Skulpt® Performance System provides a deeper understanding of your physical strengths and weaknesses. The Skulpt Scanner uses a highly accurate scientific method, Composition Myography (CM), to measure your actual muscle quality and fat percentage directly, at various locations throughout your body.

It is not recommended in the following scenarios:

- If you have an electrical implant, such as a pacemaker
- If you are pregnant

Please following the recommendations below before coming in for your Skulpt analysis:

- 1) Do not exercise 8 hours before your test.
- 2) Do not eat a big meal 3 hours before your test.
- 3) Wear comfortable clothing (we need to measure at least 3 spots - triceps, abs and quads).
- 4) If you're coming for a re-test, try to book it around the same time of day as your last one.

If you have any questions, send an email to Kevin at info@crossfitmoncton.com



