



UNIVERSITY OF
MARYLAND

Department of Kinesiology and University Recreation &
Wellness

BodPod Body Composition Testing

Participant Pre-Testing Instructions

1. No eating or drinking for at least 3 hours prior to testing
2. No exercise for at least 3 hours prior to testing
3. Do not apply any lotion or skin creams at least 3 hours prior to testing

4. Wear a minimal amount of jewelry to the testing as you will have to remove it prior to testing



5. Men - wear spandex or lycra single layer shorts or a spandex or lycra racing style swimsuit

6. Women – wear either spandex or lycra single layer shorts and a jog bra or a spandex or lycra swimsuit

