

Rhys



CLASSES

17:00	South Pacific HIIT
12:00	WOW
12:30	Outdoor Pool
12:30	FF Conditioning
14:00	Boost
15:00	FIT30
16:00	Gym Floor Booking
18:00	SP HR

Gym Floor
Home
Outdoor
Bretts
Bretts
Bretts
Downstairs
SP HR

EXERCISES



Step 1

GROUP CYCLE
CLASS



SKILLMILL



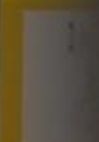
BODY
MEASUREMENTS



BODY
COMPOSITION



BOD
COM



Log into kiosk using your Fernwood App

Step 2

Select Body Composition Tile

Pacific HIIT

or Pool
nditioning

for Booking

Gym Floor

Home

Outdoor

Bretts

Bretts

Bretts

Downstairs

SP HR

EXERCISES

SKILLATHLETIC

TEAMBEATS

SKILLMILL

BODY MEASUREMENTS

BODY COMPOSITION

BODY COMPOSITION

SKILLROW CLASS

INBODY 570

Fill out all required fields to start measuring

START MEASURING

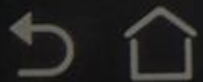
Please fill out all required fields before starting the measurement.

Height is required for the calculation of BMI

Step 3

Select Start Measuring

Height (cm)



15:39

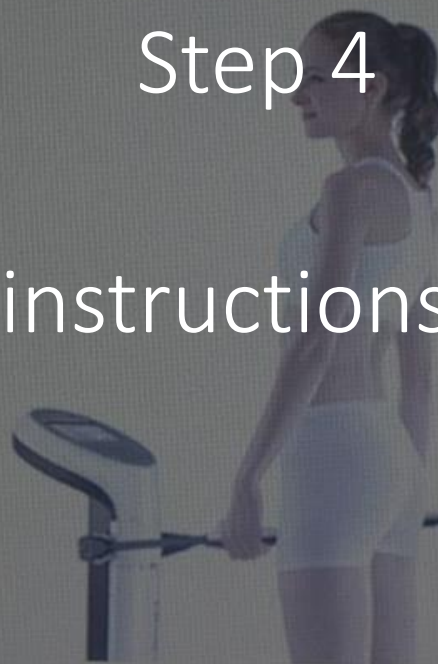
INBODY 570

Follow the instructions



Step 4

Follow instructions on kiosk



STEP 1

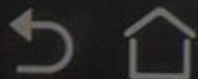
Remove shoes and socks/stockings

STEP 2

Step on the InBody570

STEP 3

Follow the instructions on the device screen



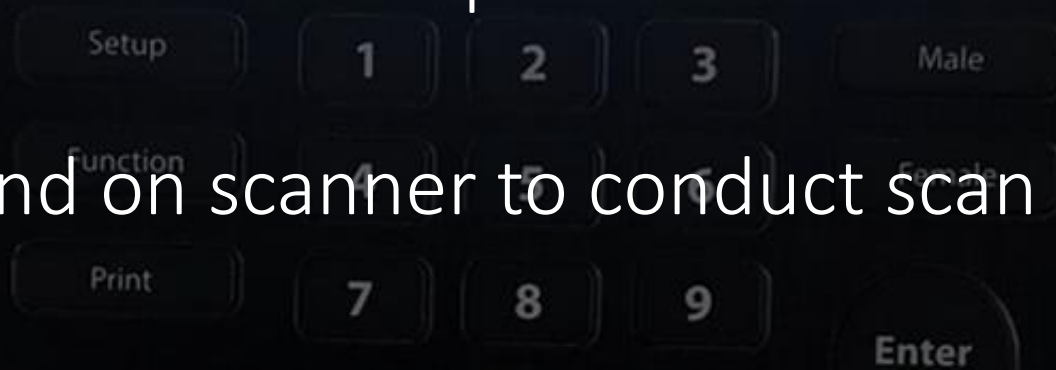
15:39

InBody



Step 5

Stand on scanner to conduct scan



InBody

1 2 3

Measuring your weight.

Do not grab the handles or move.

Weight

76.4 kg

Step 6

Wait till scan is complete

Setup

1

2

3

Male

Function

4

5

6

Female

Print

7

8

9

EXCITE

BODY COMPOSITION



Measurement results

MEASUREMENT DETAILS

Step 7

BODY COMPOSITION

Weight	76.4 kg
Skeletal muscle mass	38.2 kg
Body fat mass (BFM)	9.7 kg

 RETAKE
MEASUREMENT Delete

View overview on kiosk

WEIGHT ANALYSIS

BMI	23.8
% fat mass	12.7 %
Basal metabolic rate	1811 kcal
Total body water	48.8 kg

Fat free mass (FFM)	66.7 kg
Soft lean mass (SLM)	62.9 kg
Waist hip ratio	0.84




BODY COMPOSITION
Measurement results

MEASUREMENT DETAILS

Step 8

Expand results by clicking on measurement details





BODY COMPOSITION

-  76.1
-  Skeletal muscle mass
-  Body fat mass (BFM)

RETAK
MEASUREMENT

Delete

WEIGHT ANALYSIS

-  BMI
-  % fat mass
-  Basal m
-  Total

66.7 kg

62.9 kg

0.84



15:41



BODY MEASUREMENTS

Last measurements: 10/06/2020

NEW MEASUREMENT



BODY COMPOSITION



Weight

10/06/2020

Step 9

76.4 kg

BMI

10/06/2020

23.8

Triceps

10/06/2020

12.7 mm



ANTHROPOMETRIC



Height

10/06/2020

179 cm

Waist circumference

10/06/2020

82.7 cm

Hip circumference

10/06/2020

98.3 cm



PERFORMANCE

Training expertise

14/04/2020

Trained

Power at threshold -
Cycling

250 watt

Select body composition arrow to proceed
to full analysis

Step 10

Full results on kiosk, overview
of results also available on
members Fernwood App

