BOD POD Test Checklist

APPROVED CLOTHING

WEAR APPROVED CLOTHING

- Approved Clothing for MEN:
  - Form fitting Speedo® or Lycra®/spandex-type swimsuit
  - or -
  - Single layer compression shorts (without padding or wires)

- 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

DO NOT EXERCISE 2 HOURS PRIOR TO TESTING

DO NOT EAT OR DRINK BEFORE TESTING

USE THE RESTROOM (IF NECESSARY) PRIOR TO TESTING

SIT STILL, BREATHE NORMALLY AND AVOID TALKING DURING THE BRIEF TEST PERIOD

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