

# GOALS Need InBody 570

## Know Yourself. Build Yourself. Believe in the Data.

*How the InBody 570 Helps You Dream, Plan, and Train Smarter at Phenomenal Fitness*

At Phenomenal Fitness, we don't train in the dark. We believe that the road to better health, stronger muscles, and freedom-filled longevity begins with a deep understanding of your own body.

That's why we're proud to introduce the InBody 570 Body Composition Assessment—an elite tool that gives you the clarity, motivation, and measurable progress needed to stay on track, dream big, and work smart.

### ENGAGE

#### A Mirror for the Work Ahead.

Before you change your body, you've got to know your body. The InBody 570 helps you engage with your goals by showing you exactly what you're made of—literally.

- Muscle mass, fat mass, and water levels—all broken down by individual body segments: arms, legs, and trunk.
- This means you're not just stepping on a scale—you're stepping into a plan that's personal.

### EDUCATE

#### Real Numbers. No Guessing.

The InBody 570 removes the mystery. It tells you where you've got strength and where you've got opportunity. For example:

- Are you carrying more fat around the trunk?
- Is your right leg stronger than your left?
- Are you gaining lean mass even when the scale doesn't move?

**This data allows your coach to design training that fits your body, not a template.**

### ENHANCE

#### Targeted, Smarter Workouts.

Once we know what's really going on inside, we stop wasting time.

- Want stronger legs? We'll see where you're starting from and track every gain.
- Need to lose belly fat? We'll show how your core is changing over time.
- Worried about balance or injuries? We'll spot asymmetries before they become problems.

**The InBody 570 makes your training smarter, not harder.**

### EMPOWER

#### Fuel the Fire of Progress.

There's nothing more powerful than seeing proof of your hard work. The InBody results are motivation you can hold in your hand.

- Watch your lean mass go up.
- Watch your fat mass go down.
- Track your hydration and water balance—key for performance and recovery.

**Suddenly, your goals feel closer. Real. Possible. Yours.**

### ENCOURAGE

#### Your Journey. Your Data. Your Victory.

This is dream weaving. We help you build a body that serves your purpose, not just your reflection. Whether you want to:

- Lose weight
- Build muscle
- Improve athletic performance
- Stay strong and independent as you age

**The InBody 570 helps us see the work and celebrate the progress together.**

### Ready to Step Into Your Next Chapter?

Ask your coach today about scheduling your **InBody 570 Assessment**.  
It's quick. It's non-invasive. It's powerful.



**PHENOMENAL  
FITNESS**

**Let's train with purpose. Let's move with intention. Let's build the PHENOMENAL you—from the inside out.**