



## **Hydrostatic Weighing Pre-Test Directions**

- NO FOOD 2 HOURS PRIOR!** (water is okay)
- NO HAIR GEL PRODUCTS!** (plugs filter system)
- Bring towel & swimsuit
- Be ready 5-10 minutes early
- You will get **TOTALLY wet** *including hair!*
- Reference Contacts:**
  - Linda Finley/Body Fat Test @ 805.205.5356
    - [linda@bodyfattest.com](mailto:linda@bodyfattest.com)
  - Ron Jones/The Lean Berets @ 661.993.7874
    - [ron@ronjones.org](mailto:ron@ronjones.org)
- Reference Websites:**
  - [www.BodyFatTest.com](http://www.BodyFatTest.com)
  - [www.TheLeanBerets.com](http://www.TheLeanBerets.com)