Get your Athletes to the Next Level

Set training goals that will lead to wins

Why make it more complicated for your wrestlers with all this talk about body
Why make it more complicated for your wrestlers with all this talk about body composition goals, when they can just focus on making weight?

Wrong!

Tracking changes in muscle and fat on the InBody 120 will help your wrestlers succeed at the right weight class for them. Read this article to learn how to set body composition goals for your wrestlers so that they can maximize their potential.

Check with your State Association to see if InBody is an approved device in your state!

InBody Benefits

InBody uses advanced bioelectrical impedance analysis (BIA) technology to provide you with the most accurate body composition measurements.

- Ensure Wrestlers are Properly Hydrated Before and After Each Practice and Match
- Identify your Ideal Competition Weight
- Maximize Performance through the Evaluation of Body Composition and Weight

"These advantages may make MFBIA [multi-frequency bioelectrical..."
These advantages may make MFBIA [multi-frequency bioelectrical impedance analysis] attractive to...coaches, officials, and athletic trainers who question the results of skin fold testing performed by someone who may not be completely objective or impartial.”

Evaluation of Multi-Frequency BIA in Assessing Body Composition of High School Wrestlers. Medicine & Science in Sports and Exercise

Alan C Utter
PhD, Exercise Physiology

Develop Healthier, Stronger Wrestlers with InBody

Get More Information

“Studies have proved InBody products are the most accurate body composition analyzer for high school wrestling weight certifications.”

Mike Moyer
Executive Director of the NWCA

$1,500.00* $2,500
SPECIAL INTRODUCTORY PRICING
*Regular price $2,500. Prices and product availability are subject to change without notice. All specials and promotions limited to stock on hand. Cannot be combined with other offers.

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