What is Bodymapp?

Bodymapp is a 3D body scanning app that allows you to measure and track your body composition and measurements using your iPhone or the iPad in the gym.

How does it work?

The app utilizes the infrared depth sensor in Apple devices (similar to how it's used for Face ID) to map out the contours of your body and create a lifelike 3D avatar of your body. From there, it finds your circumference measurements, and uses complex algorithms to calculate your health metrics such as body fat percentage.

What measurements does it give you?

Circumference measurements: Biceps, Chest, Narrow Waist, Stomach, Hips, Mid-Thighs, Calves

Health metrics: Body Fat Percentage Estimate, Fat Free Mass, Fat Free Mass Percentage, BMI, Waist to Hip Ratio, Waist to Height Ratio, Basal Metabolic Rate (BMR), Ideal Weight Range, Target Heart Rate Zones

Other data included in the Bodymapp Report: Posture Analysis, Body Shape Analysis, Somatotype Composition, Total Daily Energy Expenditure (TDEE), Macronutrient Goals

Why should members sign up?

- Benchmark body scan helps customers learn more about their body.
- Allows PT to personalize program and tailor training to the client's specific needs based on their body composition and goals.
- Ongoing scanning and progress tracking allows PT to see what is/isn't working, to help make the necessary modifications to the clients program to help them achieve their goals.
- Motivates clients to keep working towards their goals.

What is the pricing?

- $10/month for PT clients
- $15/month for non-PT members. This includes quarterly consultations with a personal trainer to review progress.

What is the sign up process?

- Sign up clients on iPad so they can do their first scan free.
- If they want to continue body scanning, then use AAT agreement to set up EFT.
- Once they've signed the form, then give them a gift card to access membership. Make sure they follow the steps on the back of this card.