

# WHAT TO DO BEFORE YOUR FIRST FIT3D BODYSCAN

1

book in and pay here:

<https://calendly.com/rebel-hybrid/3d-body-scan>



2

If this is your first fit3d body scan, please sign up here prior to your scan appointment (make the password easy to remember and easy to input)

<https://dashboard.fit3d.com/>

3

Show up to your scan on time and with the recommended clothing (please see next page for what to wear)



REBEL HYBRID  
FIT3D

[rebelhybrid.com.au](https://rebelhybrid.com.au)

# WHAT TO DO FOR YOUR FIT3D BODY SCAN

## 1 **Wear minimal clothing**

Be prepared to strip down to minimal clothing - this is the only way the body scanner is going to be able to capture your measurements e.g. sports bra, tights/tight shorts, underwear.

1



2

## **Hair up, Accessories off**

All hair (including long beards) need to be tied up, and watches etc taken off - so as not to obstruct camera view of your body during the scan.

## 3 **Arms straight, Stand STILL**

Stand STILL throughout the whole 30-second scan. You will press the buttons and hold them down for the whole scan.

3

4

## **Breathe gently**

Breathe gently throughout the scan (shallow breaths so there is as little movement as possible). Ensure you keep your head still as the turntable slowly spins you.



# REBEL HYBRID FIT3D