KSI Consulting / Athlete Testing

**Body Composition Analysis:**

Are you looking to assess your body composition? Our body composition testing (BodPod) will provide you with your fat-free mass, fat mass, percent fat values. Track your progress surrounding training in preparation for a race, or to simply achieve your health goals. Our body composition consultation includes recommendations for exercise and nutrition to reach your potential.

A picture containing wall, indoor, floor, toilet

Description automatically generated