

EVOLT 360

HOW EVOLT IS HELPING TO REVOLUTIONIZE WHAT REALLY MATTERS!

At JMB Personal Training, we are dedicated to empowering you to live your best life—long, strong, and pain-free. That's why we're thrilled to introduce a game-changing tool in the world of health and wellness: the EVOLT 360 Body Scanner.

This innovative piece of technology is here to transform how you understand your body and achieve your goals.

Whether you're just beginning your journey or are already well on your way, the EVOLT 360 is for everyone—but it's especially revolutionary for our 40+ demographic. Let's explore what makes the EVOLT 360 a must-have tool for optimizing your health.





The advertisement features a central image of the EVOLT 360 body composition analyzer, a black machine with a large screen and two side monitors. The background is a light blue gradient with a faint image of a muscular man. The text is in bold, sans-serif fonts, with green checkmarks and a teal banner.

EVOLT

BE EMPOWERED

- ✓ WEIGHT
- ✓ BODY FAT
- ✓ LEAN MUSCLE MASS
- ✓ SKELETAL MUSCLE MASS
- ✓ TOTAL BODY WATER
- ✓ MINERAL CONTENT
- ✓ TOTAL ENERGY EXPENDITURE
- ✓ MACRONUTRIENT PROFILE
CALORIES BASED ON GOAL + BODY COMPOSITION, BROKEN DOWN INTO MACROS, FATS, CARBS, PROTEIN IN GRAMS TO CONSUME
- ✓ VISCERAL FAT
- ✓ BODY FAT PERCENTAGE
- ✓ WAIST HIP RATIO
- ✓ BASAL METABOLIC RATE
- ✓ FITNESS SCORE
- ✓ BIO AGE
- ✓ SEGMENTAL ANALYSIS OF MUSCLE AND FAT IN EACH LIMB

✓ **PLUS MORE ++**

EVOLT 360 BODY COMPOSITION ANALYZER IS NOW AVAILABLE IN CLUB

OPTIMIZING YOUR EXPERIENCE
ASK OUR TEAM IF INTERESTED!

JMB
PERSONAL TRAINING

WHAT IS THE EVOLT 360 BODY SCANNER?

The EVOLT 360 is a state-of-the-art body composition analyzer that goes far beyond traditional scales. Using advanced bioelectrical impedance technology, the scanner provides a detailed breakdown of your body composition, including muscle mass, fat mass, hydration levels, metabolic rate, and much more—all in less than 60 seconds!

But it's not just about numbers. The EVOLT 360 delivers actionable insights to help you make informed decisions about your fitness, nutrition, and recovery strategies.

EXCLUSIVELY AT JMB PERSONAL TRAINING

BENEFITS OF THE EVOLT 360 FOR YOUR OVERALL WELLNESS

1. PERSONALIZED INSIGHTS

YOUR BODY IS UNIQUE, AND SO SHOULD BE YOUR WELLNESS JOURNEY. THE EVOLT 360 PROVIDES AN IN-DEPTH, PERSONALIZED REPORT THAT HELPS YOU UNDERSTAND YOUR BODY BETTER THAN EVER BEFORE. FROM TRACKING CHANGES IN MUSCLE MASS TO IDENTIFYING METABOLIC INEFFICIENCIES, THIS TOOL GIVES YOU THE CLARITY YOU NEED TO TARGET SPECIFIC GOALS. WHETHER SOMEONE IS RECOVERING FROM AN INJURY, DEALING WITH CHRONIC HEALTH CONDITIONS, OR SIMPLY LOOKING TO FEEL BETTER, THE EVOLT 360 CATERS TO EVERYONE'S UNIQUE NEEDS. ITS TAILORED INSIGHTS ALLOW FOR PERSONALIZED RECOMMENDATIONS, ENSURING THAT EVERY INDIVIDUAL—REGARDLESS OF FITNESS LEVEL—FEELS SEEN AND SUPPORTED.

2. SUPPORTS HEALTHY AGING ADULTS

AS WE AGE, OUR BODIES CHANGE IN WAYS THAT CAN AFFECT STRENGTH, ENERGY, AND OVERALL WELLNESS. THE EVOLT 360 IS AN INVALUABLE TOOL FOR IDENTIFYING THESE CHANGES, HELPING YOU ADJUST YOUR FITNESS AND NUTRITION PLANS TO MAINTAIN MUSCLE MASS, MANAGE FAT, BONE DENSITY AND PROMOTE JOINT HEALTH. THIS IS ESPECIALLY CRUCIAL FOR THOSE STRIVING TO LIVE ACTIVE, PAIN-FREE LIVES.

4. BUILDS A HEALTHIER COMMUNITY

COMMUNITY WELLNESS STARTS WITH AWARENESS, AND THE EVOLT 360 FOSTERS EXACTLY THAT. BY EQUIPPING INDIVIDUALS WITH ACCURATE DATA ABOUT THEIR HEALTH, WE CAN WORK TOGETHER TO:

- COMBAT COMMON ISSUES LIKE OBESITY, HEART DISEASE, AND METABOLIC SYNDROME.
- ENCOURAGE PREVENTATIVE CARE BY IDENTIFYING POTENTIAL RISKS EARLY.
- EMPOWER MEMBERS TO TAKE CHARGE OF THEIR HEALTH, CREATING A RIPPLE EFFECT OF WELL-BEING IN THEIR FAMILIES AND CIRCLES.

5. PREVENTS AGE-RELATED HEALTH DECLINE

AS WE AGE PHYSICALLY, FACTORS LIKE BONE DENSITY, MUSCLE MASS, AND VISCERAL FAT BECOME INCREASINGLY IMPORTANT TO MONITOR. THE EVOLT 360 IS A PROACTIVE SOLUTION THAT ENABLES YOU TO ADDRESS THESE CHANGES HEAD-ON BY:

- PINPOINTING AREAS OF CONCERN, LIKE HIDDEN FAT AROUND VITAL ORGANS.
- MONITORING MUSCLE MASS TO PREVENT AGE-RELATED LOSS (SARCOPENIA).
- OFFERING STRATEGIES FOR MAINTAINING AN ACTIVE, HEALTHY LIFESTYLE WELL INTO YOUR GOLDEN YEARS.

6. ENHANCES SPORTS AND FITNESS TRAINING

FOR THOSE WHO ARE ACTIVE IN SPORTS OR FITNESS (NO MATTER YOUR AGE), THE EVOLT 360 OFFERS A COMPETITIVE EDGE. IT'S NOT JUST ABOUT WEIGHT LOSS—IT'S ABOUT PERFORMANCE OPTIMIZATION. THE SCANNER SHOWS:

- HOW YOUR MUSCLE MASS IS DISTRIBUTED, HELPING YOU TAILOR YOUR WORKOUTS.
- YOUR RECOVERY NEEDS, SO YOU CAN OPTIMIZE REST AND AVOID OVERTRAINING.
- YOUR METABOLIC EFFICIENCY, GIVING INSIGHTS INTO FUELING YOUR BODY FOR ENERGY AND STAMINA.

WE KNOW HOW IMPORTANT IT IS FOR OUR HIKERS, PICKLE-BALL PLAYERS, GOLFERS, SKIERS & TENNIS BALL PLAYERS!

7. INSPIRES LIFESTYLE CHANGES

DATA HAS THE POWER TO MOTIVATE, AND SEEING YOUR PERSONAL REPORT FROM THE EVOLT 360 IS OFTEN A LIGHTBULB MOMENT FOR MANY PEOPLE. IT'S A WAKE-UP CALL THAT PUSHES MEMBERS TO:

- MAKE SMARTER DIETARY CHOICES.
- COMMIT TO MORE REGULAR PHYSICAL ACTIVITY.
- PRIORITIZE RECOVERY AND HYDRATION AS PART OF A BALANCED LIFESTYLE.

8. EMPOWERS BUSY PROFESSIONALS

FOR MANY ADULTS IN THEIR 30', 40S, 50S, AND BEYOND, LIFE IS PACKED WITH RESPONSIBILITIES—FAMILY, WORK, AND EVERYTHING IN BETWEEN. THE EVOLT 360 IS A TIME-EFFICIENT SOLUTION THAT FITS PERFECTLY INTO A BUSY SCHEDULE. A QUICK SCAN PROVIDES COMPREHENSIVE DATA, HELPING YOU CREATE A HEALTH PLAN THAT WORKS FOR YOUR LIFESTYLE.

9. SUPPORTS WEIGHT LOSS BEYOND THE SCALE

WEIGHT LOSS IS A COMMON GOAL, BUT RELYING SOLELY ON A BATHROOM SCALE CAN LEAD TO FRUSTRATION AND CONFUSION. THE EVOLT 360 SHIFTS THE FOCUS TO BODY COMPOSITION RATHER THAN JUST WEIGHT, HELPING MEMBERS SEE:

- FAT LOSS, EVEN IF THE SCALE DOESN'T BUDGE.
- MUSCLE GAINS, WHICH ARE ESSENTIAL FOR HEALTHY AGING AND METABOLISM.
- PROGRESS IN AREAS THAT TRULY MATTER FOR LONG-TERM HEALTH.

10. PROMOTES A POSITIVE MINDSET

THE EVOLT 360 ISN'T JUST ABOUT NUMBERS—IT'S ABOUT EDUCATION AND EMPOWERMENT. MEMBERS WALK AWAY FROM THEIR SCANS WITH A CLEARER UNDERSTANDING OF THEIR BODIES AND HOW TO TAKE CONTROL. THIS BOOSTS CONFIDENCE AND CREATES A POSITIVE MINDSET AROUND HEALTH AND FITNESS, REPLACING FEAR AND FRUSTRATION WITH MOTIVATION AND ACTION.

11. HOLISTIC APPROACH TO WELLNESS

THE EVOLT 360 DOESN'T JUST MEASURE YOUR PHYSICAL STATS; IT GIVES INSIGHTS INTO YOUR INTERNAL HEALTH. FROM METABOLIC AGE TO VISCERAL FAT LEVELS, THE SCANNER PROVIDES A COMPREHENSIVE PICTURE OF YOUR WELL-BEING, ENSURING YOU ADDRESS ALL ASPECTS OF YOUR HEALTH—INSIDE AND OUT.

12. MOTIVATION & ACCOUNTABILITY

SEEING IS BELIEVING. THE DETAILED, VISUAL REPORTS FROM THE EVOLT 360 INSPIRE YOU TO STAY COMMITTED TO YOUR GOALS. IT'S INCREDIBLY MOTIVATING TO SEE YOUR PROGRESS LAID OUT IN BLACK AND WHITE, DRIVING YOU TO PUSH FURTHER AND ACHIEVE EVEN MORE. IT'S A LONG-TERM PARTNER IN YOUR JOURNEY.

REGULAR SCANS ALLOW MEMBERS TO:

- STAY ACCOUNTABLE TO THEIR GOALS.
- ADJUST THEIR PLANS BASED ON REAL-TIME FEEDBACK.
- CELEBRATE SMALL WINS ALONG THE WAY, REINFORCING POSITIVE HABITS.

13. ELIMINATE GUESSWORK

TOO OFTEN, WE RELY ON OUTDATED METHODS LIKE WEIGHT SCALES OR BMI CALCULATIONS, WHICH DON'T TELL THE FULL STORY OF OUR HEALTH. THE EVOLT 360 PROVIDES AN OBJECTIVE AND DETAILED SNAPSHOT OF YOUR BODY, ELIMINATING GUESSWORK AND OFFERING DATA-BACKED INSIGHTS. WHETHER YOU'RE TRYING TO LOSE FAT, GAIN MUSCLE, INCREASE BONE DENSITY OR SIMPLY MAINTAIN A BALANCED LIFESTYLE, THIS TOOL SHOWS YOU EXACTLY WHERE YOU STAND AND HOW TO MOVE FORWARD.

LEARN ALL ABOUT YOUR BODY

YOUR EVOLT 360 BODY SCAN

DATE: 11-04-2019 09:08 NAME: Kyle
 HEIGHT: 164 cm WEIGHT: 62.9 kg AGE: 46 GENDER: Female

YOUR BODY COMPOSITION

LEAN BODY MASS ^{***}	4.6 / Optimal [41.4 - 47.4]	BODY FAT MASS ^{***}	16.9 / Optimal [11.9 - 17.8]	VISCERAL FAT LEVEL	6 / Balanced	BIO AGE	44
SKELLETAL MUSCLE MASS ^{***}	25.4 / Optimal [22.2 - 27.1]	SUBCUTANEOUS FAT MASS ^{***}	15.2 [24.2%]	INTRACELLULAR FLUID (ICF) ^{***}	21.7 / High [19.6 - 21.5]	SMI SCORE	7.4
PROTEIN ^{***}	9.9 / Optimal [7.9 - 9.6]	VISCERAL FAT MASS ^{***}	1.7 [2.7%]	EXTRACELLULAR FLUID (ECF) ^{***}	11.4 / Under [11.6 - 13.5]		
MINERAL ^{***}	3.6 / Optimal [3 - 3.6]	VISCERAL FAT AREA ^{***}	44 / Optimal [40 - 80]	BMR (BASE METABOLIC RATE)	1363 kCal		
TOTAL BODY WATER ^{***}	33.1 / Optimal [30.2 - 34.6]	TOTAL BODY FAT PERCENTAGE	26.9% / Optimal [20 - 30]	TEE (TOTAL ENERGY EXPENDITURE)	2099 kCal		

YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRO/NUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS. VISIT THE EVOLT ACTIVE APP TO LEARN MORE ABOUT NUTRITION AND TAKE YOUR LIFESTYLE QUESTIONS.

11 CALORIES	1763 - 1863	12 PROTEIN	132g - 140g	13 CARBOHYDRATES	164g - 163g	14 FAT	69g - 72g
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YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS:

- FAT LOSS
- MUSCLE GAIN
- OPTIMAL HEALTH

Acetyl L-Carnitine
 Protein Isolate (Whey or Plant)
 Fat Burning Thermogenic Powders
 Branch Chain Amino Acids (BCAA's)
 L-Glutamine
 Lean protein bar snacks
 Greens Powder
 Multi-Vitamin

EVOLT THE INTELLIGENT BIOSCAN #EVOLT360 @EVOLT360 EVOLT360.COM

WHAT MAKES THE EVOLT 360 UNIQUE?

- **COMPLETE BREAKDOWN OF BODY COMPOSITION:**
FAT, MUSCLE, HYDRATION, VISCERAL FAT, PROTEIN, BONE MINERAL AND MORE.
- **SEGMENTAL ANALYSIS:**
GET INSIGHTS INTO HOW DIFFERENT PARTS OF YOUR BODY ARE CHANGING (E.G., MUSCLE IN YOUR LEGS VS. ARMS).
- **NUTRITION RECOMMENDATIONS:**
PAIR YOUR RESULTS WITH TAILORED MACRONUTRIENT AND CALORIC ADVICE. AS WELL SUPPLEMENT RECOMMENDATION BASED UPON YOU AND YUOR GOALS TO BOOST RESULTS.
- **METABOLIC TRACKING:**
UNDERSTAND YOUR METABOLIC RATE AND AGE TO FINE-TUNE YOUR CALORIE INTAKE AND ENERGY EXPENDITURE.
- **USER-FRIENDLY EXPERIENCE:**
THE PROCESS IS QUICK, NON-INVASIVE, AND PROVIDES EASY-TO-UNDERSTAND RESULTS.

WHY THE EVOLT 360 IS A GAME-CHANGER!

FOR THOSE OVER 40 THOUGH, UNDERSTANDING AND MAINTAINING BODY COMPOSITION BECOMES MORE CRITICAL THAN EVER. MUSCLE LOSS (SARCOPENIA), DECREASED METABOLISM, AND INCREASED VISCERAL FAT ARE COMMON CHALLENGES. THE EVOLT 360 EMPOWERS YOU TO TAKE CONTROL BY:

- **IDENTIFYING RISKS EARLY, SUCH AS EXCESS VISCERAL FAT THAT CAN AFFECT HEART HEALTH.**
- **HELPING YOU PRIORITIZE MUSCLE MAINTENANCE THROUGH TARGETED STRENGTH AND NUTRITION STRATEGIES.**
- **OFFERING TAILORED ADVICE TO ENSURE SUSTAINABLE, HEALTHY WEIGHT MANAGEMENT.**
- **GIVING YOU THE TOOLS TO AGE GRACEFULLY, WITH STRENGTH AND VITALITY.**

With many getting sucked in this dangerous, short sighted game of weight loss drugs. The long term effect is being ignored. This band-aid advice is only promoting instant gratification with no real solution in proper lifestyle change to attain and maintain the results desired to live long, independent & strong. These drugs is causing more unhealthy habits that promote muscle atrophy (decreasing lean mass), tanking of metabolism and brittleness of bone. Lose skin, tiredness, lack of motivation and joint pains all and only some described from result of using these drugs.

WHY THE COMMUNITY NEEDS THE EVOLT 360

IN TODAY'S WORLD, WHERE HEALTH CONCERNS LIKE OBESITY, DIABETES, AND HEART DISEASE ARE ON THE RISE, TOOLS LIKE THE EVOLT 360 ARE ESSENTIAL. THIS TECHNOLOGY HAS THE POTENTIAL TO CREATE A HEALTHIER, MORE INFORMED COMMUNITY BY MEANINGFUL METRICS.

- EMPOWER OUR MEMBERS TO TAKE CONTROL OF THEIR HEALTH.
- EDUCATE FAMILIES ON SUSTAINABLE HABITS.
- BUILD A CULTURE WHERE WELLNESS IS ACCESSIBLE, ACHIEVABLE, AND CELEBRATED BY THE REAL WINS.

THERE IS A MISCONCEIVED NOTION THAT WE HAVE BEEN INGRAINED THAT BEING HEALTHY IS A SINGLE CERTAIN NUMBER. THAT IT'S JUST THE VANITY WHEN THAT IS THE FALSEHOOD. HEALTH IS ALL ENCOMPASS. A VARIETY OF FACTORS INCLUDING FUNCTIONALITY, BALANCE, BEING PAIN FREE, PROPER POSTURE, GOOD HEART HEALTH, ORGAN FUNCTION, BMR, STRENGTH & CONFIDENCE. NOT A SHORT SIGHTED, SINGLE NUMBER ON THE SCALE! THINK IM SAFE TO SAY YOU RATHER NOT HAVE A HEART ATTACK THAN BE A MISCONCEIVED SINGLE NUMBER ON A SCALE.

***FOCUS ON YOUR
HEALTH, NOT
YOUR WEIGHT***

***EXPERIENCE THE EVOLT 360 EXCLUSIVELY AT
JMB PERSONAL TRAINING***

THE EVOLT 360 ISN'T JUST A PIECE OF EQUIPMENT—IT'S A REVOLUTION IN HOW WE APPROACH HEALTH, FITNESS, AND AGING. IT'S THE PERFECT FIT FOR JMB PERSONAL TRAINING'S MISSION IN JOINING MIND & BODY BY OPTIMIZING THE MENTAL, PHYSICAL, AND TOTAL QUALITY OF LIFE. WE CAN'T WAIT FOR YOU TO EXPERIENCE THE DIFFERENCE THIS INCREDIBLE TOOL WILL MAKE IN YOUR JOURNEY, WHILE CONTINUING TO FOCUS ON "FEELING" WITH THE PROMISE OF HAVING YOU FEEL BETTER THAN WHEN YOU ARRIVE TO CREATE THE HEALTHY HABIT THAT WILL THEN HAVE THE PHYSICAL BE THE BI-PRODUCT BY YOUR CONSISTENT HABITS. LIFESTYLE, THIS ADDITIONAL TOOL IS JUST LIKE OUR MYZONE, IMMERSING YOU WITH POSITIVE TOOLS TO KEEP YOU ACCOUNTABLE, ELEVATED AND INLINE WITH YOUR PERSONAL GREATNESS. LEVELING UP YOUR EXPERIENCE WITH US AND HAVING THE REAL DATA THAT MATTERS LIKE GOING TO THE DOCTORS FOR BLOOD WORK WE STEP ON THE EVOLT FOR A STANDARD THAT WE KEEP FOR OURSELVES THAT WILL HAVE US LIVING LONG, STRONG AND FULLY FUNCTIONAL TO LIVE LIFE IN ITS ABUNDANCE AND ON OUR TERMS!

YOUR FUTURE SELF WILL THANK YOU. LET'S OPTIMIZE YOUR LIFE TOGETHER AND TO NOTHING LESS THAN GREATNESS!

EVOLT SCAN PACKAGES

CLICK HERE

\$20

ADD-ON W/
MEMBERSHIP

-MONTHLY SCAN-

MEMBER OPTIONS

CLICK HERE

\$75

OUT THE CART
3 PACK

-THREE SCANS-

CLICK HERE

\$30

OUT THE CART

-ONE SCAN-



NON MEMBER

CLICK HERE

\$60

SINGLE SCAN

-ONE SCAN-



MEMBERS GET INITIAL SCAN WITH WELLNESS SCREENING & EVERY 6 MONTHS THAT FOLLOW

[MEMBER BOOK HERE](#)

[NON-MEMBER BOOK HERE](#)

***CONTINUING TO JOIN MIND & BODY WITH AIMING TO PROVIDE THE MOST
EXCEPTIONAL EXPERIENCE!***

CONTACT US AT 585-440-7782
OR EMAIL US AT INFO@JMBPERSONALTRAINING.COM