

SEE YOURSELF IN 3D



The GOLD'S 3D™ scanner is revolutionizing how members track their progress.

GOLD'S 3D™ body scanning technology produces results and measurements in real time. Every scan includes a three-dimensional model and more than 25 pages of information, including body shape analysis, body fat analysis (that also cites national averages for comparison) and a fat loss calculator. Plus, the program will combine and compare previous scans in a way that will allow you, over time, to see your body literally changing before your eyes.

How it works

The scanning process takes just 35 seconds. After meeting with a Gold's Gym trainer, you stand still on a rotating platform, wearing form-fitting compression clothing (hair pulled back, no socks or shoes, no jewelry or watches). The scan takes 600 infrared images of your waist, hips, biceps and more.



ONLY AT GOLD'S GYM POCATELLO