



## **Defender Body Fat Caliper**

### **The 10 Top Frequently Asked Questions**

#### **1) What is the Results Wheel Slide Chart? Don't you need a table to get results?**

Through advanced computer modeling, we were able to take pages of complicated charts and put them on a slide chart. All you have to do is line up your age with the measurements on the wheel and the body fat % will automatically appear in the window.

#### **2) What is the Visual Pressure Indicator? Why does it change colors?**

The Visual Pressure Indicator lets you know when you have the correct amount of pressure while you are taking your measurements. The most important thing to do in a body fat test is to have the correct pressure while pinching your skin. The Defender has a highly calibrated steel spring and triggering mechanism inside the jaws of the caliper. When the pressure is exactly 10 grams per square centimeter, the color will change from red to green and you can then release the pressure.

#### **3) How does the measurement scale on the Defender work?**

Before you take a measurement, you move the arrow to the end near 50 mm. As you squeeze the jaws, the arrow will move. Once you release the jaws, the arrow will stay in place so you can take a reading.

#### **4) Is Defender a better caliper than the MetaCal?**

It is more advanced and you pay a little more for the technology. The MetaCal is very easy to use, but the measurements do not stay locked in. The Defender uses a Results Wheel Slide Chart, so you don't have to look up on paper charts.

#### **5) Why should I choose Defender over Warrior?**

Both products use technological advances in the jaws to guarantee pressure accuracy while taking a measurement. If you are comfortable with a mechanical unit, Defender is very easy to use. If you like digital products and you are interested in measuring lean body mass, then Warrior might be a better choice.

**6) Is Defender a better caliper than Accu-Measure?**

Absolutely YES! First of all, the measurement tables on Accu-Measure are made up with no scientific evidence for measurements over 36 mm. Secondly, the Accu-Measure design is a copy of the MetaCal as far as its size, shape, curvature, and material. Third, Defender uses current technology and is not based on principles that are over 20 years old like the Accu-Measure. Finally, the Visual Pressure Indicator avoids the click on the Accu-Measure, which is inconsistent due to the production process, where ½ of the calipers produced are different.

**7) I never measured body fat before, how do I do it?**

Defender comes packaged with instructions, a user manual with body fat measurement instructions, instructions on working the caliper, body fat standards charts, and a body fat tracking chart. It is a lot of good information for the money.

**8) What if I need help with the item?**

Call Sequoia Fitness Products USA at 877-987-3737. Ask for Matt. He has been designing body fat calipers for almost 15 years and is the expert on body fat analysis and support. We also have pdf files of the instructions in case you misplace them.

**9) What is the Military Standard for Physical Readiness logo on Sequoia's products?**

It is an emblem of trust and guarantee that all of the company's products meet a standard of excellence required by the armed forces when measuring body fat. If you were to join the military, you would have to pass a body fat exam and Sequoia has the tools to help you prepare.

**10) Why would I use this caliper over an Omron body impedance product or a Tanita scale?**

Calipers are known to be more accurate than impedance devices. Electronic body impedance devices pass an electronic current through your body. They change with your hydration status, metabolic rate, and women on their periods. Plus, they are more expensive. Experts will tell you that calipers are the best and most accurate way to measure body fat.