

HOW TO USE A BODY FAT CALIPER TO MEASURE BODY FAT

These are general instructions for using body fat calipers. Please see your caliper's instruction manual for specific instructions. If you are obese and have difficulty grabbing a skinfold, it is recommended to use the Navy tape measure method.

1. Note that all skinfold measurements are taken on the right side of the body, and standing upright and relaxed.
2. Place the caliper in your right hand.
3. With your fingers about 2-3 inches apart, gently grasp the first skinfold with the thumb and index finger of your left hand. Then pull the skinfold away from your body.
4. With your right hand, place caliper tips over the skinfold 1 cm (about 1/2 inch) away from thumb and finger, perpendicular to the skinfold. The caliper heads should be halfway between crest and base of fold.
5. Gently begin to apply caliper pressure. Keep the fold elevated, and maintain the pinch with your thumb and index finger as you allow the caliper reading to stabilize.
6. Read the measurement within 1-3 seconds.
7. Record the measurement to nearest 0.5 mm, if possible.
8. Repeat the procedure for the remaining skinfold sites.
9. Once you have taken one reading for each required skinfold site, repeat the procedure for each site. If the second reading is more than 1-2 mm apart from your first reading, take a third measurement. Record the average score of the closest 2 values. You want to have consistent readings for the Tonus Body Mass Calculator to give you the most accurate results.

LOCATIONS FOR CALIPER MEASUREMENTS – MALES

Chest: Take the measurement on a DIAGONAL skinfold taken halfway between the nipple and the front of the underarm. The measurement site is across an imaginary line drawn from your nipple to your armpit

Abdomen: Take the measurement on a VERTICAL skinfold taken 2 cm (about 3/4 of an inch) to the right of the navel (belly button).

Thigh: Take the measurement on a VERTICAL skinfold taken in the middle of the thigh, halfway between the top of the thigh and your knee cap.

LOCATIONS FOR CALIPER MEASUREMENTS - FEMALES

Suprailiac: Take the measurement on a DIAGONAL skinfold just above the front, forward part of your hip bone.

Thigh: Take the measurement on a VERTICAL skinfold taken in the middle of the thigh, halfway between the crease of your groin and the top of your knee cap.

Triceps: Take the measurement on a VERTICAL skinfold taken on the back of the upper arm, (on the triceps muscle), halfway between the shoulder and elbow.

