

HOW TO USE THE METACAL® BODY FAT CALIPER TO MEASURE BODY FAT

We hope that you enjoy your MetaCal® body fat caliper. MetaCal® calipers are designed for individuals and trainers alike. Its simplicity allows you to take a simple 3-site test to help determine body fat. You may use the enclosed chart to get your body fat % or use the TONUS® Body Mass Calculator from Sequoia Fitness Products USA for more detailed results. Note: If you are obese and have difficulty grabbing a skinfold, it is recommended to use the Navy tape measure method available on www.sequoiafitness.com/navy.html.

If you are familiar with body fat testing, there are only 4 simple steps:

- 1) Pinch your skinfold on the right side of your body with your left hand
- 2) Use the caliper with your right hand, with your thumb on the PRESS ↑ button
- 3) Align the arrows on the caliper arms and read the mm marking on the caliper
- 4) Measure 3 sites and check the chart where age and mm (sum of 3 tests) meet

STEP-BY-STEP INSTRUCTIONS

1. First, get familiar with the MetaCal:
 - a. Hold it in your right hand
 - b. Place your thumb on the left side of the MetaCal®, next to PRESS ↑
 - c. Squeeze the arms together until the tips touch one another
 - d. Align the two arrows together – the unit will read 0 mm
2. Note that all skinfold measurements are taken on the right side of the body, and standing upright and relaxed. You will be taking a skinfold measurement at each of 3 sites – different for men and women – as described below.
3. Place the caliper in your right hand.
4. 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.
5. 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 (outermost part) and base of fold (closest to the body).
6. Gently begin to apply caliper pressure. Keep the fold elevated, and maintain the pinch with your thumb and index finger - align the arrows on the caliper arms and let the caliper reading stabilize for a second or 2.
7. Read and record the measurement to the nearest mm, if possible.
8. Repeat the procedure for the remaining 2 skinfold sites.

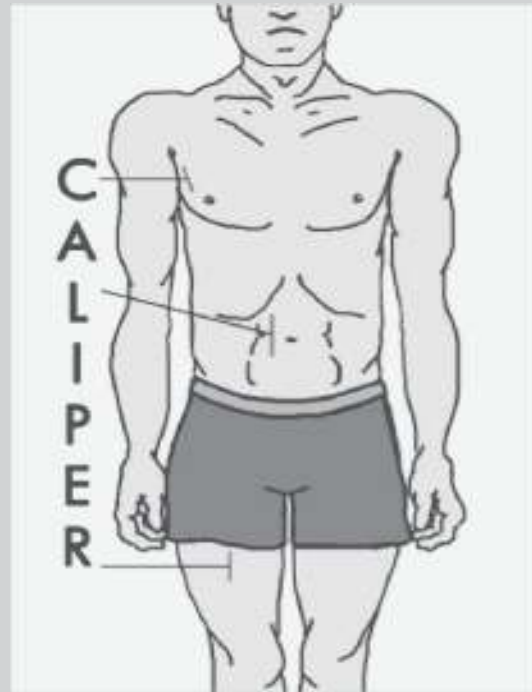
Note: it is good practice to repeat the procedure for each site. If the second reading is more than 1-2 mm apart from your first reading, take a third measurement. Record the average score of the closest 2 values.
9. Add all 3 measurements together (one from each site).
10. Look at the measurement chart and find where your age and the sum of the 3 readings meet – that is your body fat %.

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 measure 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

