

WARRIOR® BODY MASS CALIPER

Thank you for purchasing the Warrior® Digital Body Mass Caliper from Sequoia Fitness Products USA. This product gives you a highly accurate, trainer-quality, portable digital tool to use at home or the gym, to calculate Body Fat % and Lean Body Mass. With high-tech force sensors built into the caliper tips, it uses the most accurate 3-site formulas – Jackson-Pollack Body Density formulas – to help you determine body fat %. Warrior is designed to deliver the best results for those ages 18 and up. These instructions also include techniques and measurement sites for measuring body fat %, as well as information on how to interpret body fat % results.

HOW TO MEASURE BODY FAT - TECHNIQUE

Please read the section HOW TO WORK YOUR WARRIOR® DIGITAL BODY MASS CALIPER, so the unit calculates properly.

NOTE: If you are obese or have difficulty grabbing a skinfold, it is recommended to use the Navy tape measure method with the Orbitape® Body Tape Measure and the Tonus® Body Mass Calculator from Sequoia Fitness Products USA resellers: www.sequoiafitness.com/wheretobuy.html.

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 force sensors in the caliper tips to take the reading and stabilize.
6. The unit will beep after storing the reading in a second or 2.
7. Hit ENTER to advance to the next measurement site, or UP to clear the reading.
8. Repeat the procedure for the remaining skinfold sites.

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 another measurement (by pressing the UP button first to clear the measurement) until you can be consistent. You want to have consistent readings for the unit 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.

