

Body Fat Caliper

Instructions Manual

(Dr. Abbas Meamarbashi)



The easy way to Measure your own body fat percentage

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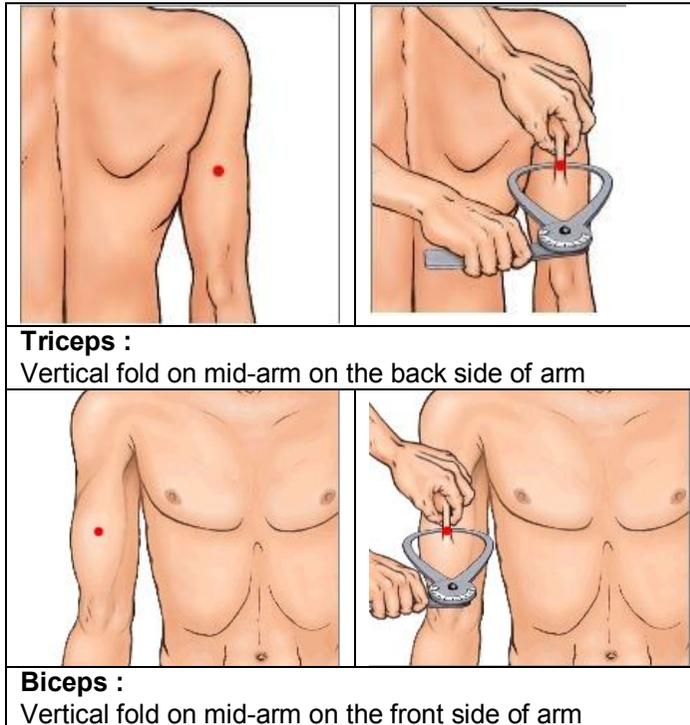
KNOWLEDGE ABOUT BODY FAT

INTRODUCTION:

In recent years, the measurement of percent of body fat has become widely used and recommended as one of the indicators of health & fitness. By monitoring percent of body fat and weight regularly, there are many things a person can learn about their fitness and any changes in fitness as time progresses that cannot be learned by weighing with a scale alone. SkinFold caliper helping you to estimate your total body fat and regional distribution of body fats.

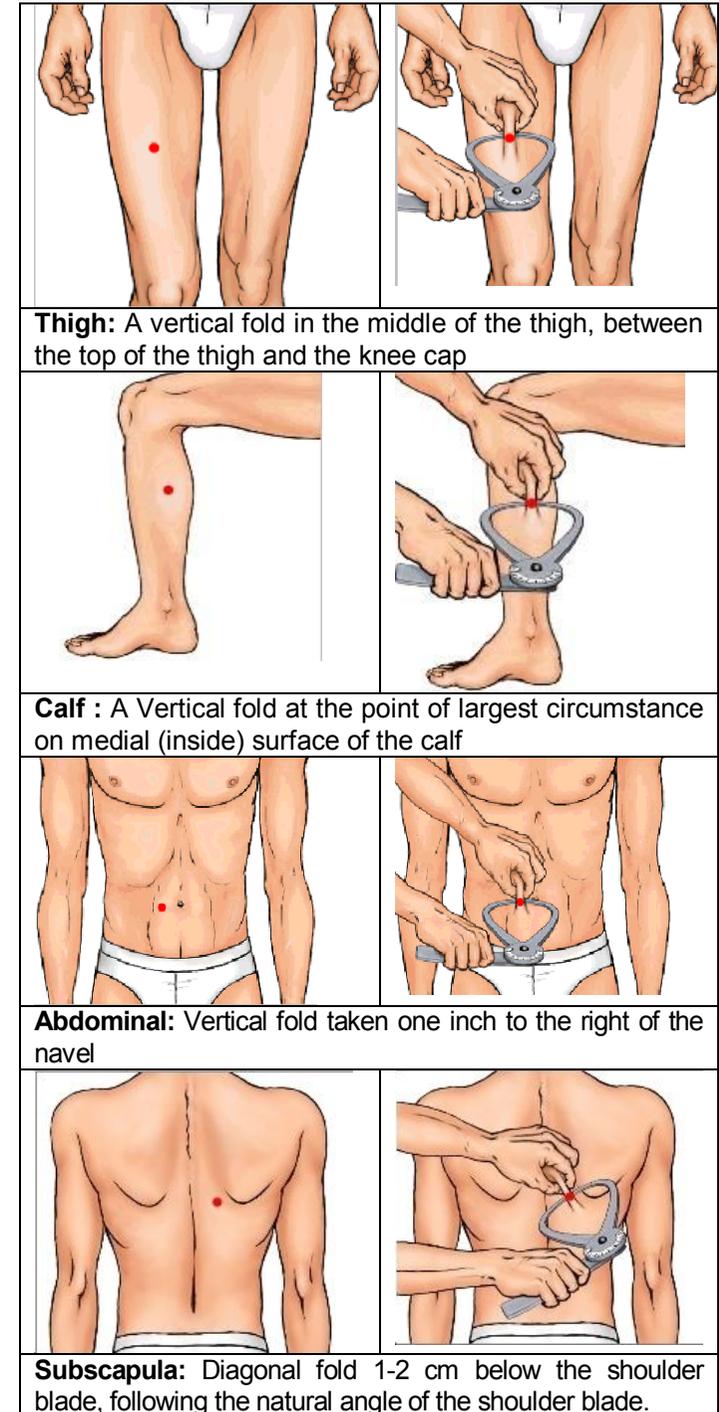
HOW TO MEASURE YOUR BODY FAT

The most useful sites:



Triceps :
Vertical fold on mid-arm on the back side of arm

Biceps :
Vertical fold on mid-arm on the front side of arm



Thigh: A vertical fold in the middle of the thigh, between the top of the thigh and the knee cap

Calf : A Vertical fold at the point of largest circumference on medial (inside) surface of the calf

Abdominal: Vertical fold taken one inch to the right of the navel

Subscapula: Diagonal fold 1-2 cm below the shoulder blade, following the natural angle of the shoulder blade.

To assure accuracy, the skinfold technician must follow standardized testing procedures:

- Take all skinfold measurements on the right side of the body.
- Carefully identify and mark the skinfold site.
- Place the thumb and index finger approximately 3 inches (8 cm) perpendicular to the skinfold, following the natural cleavage lines of the skin.
- Grasp the skinfold firmly with the thumb and index finger just slightly less than 1/2 inch (1 cm) above the marked site to be measured.
- Do not release the skinfold during the measurement.
- Place the jaws of the caliper approximately 1/2 inch (1 cm) below the thumb and index finger and release the caliper jaw pressure slowly.
- You should take a minimum of two measurements at each site. It is advisable to take measurements in a rotational order rather than consecutive readings at the same site.



Simple Formula: (Calf (C) and Triceps (T) Skin folds):

MEN: $0.735x(C+T)+1$ **WOMEN:** $0.61x(C+T)+5$

The following table details the percentage body fat for male and female athletes for a variety of sports.

Average Body Fat % of Athletes

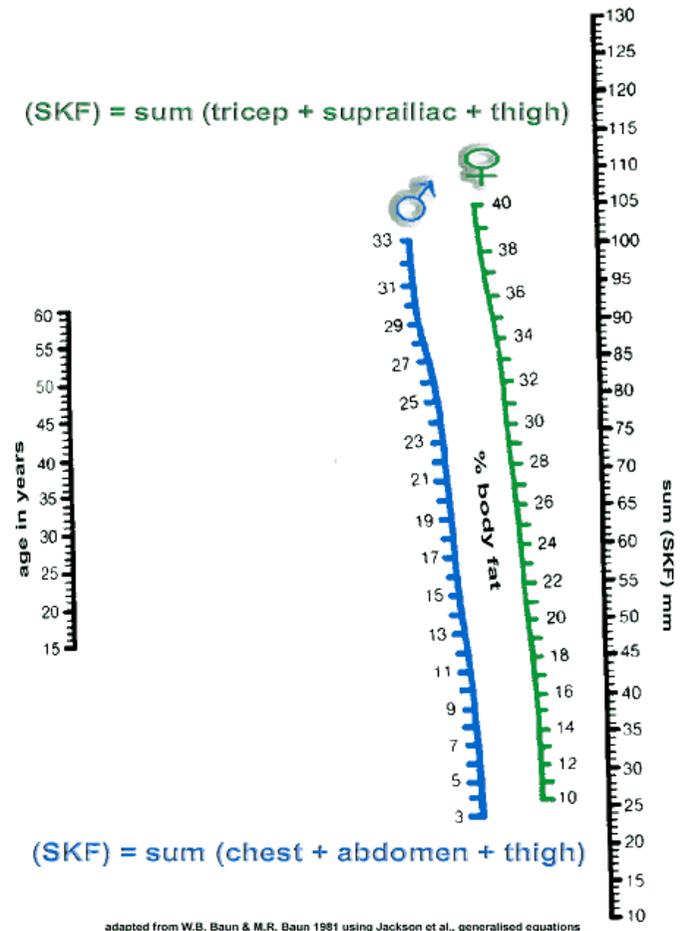
SPORT	MALE	FEMALS
Basketball	6-12%	20-27%
Cycling	5-15%	15-20%
Gymnastics	5-12%	10-16%
Tennis	12-16%	16-24%
Swimming	9-12%	14-24%
Sprinters	8-10%	12-20%
Volleyball	11-14%	16-15%

POOYA SKINFOLD CALIPER BENEFITS:

- **Accurate**
Most of calipers have 1 mm accuracy but this caliper has 0.5 mm accuracy. It has shown similar results compare with Harpenden Caliper.
- **Reliable**
Measurements with this caliper are consistent, and repeatable.
Today, the gold standard caliper named "Harpenden Caliper" is very expensive, sensitive, and heavy. Measurement reading from Harpenden caliper is difficult and need expert. Pooya caliper even though is the cheapest caliper but has shown very high reliability (0.998) and validity (13.32% vs 13.41%) on the comparative researches on 200 subjects and recommended to be used in research and clinical applications. This caliper is light, accurate, firm, and washable.



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Nomogram for body fat percent estimation

Rule a straight line between sum (SKF) & Age for Male or Female to find Body fat percent