GymBeam

BODY FAT % MEASUREMENT CHART FOR MEN

Fat-Measure Reading in Millimeters

AGE

	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-36
18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.0	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.4	12.7	14.8	16.8	18.6	20.2	21.8	23.2	23.4	25.5	26.5	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.0	28.7	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	27.7	29.7	30.6	31.2	31.8	32.2
56&up	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
	LEAN			**IDEAL**			**AVERAGE**				**ABOVE AVERAGE**						

BODY FAT % MEASUREMENT CHART FOR WOMEN

Fat-Measure Reading in Millimeters

AGE

	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-36
18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29	30.2	31.3	32.3	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.8	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29	30.3	31.5	32.5	33.5	34.5	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	34.8	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.8	24.5	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34	35	36	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56&up	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34	35.2	36.3	37.2	38.1	38.9	39.5
	LEAN			**IDEAL**			**AVERAGE**				**ABOVE AVERAGE**						

1. Obtain your body fat measurement in millimeters using the FAT-Measure Body Fat Tester.
2. Find where the column with your millimeter reading intersects with the row with your age range.
3. The number at this intersection Is your body fat percentage.
4. Note: For measurements over 36 mm: add 0.25% for every millimeter pinched above 36 mm.

Measurement Tips for the FAT -Measure Caliper

- Take all measurements on the right side of the body.
- Measurements should not be taken on broken, damaged or unhealthy skin.
- To grab the skinfold easily and correctly, make sure that your skin is dry and lotion free.
- If you are obese, it is not recommended to take skinfold measurements. It is often useful to take measurements with tape measures such as the MyoTape Body Tape Measure.
- Do not take measurements after physical activity or when you are overheated. The added fluid under the skin may increase skinfold thickness.
- Always use the same FAT-Measure caliper, and take the readings at the same time of day for consistent monitoring of body composition changes.
- If you are female, avoid measuring during the menstrual cycle when there is significant or noticeable weight gain.
- It is necessary to consistently grasp the correct size skinfold in the correct location. Practice until you get consistent results.

THE RIGHT WAY TO MEASURE BODY FAT USING THE FAT-MEASURE CALIPER

Since the majority of fat in the body is located directly under the skin, skinfold measurement is a very efficient and practical way to measure your body fat percentage. It is the scientific approach to the time-honored “pinch an inch” method and the most tried and trusted method of measuring body fat. The Fat-Measure caliper is designed to make this a very simple and accurate procedure that you can perform on yourself privately (or have someone perform it for you, whichever you prefer). Although skinfold measurement is technically simple to learn and perform, take some time to familiarize yourself with the correct procedure.

How to take an Accurate FAT-Measure Personal Body Fat Caliper Reading


Figure 1

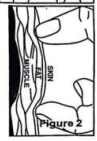


Figure 2

1. The site you will use for skinfold measurement is the suprailiac, which is located approximately one inch above the point of your right hipbone. To find the suprailiac, put your left index finger on the point of your right hipbone and move up one inch (see figure 1).
2. Make sure the slide on the curved part of the FAT-Measure caliper is moved all the way to the right. Place the FAT-Measure caliper in your right hand.

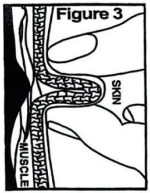


Figure 3

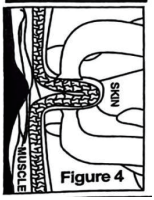


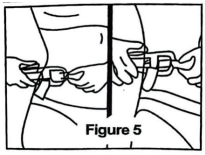
Figure 4

3. While standing, with your fingers about 2-3 inches apart, firmly grasp the suprailiac skinfold between the thumb and index finger of your left hand. Gently pull the skinfold away from your body. Pull the skin and underlying fat away from the muscle tissue (see figures 2 and 3).

Note: If the site contains a large amount of fat, you will need to increase the distance between your thumb and index finger in order to grasp and pull the fold. Be sure to grasp the skinfold directly on the skin - not through clothing.

4. With the FAT-Measure in your right hand, place the FAT-Measure jaws over the skinfold about 1/4 of an inch from your left thumb and forefinger (see figures 4 and 5). The caliper heads should be halfway between the crest and base of the fold, right in the middle of the fold (see figure 4). The caliper must be perpendicular to the skinfold.
5. While continuing to hold the skinfold with the left hand, press with the thumb where indicated on the FAT-Measure until you feel a slight “CLICK.” The measurement slide will automatically move across the measurement arm and stop at the correct reading. Immediately stop pinching when you feel and hear the “CLICK”.

Release the jaws of the FAT-Measure, read and record your measurement to the nearest millimeter. Return the slide member to the far right starting position so it is in place for your next measurement.


Figure 5

6. Once you have taken one reading, take another measurement. If the second reading is more than 1 mm apart from your first reading, take another measurement, and record the reading when it becomes most consistent.
7. Refer to the appropriate MALE or FEMALE Body Fat Measurement Chart to determine your body fat percentage at the intersection of your age and millimeter reading.