

PERSONAL BODY FAT TESTER

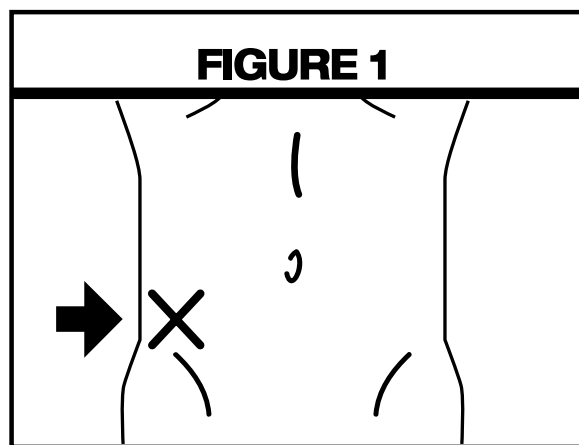
Care and Safety Instructions

HOW TO USE

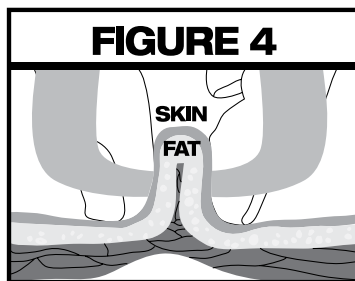
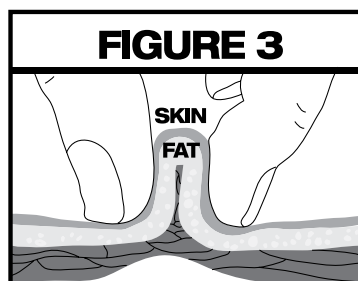
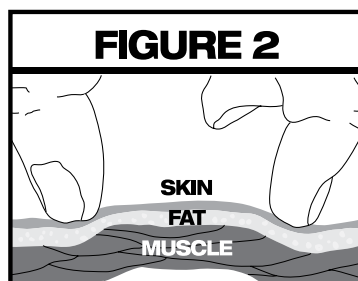
Body fat calipers are easy to use in the privacy of your home, with superior accuracy and reliability.

Since most fat on the body is located directly under the skin, a very efficient and practical way to measure your body fat percentage is through skin-fold measurement, the scientific approach to the time-honored “pinch an inch” method. The Beachbody® Personal Body Fat Tester is a precision instrument that has been shown in clinical trials to be closer in accuracy to the “gold standard” of underwater weighing than any of the more elaborate methods of measuring body fat (without the inconvenience, expense, trained personnel, and lack of privacy these methods entail). So whether you choose to use the Personal Body Fat Tester privately or with the help of someone else, just follow the simple steps below—it’s as easy as 1, 2, 3.

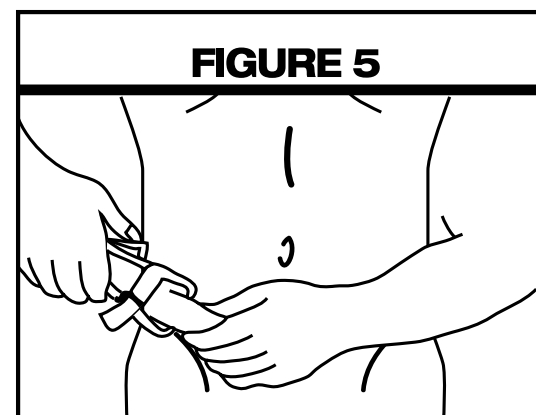
STEP 1. The site you will use for your skin-fold measurement is the suprailiac, approximately one inch above the right hip bone (see figure 1).



STEP 2. While standing, firmly pinch the suprailiac skin fold between your left thumb and forefinger (see figures 2 and 3). Place the jaws of the Personal Body Fat Tester over the skin fold while continuing to hold the skin fold with the left hand (see figure 4).



STEP 3. Press with the thumb where indicated on the Personal Body Fat Tester (see figure 5). Note where the sliding arrow points on the gauge. Repeat three times, and use the average as your body fat measurement. Refer to the body fat interpretation chart to determine your body fat percentage and what it means.



THE IMPORTANCE OF BODY FATS

What are some of the health risks of having too much body fat?

Excess body fat is associated with increased chances for heart disease, high blood pressure, high cholesterol, diabetes, stroke, and some cancers. Emotional health and well-being are also, unfortunately, often at risk due to societal pressures related to being thin.

Can you also have too little body fat?

Yes. Just as with having too much body fat, there are also health risks associated with having too little body fat. Some of these include hypothermia, vitamin toxicity, and cessation of menstrual cycle and osteoporosis for women. Remember, some fat is necessary. The fat which surrounds the spinal cord, heart, and vital organs is called “essential” fat and is necessary to sustain life. Essential fat makes up approximately 9 to 10 percent of total body weight in women and 2 to 3 percent in men. You’ll notice on the charts on the inside covers of this booklet that the lowest body fat percentage a man or woman can have is his or her amount of essential fat. The difference in the amount of essential fat between men and women is due to reproductive and hormonal factors.

BODY FAT INTERPRETATION CHART — MEN

AGE	SKIN FOLD MEASUREMENTS IN MILLIMETERS																
	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
Up to 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	25.5	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	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	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	27.7	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	28.7	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 OVERFAT

1) Obtain your % body fat measurement in millimeters using the Beachbody Personal Body Fat Tester. 2) Find where the column with your body fat range intersects with the row with your age range. 3) The number at this intersection is your body fat percentage.

BODY FAT INTERPRETATION CHART — WOMEN

AGE	SKIN FOLD MEASUREMENTS IN MILLIMETERS																
	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
Up to 20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	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	25.5	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	29.0	30.3	31.5	32.5	33.5	34.4	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	35.0	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	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	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	34.0	35.2	36.3	37.2	38.1	38.9	39.5

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