

# USING THE CALIPERS

## BODY FAT TESTING SITES FOR MEN



### #1: CHEST

Imagine that there is a vertical line running through your right (or left) nipple. Halfway between your nipple and crease of your armpit is the point you are aiming for. Pinch that spot diagonally and use the caliper to take the measurement.



### #2: ABDOMINAL

Make a vertical fold one inch to the right (or left) of your navel. If this is too difficult, a horizontal fold is acceptable. Whichever one you decide to do, continue doing that to remain consistent. Use the caliper and record the measurement.



### #3: THIGH

Find a midpoint between the hip and knee and use a vertical fold. You can use a measuring tape to determine this midway point or you can eyeball it. Try to be consistent, though, and use a vertical fold. Record the measurement with the caliper.

To calculate your body fat percentage, enter your measurements in our handy calculator located on your timeline

[www.DHERBS180.com](http://www.DHERBS180.com)

