

USING THE CALIPERS BODY FAT TESTING SITES FOR WOMEN



#1: TRICEPS

Find the midway point between the top of your shoulder and the point of your elbow. You will need a helper for this. Use a vertical fold and record the measurement with the caliper.



#2: SUPRAILIAC

This is below the armpit at the top ridge of your hipbone, called the iliac crest or suprailiac. Gently press the area and find the ridge just above the bone. Measure this point using a diagonal fold and use the caliper to 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

