

Set Up Steps

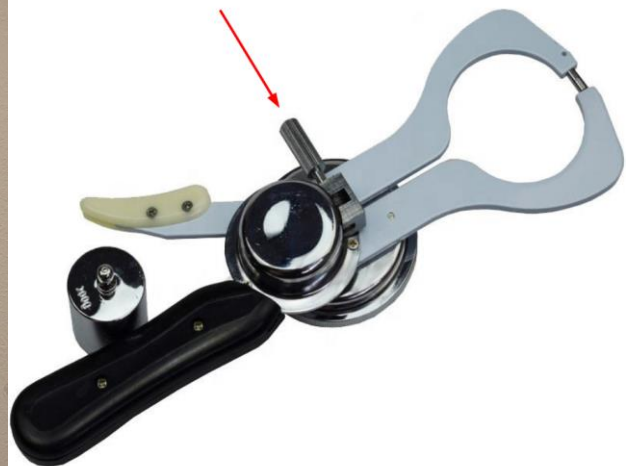
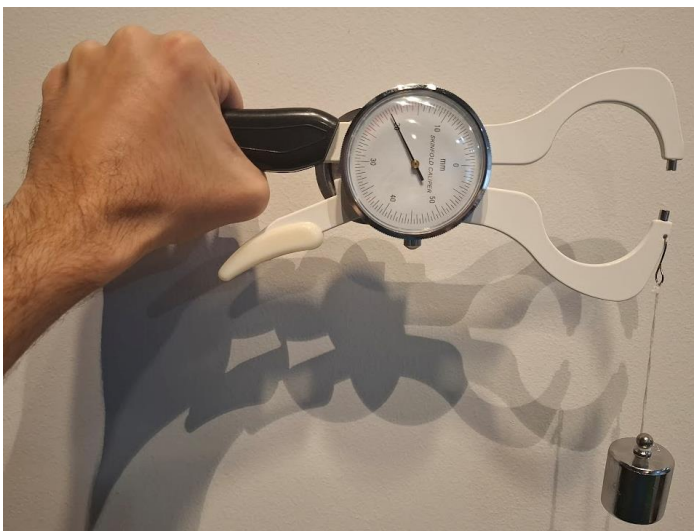
1. Unpack parts.



2. **Calibrate Dial:** The needle should point at 0. If not, please spin the silver coloured ring around the dial, which is shown below.



3. **Calibrate Pressure:** Hang the 200g weight from the hole in the caliper frame. Hold the caliper perpendicular to the ground using 1 hand. The caliper should read between 15-25 (the red lines on the dial). This is the standard pressure which the caliper should exert when doing a skinfold test. If the reading falls outside of that range, then adjust the pressure via the knob (see red arrow). It requires little effort to *lower* the pressure, but some extra grip strength to *increase* the pressure.



Instructions

General instructions for skinfold calipers

- Caliper should be placed 1-2 cm away from the thumb and finger
 - perpendicular to the skin fold
 - halfway between the crest and the base of the fold
- Release the caliper lever so its spring tension is exerted on the skinfold
- Maintain pinch while reading caliper
- Read dial on caliper
 - Between 1 to 2 seconds after lever has been released
 - Nearest 0.5 mm
- Rotate through measurement sites
 - allows time for skin and underlying fat to regain normal thickness
- If readings for a given site differ by more than 2 mm, take a 3rd reading.

Jackson-Pollock 7 Site Measurement



With this procedure, you will take all measurements on **the right side** of the body, while your subject is standing.

- **Chest**— Males: take a diagonal fold midway between the nipple and upper part of the pectoral muscle at the armpit. Females: the measurement is taken 1/3 of the way between the nipple and the armpit (closer to the armpit).
- **Axilla**— The axilla area is on the side of the upper chest. A measurement here should be taken as a vertical fold directly under the center of the armpit and perpendicular to the nipple.
- **Triceps**— Have the subject bend the elbow to 90 degrees and mark the point midway between the top of the shoulder and elbow. Then, measure a vertical fold (with the calipers at a 90 degree angle) at that midway point with the arm hanging naturally at the subject's side.
- **Subscapular**— Measurements of the subscapular area should be taken as a diagonal fold (calipers held at a 45 degree angle) across the back, just below the shoulder blade.

- **Iliac Crest** — A diagonal fold at the intersection of a vertical line between the spinal (front part of iliac crest, the protrusion of the hip bone) and front part of the armpit) and a horizontal line at the top of the iliac crest.
- **Abdominal**— A measurement in the abdominal area should be a vertical fold one inch to right of navel.
- **Thigh**— Take a vertical fold on the standing leg, midway between the kneecap and the crease where the thigh meets the hip.

Jackson/Pollock 7-Site Caliper Method formula

Male ^[1]	$BF\% = 495 / (1.112 - (0.00043499 * s) + (0.00000055 * s * s) - (0.00028826 * a)) - 450$
Female ^[2]	$BF\% = 495 / (1.097 - (0.00046971 * s) + (0.00000056 * s * s) - (0.00012828 * a)) - 450$
Variables	s = sum of 7 skinfold mm a = age