

Measure your own body fat easily & accurately!

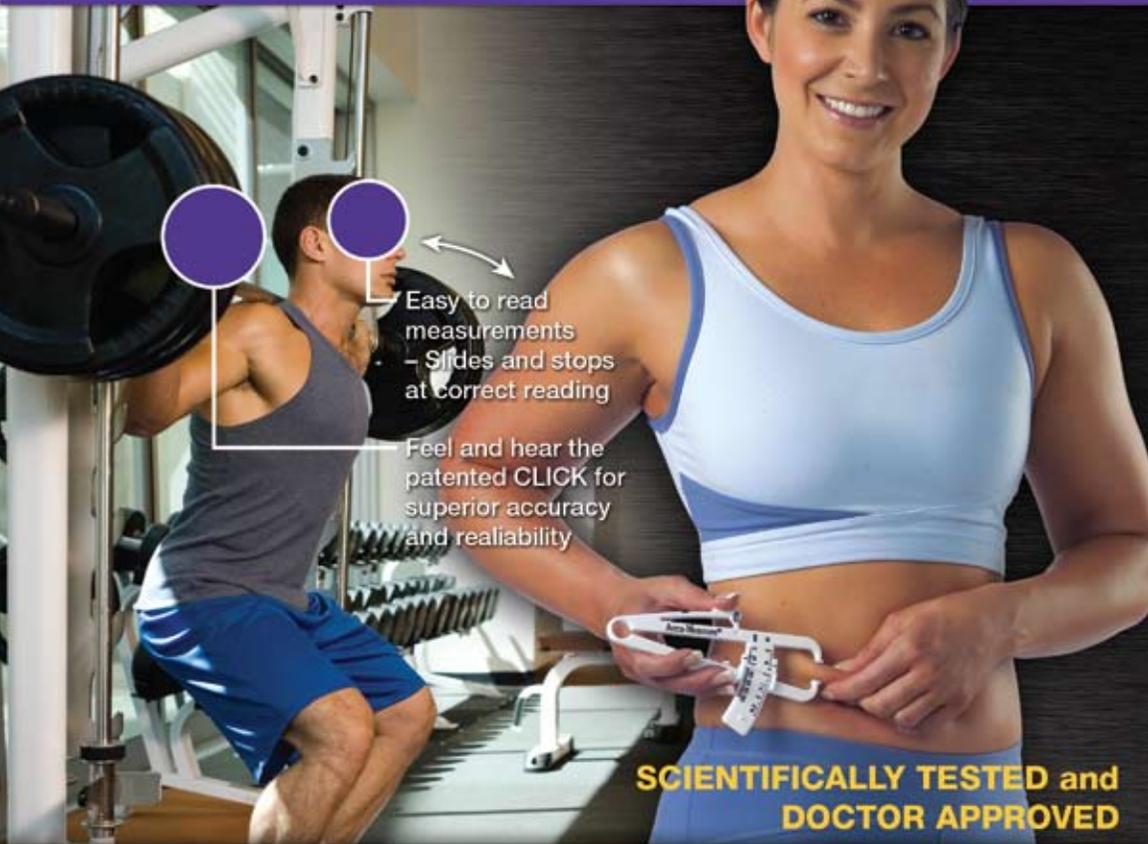
# Accu-Measure® Fitness 3000

  
**ACCUFITNESS**  
MEASURE UP™

RECOMMENDED IN

Body  
—for—  
LIFE

**Personal Body Fat Tester**  
with Instructions, Measurement Tables  
and Body Fat Tracking Charts



Easy to read  
measurements  
— Slides and stops  
at correct reading

Feel and hear the  
patented **CLICK** for  
superior accuracy  
and reliability

**SCIENTIFICALLY TESTED and  
DOCTOR APPROVED**

- Clinically proven accuracy
- No Dangerous electronic current
- Easy to use - by yourself
- Monitor fat loss in seconds



Measures within 1.1%  
of gold standard underwater  
weighing results

U.S. Patent  
5,156,161

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

## What are the Accu-Measure Personal Body Fat Calipers made of?

Accu-Measure Personal Body Fat calipers are manufactured with Delrin, a thermoplastic polymer from DuPont. Delrin products have gained widespread recognition for performance reliability in thousands of products used worldwide in consumer goods, healthcare, transportation, appliance, industrial machinery, and electronics industries. Delrin enables our Personal Body Fat calipers to last through thousands of uses and for Accu-Measure to stand behind its accuracy, durability, and consistency.

## Is the Accu-Measure Personal Body Fat caliper patented?

Yes. The United States Patent and Trademark office awarded the patent to Accu-Measure in 1992 for a skinfold caliper for an individual to accurately and inexpensively measure one's own body fat. We also have patents in Canada, France, Germany, Spain, Italy, and the United Kingdom. Unique, patented features include an audible and a tactile "click" when the predetermined pressure level is reached for accurate body fat measurement. The "click and feel" approach help an individual generate accurate, repeatable, and reliable results.

## What is the significance of the "click" and "slide" mechanisms on the Accu-Measure?

The click and slide features are designed to take any guesswork out of measuring body fat. The click mechanism ensures that you pinch the skinfold with a consistent and uniform pressure each time you measure. The slide apparatus gives an automatic readout of the measurement by stopping at the correct measurement reading once the right amount of pressure has been reached via the click mechanism. In practical terms, all you have to do is place the jaws of the Accu-Measure over the skinfold and squeeze.

## Aren't electrical body fat testers more accurate?

Absolutely not. Electrical body fat testers such as the Body Logic Fat Analyzer from Omron and the Body Fat Monitor / Scale from Tanita send a low-voltage current through the body. These electrical impedance devices measure how much body tissues impede or resist the flow of electrical current. They do not measure actual body fat content. According to the New York Times, "an impedance result for someone will not accurately predict body-fat content unless it is compared with the results of people who are similar in various ways like age, weight, sex, height and athleticism and who have also been tested with some more accurate measuring tool." Other factors affect impedance such as body positioning during testing, hydration status, recent consumption of food and beverages, ambient air and skin temperatures, and recent physical activity.

## How does the Accu-Measure determine your total body fat by measuring the suprailiac site?

Measuring the fat content at a particular site on your body to determine your total body fat is a matter of "sampling". Just as a doctor can do a complete blood profile with a small sample of blood, it is possible to determine total body fat from measuring the fat content at a representative site on the body. After using underwater weighing (the gold standard) as the criterion to determine the total body fat on thousands of men and women, experts were then able to use skinfold calipers to determine particular "sample" sites where fat content correlated highest and was most representative of total body fat; the suprailiac being the top site.

## Should body fat be tested at a health club or fitness facility to see how their results compare with the Accu-Measure?

No reason to. Remember, the Accu-Measure has been found to be closer in accuracy to the "gold standard" underwater weighing than any other method. Body fat tests at a health club or fitness facility, are costly and inconvenient. With methods such as bioelectrical impedance, other calipers, and even underwater weighing, you risk the possibility of different "testers" using different equipment, techniques, and procedures each time a test is performed which can greatly affect accuracy and reliability. Numerous studies have shown that one person's body fat test results can vary greatly depending on these variables. With the Accu-Measure, you are in control of all of these variables - you perform the test using the same instrument in the same manner. By eliminating the variables which can affect accuracy and reliability, the Accu-Measure actually has a technical advantage over methods used in a health club or fitness facility.

## How often should body fat percentage be tested?

If you're happy with your current body fat percentage, a test every month or so will tell you if it's being maintained. If you're trying to lose body fat, you should test weekly to make sure fat is being lost, and not muscle. Daily body fat tests aren't necessary simply because fat doesn't disappear overnight.

## Why is body fat important?

The primary purpose of body fat is the storage of energy to be used by muscles. Subcutaneous fat (under the skin) also helps provide warmth and protection for our bodies. Internal fat helps support and provide protection for the spinal cord, heart and vital organs. Body fat is also crucial in the utilization of vitamins A, D, E, and K by the body (these vitamins are fat soluble). In short, you wouldn't be able to survive without some body fat. The real problem isn't body fat, it's excess body fat.

## Isn't the Body Mass Index a better measurement indicator for body fat?

Body Mass Index, or BMI, is simply a correlation between a person's height and weight. BMI does not measure body fat. Just like any bathroom scale, BMI cannot distinguish between people who are heavy with fat and those who have a large amount of muscle. Since muscle weighs more than fat, BMI could give you a wrong result. One could start a fitness program, trim inches off one's waist, maybe even add a few pounds of muscle. BMI would go up, but you could actually be in better shape!

## What are some of the health risks associated with 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 on being thin.

## What health risks are associated with too little body fat?

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. As people age, essential fat makes up approximately 9-10% of total body weight in females and 2-3% in males. The difference in the amount of essential fat between men and women is due to reproductive and hormonal factors.

## Does testing body fat percentage mean weighing is not important?

No. But you should think of the information that the scale gives you in a different way. The reason a scale is often criticized is because by itself, it can't differentiate between fat or muscle and can only tell you a very small part of the story. When combined with a body fat test, however, your scale becomes much more meaningful. By simply multiplying weight by body fat percentage, you can determine the pounds of fat and pounds of lean body mass. This allows you to make sure that any pounds lost are from fat, not muscle. With regular exercise (which is an absolute must to lose body fat), you may find that losses in fat are offset by gains in muscle and the scale might not show a change. When combined with a body fat test, however, you'll see that you are on the right track and indeed losing fat and improving the fat/muscle ratio. The same applies in cases where women may retain water weight temporarily before menstruation, yet still be losing fat. By using the scale along with the Accu-Measure Personal Body Fat Caliper, you get the whole story. You'll know the quality of your weight - as well as the quantity.

# THE IDEAL WAY TO MEASURE BODY FAT USING THE ACCU-MEASURE® CALIPER

Since the majority of fat on the body is located directly under the skin, a very efficient and practical way to measure your body fat percentage is skinfold measurement - the scientific approach to the time-honored “pinch an inch” method and the most tried and trusted method of measuring body fat. The Accu-Measure caliper is designed to make this a very simple and accurate procedure that you can perform on yourself privately (or have someone perform 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.

Figure 1

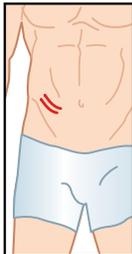


Figure 2

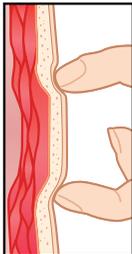


Figure 3



Figure 4

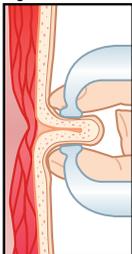
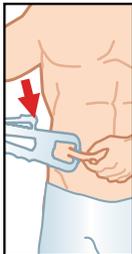
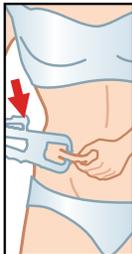


Figure 5



## How to Take an Accurate Accu-Measure® Personal Body Fat Caliper Reading

1. The site you will use for skinfold measurement is the suprailliac, which is located approximately one inch above the point of your right hipbone. To find the suprailliac, 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 Accu-Measure caliper is moved all the way to the right. Place the Accu-Measure caliper in your right hand.
3. While standing, with your fingers about 2-3 inches apart, firmly grasp the suprailliac 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 Accu-Measure in your right hand, place the Accu-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 Accu-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 Accu-Measure and 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.

6. Once you have taken one reading, take another measurement. If the second reading is more than 1mm 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.

## MEASUREMENT TIPS FOR THE ACCU-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 available at [www.accufitness.com](http://www.accufitness.com).

- 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 Accu-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.

- Experience is necessary to consistently grasp the correct size skinfold in the correct location. Practice until you get consistent results.

## BODY FAT % MEASUREMENT CHART FOR MEN

Accu-Measure® Reading 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
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	23.4	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				ABOVE AVERAGE				

## BODY FAT % MEASUREMENT CHART FOR WOMEN

Accu-Measure® Reading 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
18-20	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
	LEAN				IDEAL				AVERAGE				ABOVE AVERAGE				

- 1) Obtain your body fat measurement in millimeters using the Accu-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 36mm: Add 0.25% for every millimeter pinched above 36mm.

## BODY FAT TIP: DIET AND EXERCISE

Your eating and exercise habits determine whether you lose (or gain) body fat. They determine how many calories you take in and how many you use up. To lose body fat, you need to control the number of calories you eat from a balanced diet and increase the amount of calories you burn through exercise.

Research shows overwhelmingly that combining the proper diet with exercise is much more effective for losing body fat than

dieting alone. Even the most nutritious low calorie diet without exercise will cause some of your losses to be from muscle. A pound of muscle has only 600 calories – or about 1/6 the calories in a pound of fat – and can be lost much quicker than fat. Since a pound of fat has 3500 calories, you should expect to lose no more than 1/2 to 1 percent body fat per month or 1-2 pounds of fat per week. If you lose any more than that, you're losing muscle too. You simply can't rush fat loss. You

don't gain fat overnight, and you don't lose it that way either; but the losses you do get will be permanent. And with the accompanying changes that exercise will make to your body, the results can be remarkable.

Remember to consult your doctor before starting a reduced-calorie diet and exercise program, especially if you have a history of health problems, haven't had a physical checkup recently, or are pregnant or lactating.

## THE RIGHT WAY TO WEIGH / BODY FAT TRACKING

You can't determine how fat you are by your weight. By testing your body fat percentage with the Accu-Measure Personal Body Fat Caliper, you can distinguish between the pounds of fat and the pounds of muscle you have. Then when trying to achieve your weight goals, you can make sure that the pounds you lose come from fat, not muscle.

The Accu-Measure Body Fat Tracking Chart makes it easy to track your weekly or monthly performance. Here is a step-by-step description to determining your weight loss goal:

Simply multiply your weight by your body fat percentage to determine how many pounds / kilograms of fat you have. Then subtract your pounds of fat from your total body weight to determine your pounds of muscle or lean body mass. For example, if you weigh 130 pounds and your body fat percentage is 30 percent, your results would look like this:

- A. Total weight = 130 pounds
- B. Body fat % = 30
- C.  $(A \times B) / 100 = 39$  pounds
- D. Pounds of lean body mass =  $A - C = 91$  pounds

To check your math, add your pounds of lean body mass to your pounds of fat, making sure they equal your total weight.

Next, you need to decide what you would like your body fat percentage to be. Everyone needs some body fat; you can only go so low. The Body Fat Measurement charts will help you set a realistic goal for your age and sex.

Let's say you decide that 22 percent fat is what you want to achieve [E]. To calculate what you should weigh at 22 percent fat, get your Lean Body Mass % Goal  $(100 - 22 = 78)$ [F]. Then divide your current pounds of lean body mass by 78 and multiply by 100  $(D/78 \times 100)$ [G]. In our example, 91 pounds of muscle divided by  $78 \times 100 = 117$  pounds. In other words, you need to lose 13 pounds of fat  $(130 \text{ pounds} - 117 \text{ pounds})$ [H] to retain your muscle and achieve 22 percent fat.

### The formula to reach your goal weight is:

$$\text{Goal weight} = \text{Weight of Lean Body Mass} / (100 - \text{desired fat percentage}) \times 100.$$

This also tells us that for a person with 91 pounds of lean body mass to have 22 percent fat, they should weigh 117 pounds, regardless of their height.

Body Fat Tracking Chart

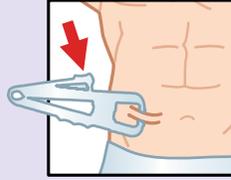
Enter Date	EXAMPLE																			
<b>A</b> Weight (lb or kg)	130																			
<b>B</b> % Fat	30																			
<b>C</b> Fat (lb or kg) = $(A \times B) / 100$	39																			
<b>D</b> Lean Body Mass (lb or kg) = $A - C$	91																			
<b>E</b> Body Fat % Goal	22																			
<b>F</b> Lean Body Mass % Goal = $100 - E$	78																			
<b>G</b> Weight Goal = $(D/F) \times 100$	117																			
<b>H</b> Weight Loss Goal of Fat = $A - G$	13																			



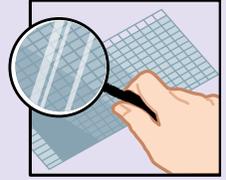
## So Easy to Use!



**PINCH IT**



**CLICK IT**



**READ IT**

Just **Pinch**, **Click**, and **Read** your body fat percentage on the enclosed charts!

**Documented Accuracy**...a clinical study published in the Journal of Strength and Conditioning Research by the National Strength & Conditioning Association and independently funded by EAS showed that:

- Self-testing of % body fat with the Accu-Measure® was as accurate as results from multi-site measurements and calculations taken by an experienced clinical investigator using a Lange caliper.
- % body fat calculations with the Accu-Measure® were within 1.1 percentage points of underwater weighing results, the gold standard of body fat measurement.

Download a complete copy of this study directly from the AccuFitness web site at [www.accufitness.com/media/pdf/clinical-study.pdf](http://www.accufitness.com/media/pdf/clinical-study.pdf)



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- Accu-Measure® FitKid Caliper for Children
- Body Tracker Body Fat Tracking Software
- My Workout Trainer Body Fat & Workout Tracking Software
- HYDRYX® Hard-Core Workout Towel
- MyoTape® Body Tape Measures
- BOA 2000 Hi-Speed Jump Ropes
- Heart Rate Monitors, Pedometers, & more

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