

DETERMINE YOUR BODY FAT %

Use this calculation in place of a bioelectrical impedance scale, which measures both your weight and body fat percentage. Whatever method you begin with, continue using the same method. Only use this method of determining your body fat percentage if you do not have a bioelectrical impedance scale.

If FEMALE AND 30 Years Old or Less:

Hips + (thigh X 0.8) - (calf X 2.0) - wrist = % body fat

1. _____ = _____
my hips A

2. _____ X 0.8 = _____
my thighs B

3. _____ X 2.0 = _____
my calf C

4. _____ = _____
my wrist D

$$\underline{\hspace{2cm}} \quad A \quad + \quad \underline{\hspace{2cm}} \quad B \quad - \quad \underline{\hspace{2cm}} \quad C \quad - \quad \underline{\hspace{2cm}} \quad D \quad = \quad \underline{\hspace{2cm}} \quad \% \text{ Body Fat}$$

If FEMALE AND 31 Years Old or More:

Hips + thigh - (calf X 2.0) - wrist = % body fat

1. _____ = _____
my hips A

2. _____ = _____
my thighs B

3. _____ X 2.0 = _____
my calf C

4. _____ = _____
my wrist D

$$\underline{\hspace{2cm}} \quad A \quad + \quad \underline{\hspace{2cm}} \quad B \quad - \quad \underline{\hspace{2cm}} \quad C \quad - \quad \underline{\hspace{2cm}} \quad D \quad = \quad \underline{\hspace{2cm}} \quad \% \text{ Body Fat}$$

If MALE AND 30 Years Old or Less:

Waist + (hips X 0.5) - (forearm X 3.0) - wrist = % body fat

1. _____ = _____
my waist A

2. _____ X 0.5 = _____
my hips B

3. _____ X 3.0 = _____
my forearm C

4. _____ = _____
my wrist D

_____ + _____ - _____ - _____ = _____
A B C D % Body Fat

If MALE AND 31 Years Old or More:

Waist + (hips X 0.5) - (forearm X 2.7) - wrist = % body fat

1. _____ = _____
my waist A

2. _____ X 0.5 = _____
my hips B

3. _____ X 2.7 = _____
my forearm C

4. _____ = _____
my wrist D

_____ + _____ - _____ - _____ = _____
A B C D % Body Fat

Completing the Body Composition Analysis

Now that you have calculated your Body Fat Percentage, you can now determine your Fat Weight (the weight of the fat on your body) and your Lean Body Mass (the weight of your muscle, bones, water, organs, connective tissue and blood combined). The formulas are simply:

$$\text{Total Body Weight} \times \text{Body Fat Percentage} = \text{Fat Weight}$$

$$\text{Total Body Weight} - \text{Fat Weight} = \text{Lean Body Mass}$$

If a 34 year old woman weight 198 pounds and had 27.5% Body Fat, her figures would be:

$$198 \text{ total pounds} \times .275 \text{ Body Fat} = 54.45 \text{ pounds Fat Weight}$$

$$198 \text{ total pounds} - 54.45 \text{ pounds} = 143.55 \text{ pounds Lean Body Mass}$$

$$\frac{\text{My Body Weight}}{\text{My Body Weight}} \times \frac{\text{My \% Body Fat}}{\text{My \% Body Fat}} = \frac{\text{My Fat Weight}}{\text{My Fat Weight}}$$

$$\frac{\text{My Body Weight}}{\text{My Body Weight}} - \frac{\text{My Fat Weight}}{\text{My Fat Weight}} = \frac{\text{My Lean Body Mass}}{\text{My Lean Body Mass}}$$