

Body fat testing sites

Triceps. Midway on back of upper arm. Measure parallel along axis.

Subscapular. Skin lifted vertically and measured below the tip of the scapula.

Suprailiac. Immediately above the crest of the ilium. Slight angle to the vertical, along normal fold line.

Abdomen. To the left and adjacent to, and in line with, the navel. Parallel along long axis.

Front thigh. Midway on front of upper thigh. Foot placed on 6" step with knee slightly flexed and muscles relaxed. Parallel to the long axis.

Chest (MEN). Above and slightly to right of right nipple. Midway between fold of arm and nipple line. Take at 45 degree angle of horizontal.

Rear thigh (WOMEN). Midway on back of upper leg. Step on 6" step. Parallel to axis.