

PLICOMETRY

This is a completely different system for assessing the body overweight existence. It has the advantage of extreme simplicity of detection and is based on the measuring of the skinfolds thickness.

Since the most of the excess fat is deposited in is the subcutaneous tissue, a fairly accurate assessment of its magnitude can be deduced from the direct reading of the data using a particular instrument, the "Plicometer".

The skinfold caliper: applied in the appropriate places, it allows the measurement of skinfolds.

The skinfold most commonly used are as follows:

The rear brachial or triceps skinfold

It must be located exactly at the midpoint of an ideai line between the apex of the acromia! process of the scapula and the tip of the olecra-non, with the forearm flexed of 90°. However, it must be raised and measured while the forearm hangs freely, shaping it into a direction parallel to the longitudinal axis of the arm. The measurement of this fold is essential for the assessment of body fat and should be performed in all subjects (see the figure).

The subscapular skinfold

It must be determined immediately below the lower of the scapula, along a diagonal line descending in medial-lateral direction and inclined at 45°.

Other skinfolds that can be measured are as follows:

The biceps skinfold, that is the vertical fold formed in the middle third along the anterior brachial midline;

The fold of the iliac crest, that is the vertical fold along the middle axillary line of the height of the iliac cresi;

The quadriceps fold, that is the vertical fold along the anterior midline of the thigh between the lower third and the middle third.

Psychometry allows establishing with accuracy whether a given subject weight is within the range or above or lower it and in what extent it deviates.

GIMA WARRANTY TERMS

The Gima 12-month standard B2B warranty applies.

MEASURING DIAGRAM

Measuring Sites tor Male

Site

Direction of fold

Measurement

Chest

Diagonal

Fold is taken ½ the distance between the anterior auxiliary line and nipple. Fold is taken vertical 2 cm lateral to the umbilicus. Fold is lifted on anterior aspect of thigh midway between inguinal crease and proximal border of patella. Body weight is shifted to left foot

Abdominal

Vertical

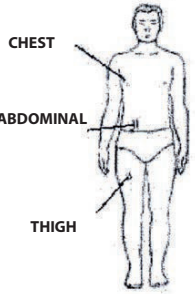
Thigh

Vertical

CHEST

ABDOMINAL

THIGH



- Tips on Measuring
- Take all measurements on the right side of your body.
 - Carefully identify and recalibrate your measuring site for accuracy.
 - Take the measurement when skin is dry and lotion-free.
 - Do not measure immediately after exercise due to shifts in body fluid.

Measuring Sites tor Female

Site

Direction of fold

Measurement

Triceps

Vertical

Fold is taken midway between the shoulder and elbow joint, on the center of the back of the arm.

Waist

Diagonal

Fold is taken diagonally above the iliac crest along the anterior axillary line.

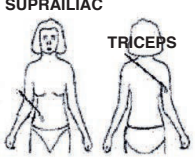
Thigh

Vertical

Fold is lifted on anterior aspect of thigh midway between inguinal crease and proximal border of patella. Body weight is shifted to the left foot.

SUPRAILAIAC

TRICEPS



Body Fat "Rating Scale"

Many people desire a "rating system" for assessing their current level of body fat. The following table provides a meaningful rating system.

MALE						
AGE	RISKY	EXCELLENT	GOOD	FAIR	POOR	VERY POOR
19-24	<6%	10.8%	14.9%	19.0%	23.3%	>23.3%
25-29		12.8%	16.5%	20.3%	24.4%	
30-34		14.5%	18.0%	21.5%	25.2%	
35-39		16.1%	19.4%	22.6%	26.1%	
40-44		17.5%	20.5%	23.6%	26.9%	
45-49		18.6%	21.5%	24.5%	27.6%	
50-54		19.8%	22.7%	25.6%	28.7%	
55-59		20.2%	23.2%	26.2%	29.3%	
60+		20.3%	23.5%	26.7%	29.8%	

FEMALE						
AGE	RISKY	EXCELLENT	GOOD	FAIR	POOR	VERY POOR
19-24	<9%	18.9%	22.1%	25.0%	29.6%	>29.6%
25-29		18.9%	22.0%	25.4%	29.8%	
30-34		19.7%	22.7%	26.4%	30.5%	
35-39		21.0%	24.0%	27.7%	31.5%	
40-44		22.6%	25.6%	29.3%	32.8%	
45-49		24.3%	27.3%	30.9%	34.1%	
50-54		26.6%	29.7%	33.1%	36.2%	
55-59		27.4%	30.7%	34.0%	37.3%	
60+		27.6%	31.0%	34.4%	38.0%	

At left, drawings from the book show the technique for "pinching" the skin to measure % bodyfat with skinfold calipers.

Measurements are indicative.
Do not use for diagnostic purposes.



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