

# Slim Guide Skinfold Fat Caliper

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The Slim Guide caliper is possibly the most widely used body fat caliper around the world. Studies have shown the Slim Guide caliper to be highly reliable, have a similar jaw pressure as the [Harpenden Caliper](#), and produce almost identical readings (Schmidt & Carter 1990, Anderson & Ross, 1986). Consequently, the Slim Guide caliper is very widely used in research and by professionals around the world. The slim guide is a cheap alternative to the Harpenden and would be recommended particularly if you are on a budget.



## Slim Guide Features

- calibrated jaw width can measure up to 80mm, suitable for larger non-athletic populations where this may be required.
- can be read to the nearest 0.5 mm.
- easy to use pistol grip trigger.
- dual springs for consistent measurements.
- comes with an informative 20 page instruction manual, "How to Measure Your % Body Fat"
- made of durable ABS plastic, weight 200 grams (0.5 lbs), dimensions 28x25cm (11x10 inches)

## Free Booklet

The Slim Guide body fat caliper comes with a handy 20 page booklet, "How to Measure Your % Body Fat" - an instruction manual for measuring % body fat using skinfold calipers. The book includes all the information you need to do skinfold measurements, including:

- discussion and description of the techniques for measuring body fat.
- diagrams and descriptions of common skinfold measurement sites.
- formula and charts for calculating % body fat.