

## Selecting Body Frame Size (Small, Medium, or Large) for the FUTREX

*Note: The Body Frame size **does not impact the body composition result**. The Body Frame is utilized to help determine the individual's hydration estimation.*

There are many methods for estimating Body Frame Size. Futrex does not recommend any specific method, but does offer two techniques often used for determining frame size:

- a. Ankle Girth –measure the ankle girth at the smallest point above the ankle. Pull the tape measure as snug as possible.

	Small Frame	Medium Frame	Large Frame
Men	Less than 8 inches (Less than 20 cm)	8 to 9.25 inches (20 to 23.5 cm)	Greater than 9.25 inches (Greater than 23.5 cm)
Women	Less than 7 inches (Less than 18 cm)	7.5 to 8.75 inches (18 to 22 cm)	Greater than 8.75 inches (Greater than 22 cm)

- a. Wrist Girth – Place your left thumb and forefinger around your right wrist and gently squeeze your fingers together:
  - Small Frame: Fingers overlap
  - Medium Frame: Fingers touch
  - Large Frame: Fingers do not touch

*Note: If you have long fingers, this method may underestimate your frame size.*