

### Selecting the Measurement Site

Prior to conducting the actual body composition analysis, you should locate the proper measurement site at the biceps of the dominant arm.

1. Have the test subject hold his/her arm straight out, with the elbow locked, and the palm of the hand facing up towards the ceiling.
2. Using the Biceps Locator (shown in Illustration 1), find the “halfway point” between the armpit and the inside of the elbow, where the elbow bends (i.e. the acromion). As shown in Illustration 2, place the end marked “To Underarm” at the point marked “A.” The end marked “To Elbow” should extend past the bending point of the elbow towards point marked “B” in Illustration 3.

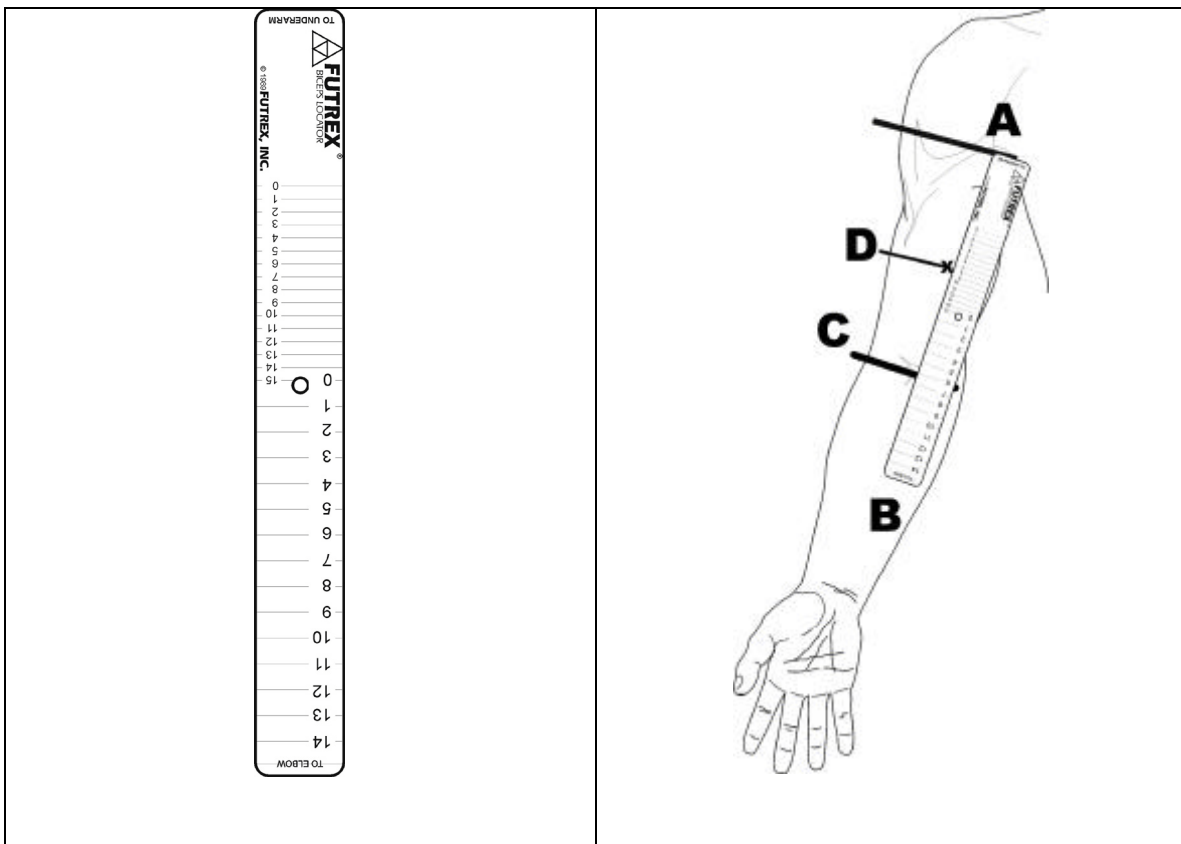


Illustration 1  
Biceps Locator

Illustration 2  
Locating The Measurement Point

3. Once the Biceps locator is in place as described in step 2, identify the number on the Biceps Locator that crosses the point “C” on the arm. Point “C” is the place where the elbow bends.

4. Locate the corresponding number identified by point “D” in Illustration 2 (e.g. if the number at point “C” is “6,” then find the corresponding “6” at point “D.”) This is the midpoint, or the “belly” of the biceps.
5. It is recommended that you mark this spot by placing a small line just to the inside or outside of the spot with a highlighter or washable marker.

### Performing The Body Fat Evaluation

Place the Light Shield on the Light Wand as shown in Illustration 3, aligning the white stripe on the Light Shield with the silver stripe on the Light Wand. Be sure that the Light Wand protrudes approximately 1/8” (3 mm) past the bottom of the Light Shield.

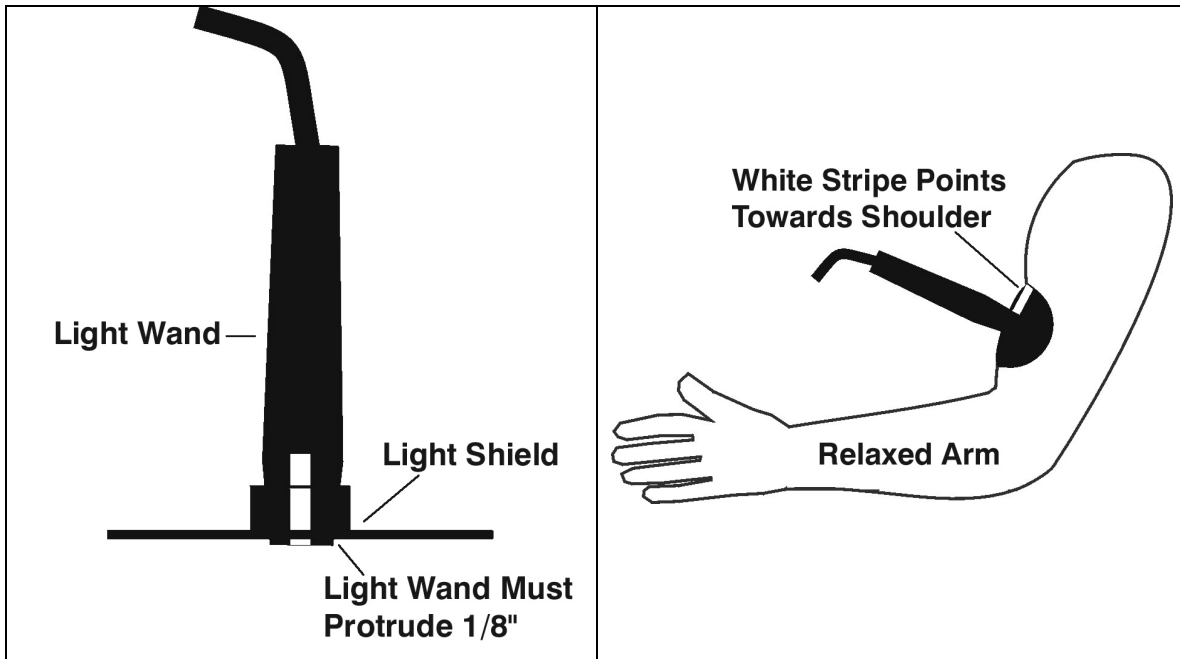


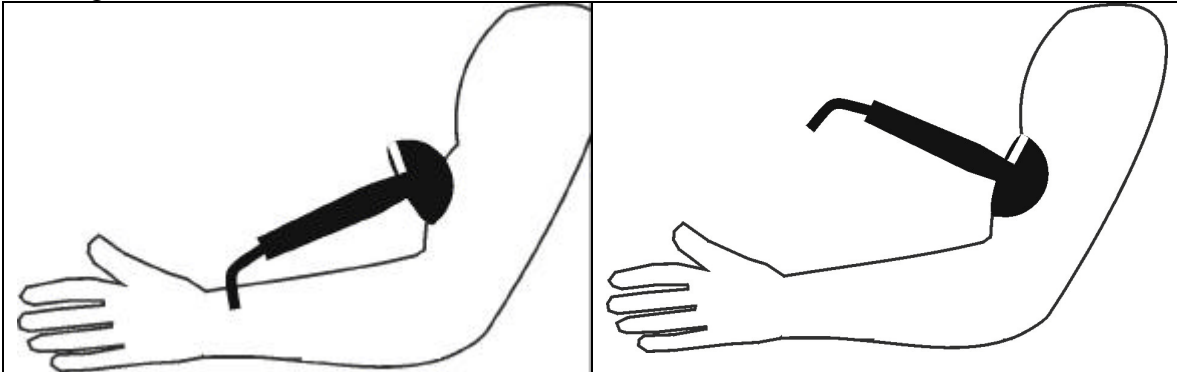
Illustration 3

Illustration 4

Place the center of the Light Wand on the Measurement Site (the procedure for locating the measurement site is described under the heading: *Selecting The Measurement Site*). Be sure that the white stripe is pointing directly towards the shoulder as shown in Illustration 4. The arm should be resting on a table top with the elbow bent as shown in Illustration 4. The arm must be relaxed during the measurement. *Note: Always use the Light Shield to block external light.*

Press the push button on the Light Wand. The following message will be displayed: “Remove and replace.”

Remove the Light Wand by gently rocking the wand off of the arm and then replace it on the same site as shown in the Illustrations 5 & 6. Then again, press the push button on the Light Wand.



Remove  
Illustration 5

Replace  
Illustration 6