

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

WAYS TO CALCULATE BODY FAT



If you're interested in calculating your body fat percentage, you need to know that there are many ways to determine this number. Based on the method you choose, the results may vary slightly based on the accuracy of that particular measurement. That being said, the tests can still give you an idea of where you stand, and it's better than using BMI.

Body fat percentage is more useful than BMI for assessing your individual fitness.

Before you calculate your body fat percentage, you should understand the different classifications that your results may fall under.

- ✓ **Essential body fat:** 2-4% for men and 9-11% for women
- ✓ **Athlete:** 6-13% for men and 14-20% for women
- ✓ **Fit:** 14-17% for men and 21-24% for women
- ✓ **Normal:** 18-25% for men and 25-31% for women
- ✓ **Overweight/Obese:** Over 26% for men and over 32% for women

METHODS OF CALCULATION

Like we said earlier, there are different ways you can calculate your body fat percentage. We'll take a quick look at each of these methods.

01. Handheld Devices & Scales

These methods use **bioelectrical impedance analysis** to determine your body's resistance to electrical currents. The more resistant your body is to the electrical current, the more fat you have in your body.

02. Body Fat Calipers & Skin Folding

You can use these instruments to measure the thickness of your skin at different areas of your body. After you take some measurements, you can follow an equation to calculate your body fat percentage. Although these results aren't always very accurate, it's a great tool for **tracking progress over time**.

04. Comparing Pictures

You can find images of people with **different percentages of body fat**. Comparing these pictures to how you look shirtless in your mirror can give you a decent estimate of your body fat percentage range. It's a quick and easy method that doesn't require any equipment.

05. Dual Energy X-Ray Absorptiometry

This machine uses **X-Ray technology** to measure your body fat percentage. These machines are not as accurate as you might think. Your hydration level, gender, body size, and type of X-Ray can give you varying results.

06. Body Pod

Body pods use **air instead of water** to measure your body fat percentage. Sensors determine how much air your body displaces. These machines are fancy as well, but similar to the X-Ray machines they are not always accurate based on factors such as body hair, facial hair, body temperature, and clothing.

07. 4-Compartment Analysis

This method measures body weight with **bone, water, muscle tissue, and fat mass**. By separating the weight into four different categories, your body fat percentage will end up being more accurate than other methods.

TIPS FOR MEASURING BODY FAT PERCENTAGE

Some of these methods may not be practical for the every day person. If you don't have access to fancy equipment and don't want to spend money, you can do other things to track your body fat.

- ✓ Weigh yourself every 7 to 10 days and track the results.
- ✓ Take weekly caliper measurements.
- ✓ Measure your waist once a week and take pictures.

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