

Body Fat Calculator

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Adam "Old School" Knowlden was kind enough to create a body fat calculator for the benefits of ABCbodybuilding.com viewers. This can be utilized by clicking the link below. It calculates body density, body fat percentage, and total lean body mass and fat mass. All you have to do is enter your age, caliper measurements, and weight. It also has a chart for male and female calculations. To learn how to take caliper measurements, read, [Body Fat Testing Guide](#).

This calculator is designed for a 7 site measurement. The 7 caliper measurements that need to be taken are listed in the aforementioned article. Finally, it does not matter which order you list your measurements into the calculator.

Here is the calculator:

[Body fat Calculator](#)