Anthropometric profile

FICTIONAL DATA / SAMPLE

CLIENT: SAMPLE CLIENT
MEASURED 12 NOV 2026
07:30 · RESTED · NORMAL HYDRATION
MEASURED BY G. HERNANDEZ

PROFILE	SITES	DUPLICATE	RE-MEASURE
Full ISAK	43 / 43	Yes	10–12 weeks

STATURE	MASS	Σ8 SKINFOLDS	ESTIMATED BODY FAT*
178.4 cm	74.2 kg	61.0 mm	11.8 %

A structural baseline, not a verdict.

Your profile is consistent with a mesomorphic frame and an estimated body fat of 11.8% by Durnin–Womersley. The useful question is not “what is my exact body fat?” but “what changed, in what direction, across the same conditions?” The re-measure is the main event.

WHAT IS IN THIS REPORT

- 43 ISAK Level 2 dimensions, grouped by base, skinfolds, girths, lengths and breadths.
- Somatotype, Σ8 skinfolds and an equation-based body-fat estimate.
- Proportionality against a named reference, with the limits stated.
- Three defensible actions for the next block.
- Method, conditions, missing sites and references.
- A re-measure date and a 15-minute review.

PROFILE HIGHLIGHTS

FRAME

Arm span above stature

Stature 178.4 cm; arm span 181.0 cm; sitting height 92.1 cm. These are reference points, not a ranking.

COMPOSITION

Estimated 11.8% body fat

Σ8 = 61.0 mm. The estimate uses Durnin–Womersley; it is equation-based, not a direct measure.

PROPORTIONALITY

Small proportional differences

The profile shows limited deviation from the phantom reference. Direction and method error matter more than a single index.

HOW TO READ THIS REPORT

01

Start with the summary. It tells you what the measurement can and cannot answer.

02

Use the full record as a baseline, not as a score to beat.

03

Re-measure under the same conditions. The trend is the result.

EQUATION NOTE

*Body-fat estimate uses the Durnin–Womersley four-site equation (biceps, triceps, subscapular, suprailiac) with the Siri conversion. It is an estimate from skinfolds, not a direct measurement. The equation's error depends on age, sex, population and technique; this sample does not claim a universal ±. The full report states the equation and the method's limitations.

Next re-measure

4 February 2027

10–12 weeks. Same time of day, similar conditions, same protocol.

What to do next

- Keep the baseline report; it is the comparison point.
- Do not chase a single body-fat number.
- Bring one question to the 15-minute review.

Full measurement record

43 DIMENSIONS · DUPLICATE READINGS
THIRD MEASUREMENT IF TEM EXCEEDS PROTOCOL
UNITS AS RECORDED

The table records the measured values, not a “score.” Group headers are shown for orientation. A missing or declined site is listed as missing, never filled with an estimate.

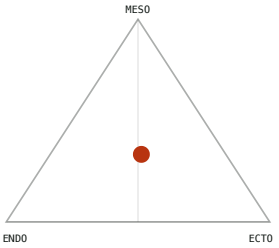
BASE	
Weight	74.2 kg
Stature	178.4 cm
Sitting height	92.1 cm
Arm span	181.0 cm

SKINFOLDS	
Triceps	6.8
Subscapular	9.2
Biceps	3.9
Iliac crest	8.4
Supraspinale	6.1
Abdominal	10.8
Front thigh	9.2
Medial calf	6.6

GIRTHS	
Head	57.0
Neck	37.5
Chest	98.4
Waist	79.2
Hips	96.8
Upper arm relaxed	31.4
Upper arm flexed	34.2
Forearm	27.8
Wrist	17.4
Thigh	55.1
Mid-thigh	53.2
Calf	36.8
Ankle	22.6

LENGTHS	
Acromiale–radiale	33.4
Radiale–stylion	26.8
Midstylion–dactylion	19.4
Iliospinale height	101.2
Trochanterion height	94.6
Trochanterion–tibiale	41.8
Tibiale laterale height	47.2
Tibiale mediale–laterale	9.6
Foot length	26.4

BREADTHS	
Biacromial	41.2
Bi-iliocristal	28.6
Bitrochanteric	33.8
Humerus	7.1
Femur	9.8
Wrist	5.9
Ankle	7.4
Transverse chest	30.2
A-P chest	22.8



Illustrative position only. Somatotype is shape, not talent.

SOMATOTYPE & COMPLETENESS

2.1–4.6–2.4 (endomorphy–mesomorphy–ectomorphy). The somatotype describes shape at this measurement; it is not a talent or selection category.

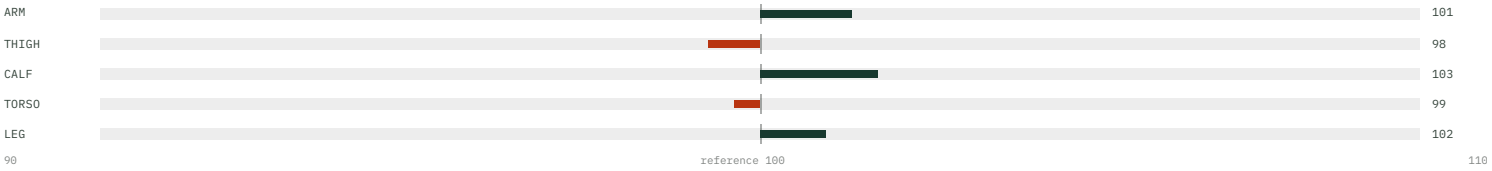
43 of 43 sites recorded. Duplicate readings are retained in the full data set. No site was imputed or filled from a reference.

Values are shown to the precision recorded. The full data set includes duplicate readings and the technical error of measurement; this sample page is a layout demonstration.

Interpretation & method

PROPORTIONALITY · ACTIONS · LIMITS
REFERENCE: PHANTOM
ILLUSTRATIVE, NOT NORMATIVE

PROPORTIONALITY INDEX



Bars show the direction and approximate size of proportional difference from the phantom reference, not “good” or “bad.” The index is illustrative and should not be read as a normative ranking.

THREE ACTIONS FOR THE NEXT BLOCK

ACTION 01

Re-measure in 10–12 weeks under the same morning conditions.

ACTION 02

Keep protein steady across the week; discuss any target with your coach.

ACTION 03

Discuss lower-body training with your coach. Do not add load solely to change a girth.

METHOD

- ISAK Level 2 full profile: 43 dimensions.
- Duplicate readings; third measurement when technical error is high.
- Same time of day and similar conditions for comparison.
- Body-fat estimate: Durnin–Womersley 4-site + Siri conversion.

WHAT THIS DOES NOT TELL YOU

- It is not a diagnosis, a health-risk score or a medical record.
- It does not predict talent, selection or performance.
- It does not justify a calorie target or a supplement protocol.
- It does not replace care from a licensed clinician.

METHOD RECORD

Accreditation	ISAK Level 2 full-profile anthropometrist
Sites	43 / 43 recorded; no missing sites
Duplicate	Two readings per site; third if TEM exceeds protocol
Equation	Durnin–Womersley 4-site + Siri conversion
Conditions	07:30 · rested · normal hydration · no lotion on sites
Re-measure	10–12 weeks, same protocol

REFERENCES

ISAK. International Standards for Anthropometric Assessment. 2019.

Durnin JVGA, Womersley J. Body fat assessed from total body density and its estimation from skinfold thickness. Br J Nutr. 1974;32:77–97.

Marín-Jiménez N, et al. Criterion-related validity of field-based methods and equations for body composition estimation in adults: a systematic review. Curr Obes Rep. 2022;11:336–349. doi:10.1007/s13679-022-00488-8.

BEFORE THE RE-MEASURE

- Book the same time window and avoid heavy training for 12 h.
- Keep normal hydration and skip lotion on measurement sites.
- Bring the same clothing; note any change in training or medication.

REPORT STATUS

Sample template v2.0. The full report includes duplicate readings, technical error, the exact equation used and the complete conditions record.

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Prepared by

G. Hernandez

ISAK Level 2 · CISSN
GH Performance
Sample template v2.0

Sample only. No clinical interpretation. No guarantee of performance or selection.