

Figure S1. ISAK full proforma.

ISAK FULL PROFORMA			
Name 1			
Name 2			
Country			
Ethnicity			
Sex (male=1, female=2)			
Sport			
Date of Measurement			
Date of Birth			
		Value	Phantom Z-value
Body mass		0 kg	
Stretch stature		0 cm	
Triceps sf		0.0 mm	
Subscapular sf		0.0 mm	
Biceps sf		0.0 mm	
Iliac Crest sf		0.0 mm	
Supraspinale sf		0.0 mm	
Abdominal sf		0.0 mm	
Front Thigh sf		0.0 mm	
Medial Calf sf		0.0 mm	
Arm girth relaxed		0.0 cm	
Corrected arm girth		0.0 cm	
Arm girth flexed and tensed		0.0	
Waist girth (min.)		0.0	
Gluteal girth (max.)		0.0 cm	
Calf girth (max.)		0.0 cm	
Corrected calf girth (max.)		0.0 cm	
Humerus breadth (biepicondylar)		0.0 cm	
Femur breadth (biepicondylar)		0.0 cm	