

# Book Folding Pattern

## Designed by fonfeck

Name:	bodybuilder
No. of Folds:	161
Book Height (cm):	22
Method:	Cut & Fold



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Fold	Measure, Mark, Cut & Fold Points													
1	6.6	6.7												
2	6.5	6.8												
3	6.4	6.8												
4	6.2	6.8												
5	5.9	6.6	6.7	6.9										
6	5.8	6.5	6.7	6.9										
7	5.7	6.4	6.8	7.0										
8	5.6	6.0	6.8	7.0										
9	5.6	5.8	6.8	7.0										
10	5.5	5.8	6.8	7.1										
11	5.4	5.7	6.4	6.5	6.8	7.1								
12	5.4	5.6	6.3	6.5	6.8	7.1								
13	5.3	5.5	6.2	6.3	6.3	6.4	6.8	7.2						
14	5.3	5.4	6.2	6.4	6.8	7.2								
15	5.3	5.4	6.2	6.4	6.9	7.2	17.7	17.9						
16	5.2	5.3	6.2	6.4	6.6	6.7	6.9	7.3	17.6	17.9				
17	5.1	5.3	6.1	6.4	6.5	6.7	6.9	7.3	17.5	17.7	17.8	17.9		
18	5.0	5.3	6.1	6.7	6.9	7.3	17.5	17.7	17.8	18.0				
19	4.9	5.2	5.3	5.7	6.1	6.6	7.0	7.3	17.4	17.5	17.6	18.0		
20	4.8	5.1	5.3	5.8	5.9	6.6	7.0	7.3	17.4	17.6	17.7	17.8	17.9	18.0
21	4.8	5.1	5.2	6.7	7.0	7.4	17.4	17.8	17.9	18.0				
22	4.8	5.0	5.1	6.8	7.1	7.4	17.3	17.8	17.9	18.0				
23	4.7	4.8	5.0	6.8	7.1	7.4	17.3	17.8	17.9	18.0				
24	4.6	4.8	5.0	5.7	5.8	6.2	6.3	6.8	7.2	7.5	17.3	17.8	17.9	18.0
25	4.6	4.8	4.9	5.5	6.3	6.4	6.6	6.9	7.2	7.5	17.2	17.8	17.9	18.0
26	4.6	4.7	4.8	5.3	6.2	6.3	6.7	6.9	7.2	7.5	17.1	17.3	17.5	17.8
	17.9	18.0												
27	4.6	4.7	4.9	5.3	6.2	6.3	6.7	6.9	7.3	7.5	17.0	17.3	17.5	17.8
	17.9	18.0												
28	4.5	4.7	5.0	5.2	6.2	6.3	6.8	7.0	7.3	7.5	16.9	17.2	17.5	17.7
	17.9	18.0												

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Fold	Measure, Mark, Cut & Fold Points													
29	4.5	4.7	5.0	5.2	6.2	6.3	6.8	7.0	7.3	7.5	16.8	17.1	17.5	17.7
	17.8	18.0												
30	4.5	4.6	4.8	5.2	6.2	6.3	6.8	7.0	7.3	7.5	16.8	17.0	17.4	18.0
31	4.5	4.6	4.8	5.3	6.2	6.3	6.8	7.0	7.3	7.5	16.5	17.0	17.3	17.9
32	4.5	4.6	4.8	5.3	6.2	6.3	6.8	7.0	7.3	7.5	16.4	16.9	17.3	17.9
33	4.5	4.7	4.9	5.3	6.2	6.3	6.8	7.0	7.3	7.6	14.5	16.8	17.2	17.9
34	4.5	5.3	6.2	6.3	6.8	7.0	7.3	7.6	14.3	16.6	17.0	17.9		
35	4.5	4.6	4.9	5.3	6.2	6.3	6.8	7.0	7.3	7.5	14.2	15.0	16.1	16.4
	16.8	17.8												
36	4.4	4.7	5.0	5.3	6.2	6.3	6.8	7.0	7.2	7.5	14.1	14.6	16.7	17.8
37	4.4	5.3	6.2	6.3	6.8	7.5	14.0	14.3	15.4	15.8	16.6	17.5		
38	4.4	4.6	4.8	5.3	6.3	6.4	6.8	7.5	13.9	14.3	15.0	16.3	16.6	17.3
39	4.4	4.7	4.9	5.2	6.3	6.5	6.8	7.5	13.9	14.2	14.8	16.4	16.5	17.3
40	4.5	5.2	6.3	6.6	6.8	7.5	13.8	14.1	14.8	17.3				
41	4.5	4.6	4.7	5.2	6.2	7.5	13.6	14.1	14.7	17.2				
42	4.6	5.2	6.2	7.7	13.4	14.0	14.6	17.1						
43	4.6	4.7	4.8	5.1	6.2	6.3	6.4	7.8	13.2	13.8	14.4	15.3	15.7	16.2
	16.3	16.9												
44	4.6	4.9	6.2	6.3	6.4	7.8	12.8	13.7	14.1	15.2	15.5	16.1	16.5	16.8
45	4.6	4.9	6.2	6.3	6.5	7.2	7.5	7.9	12.3	13.7	14.1	15.1	15.4	15.9
46	6.1	6.3	6.5	7.1	7.6	8.0	12.0	13.8	13.9	15.0	15.3	15.8		
47	6.1	6.3	6.5	7.1	7.7	8.1	11.8	13.3	13.5	14.8	15.3	15.8		
48	6.1	6.3	6.5	7.1	7.7	8.2	11.7	12.3	12.8	13.3	13.5	14.4	15.3	15.7
49	6.1	6.3	6.5	7.1	7.7	8.3	11.6	12.1	12.8	13.3	13.5	14.3	15.2	15.5
50	6.1	6.3	6.6	7.1	7.7	8.4	11.5	11.9	12.8	13.2	13.6	14.3	15.1	15.4
51	6.1	6.3	6.6	7.2	7.7	8.5	11.3	11.8	12.8	13.2	13.7	14.4	15.0	15.4
52	6.2	6.3	6.6	7.2	7.7	7.9	8.0	8.6	11.3	11.6	12.8	13.1	13.7	14.6
	14.9	15.3												
53	6.2	6.3	6.7	7.3	7.7	7.8	8.1	8.6	11.3	11.5	12.8	13.0	13.6	15.3
54	6.2	6.3	6.8	7.3	7.7	7.8	8.1	8.7	11.2	11.4	12.8	13.0	13.6	15.2

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Fold	Measure, Mark, Cut & Fold Points													
55	6.2	6.3	7.0	7.4	7.7	7.8	8.2	8.8	11.1	11.3	12.7	12.9	13.5	14.3
	14.5	15.1												
56	6.2	6.3	7.1	7.8	8.2	8.8	10.9	11.3	12.7	12.9	13.4	14.3		
57	6.3	6.4	7.3	7.8	8.2	8.9	10.8	11.2	12.6	12.8	13.3	14.2		
58	6.3	6.4	7.3	7.8	7.9	8.0	8.3	8.9	10.1	10.4	10.7	11.1	12.5	12.8
	13.3	14.1												
59	6.3	6.4	7.4	7.8	7.9	8.0	8.3	9.1	10.0	10.8	12.5	12.8	13.2	14.0
60	6.3	6.5	7.5	7.8	7.9	8.0	8.3	9.2	9.3	9.5	9.9	10.8	12.4	12.8
	13.0	13.9												
61	6.3	6.5	7.5	8.0	8.3	9.7	9.9	10.7	12.4	12.7	12.9	13.8		
62	6.3	6.5	7.6	8.0	8.3	9.8	9.9	10.6	12.3	12.7	12.8	13.8		
63	6.3	6.5	7.7	8.1	8.3	8.6	9.4	10.5	12.3	12.6	12.7	13.7		
64	6.3	6.5	7.7	8.1	8.2	8.8	9.6	9.8	9.9	10.4	11.9	12.5	12.6	13.6
65	6.3	6.5	7.8	8.9	9.7	9.8	9.9	10.4	11.4	13.5				
66	4.5	5.2	6.3	6.4	7.8	9.0	9.7	9.8	10.0	13.4				
67	4.3	4.9	5.1	5.6	6.3	6.4	6.5	6.6	7.8	9.2	9.7	9.8	10.0	13.3
68	4.3	4.5	4.7	5.0	5.2	5.8	6.3	6.4	6.5	6.7	7.8	9.3	9.6	9.8
	10.0	13.3												
69	4.2	4.4	4.8	5.1	5.2	5.3	5.5	5.8	6.2	6.3	6.5	6.7	7.8	9.3
	9.6	9.9	10.0	11.1	11.8	12.7	12.8	13.2						
70	4.2	4.4	4.8	5.0	5.5	6.3	6.5	6.8	7.8	9.3	9.6	9.9	10.0	10.6
	11.9	12.5	12.8	13.1										
71	4.1	4.4	4.8	5.0	5.1	5.3	5.4	5.5	5.6	6.8	7.8	9.0	9.1	9.9
	10.0	10.5	11.8	12.4	12.8	13.1								
72	4.1	4.3	4.8	5.3	5.4	5.5	5.6	5.7	5.8	6.8	7.7	8.3	8.4	8.8
	9.2	10.6	11.5	12.3	12.7	13.0								
73	4.0	4.4	4.8	4.9	5.1	5.3	5.4	5.7	5.8	6.8	7.7	8.3	8.5	8.8
	9.3	10.7	11.2	12.2	12.6	12.9								
74	4.0	4.4	5.1	5.3	5.4	5.7	5.8	6.8	7.7	8.2	8.6	8.8	9.3	12.0
	12.5	12.9												

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Fold	Measure, Mark, Cut & Fold Points													
75	4.0	4.4	4.8	5.3	5.4	5.7	5.8	6.8	7.7	7.8	8.0	8.2	8.6	8.8
	9.3	11.9	12.4	12.8										
76	4.0	4.4	4.8	5.3	5.4	5.7	5.8	6.8	7.6	7.8	8.1	8.2	8.6	8.8
	9.3	9.5	9.7	11.6	12.3	12.8								
77	4.0	4.4	4.8	5.3	5.4	5.8	5.9	6.8	7.6	7.8	8.1	8.2	8.6	8.8
	9.3	9.4	9.8	11.2	12.3	12.8								
78	4.0	4.3	4.8	4.9	5.1	5.2	5.4	6.8	7.6	7.8	8.1	8.2	8.6	8.7
	9.3	9.4	9.9	10.8	12.2	12.7								
79	4.0	4.3	4.8	5.0	5.4	6.8	7.6	7.7	8.6	8.7	9.3	9.4	10.0	10.8
	12.1	12.6												
80	4.0	4.3	4.8	5.0	5.4	5.5	5.6	6.6	7.5	7.7	8.1	8.2	8.6	8.7
	9.3	9.4	10.0	10.8	12.0	12.6	17.2	17.4						
81	4.0	4.3	4.7	5.0	5.4	6.6	7.5	7.7	8.1	8.2	8.6	8.8	9.3	9.4
	10.1	10.9	11.9	12.5	17.1	17.5								
82	4.0	4.3	4.7	5.0	5.4	6.7	7.5	7.7	8.1	8.2	8.6	8.8	9.3	9.4
	10.1	10.9	11.8	12.4	16.9	17.2	17.3	17.5						
83	4.0	4.4	4.8	5.0	5.1	5.3	5.5	7.8	8.0	8.2	8.5	8.8	9.2	9.4
	10.0	11.0	11.7	12.3	16.8	17.1	17.4	17.6						
84	4.0	4.4	4.8	5.0	5.1	11.1	11.6	12.2	16.6	17.0	17.4	17.6		
85	4.0	4.5	4.8	4.9	5.1	6.4	6.8	7.8	8.0	11.3	11.4	12.1	15.1	15.3
	16.3	16.8	17.4	17.6										
86	4.1	4.6	4.7	4.8	5.0	6.4	7.3	7.7	8.0	8.2	8.4	12.3	14.9	15.5
	16.0	17.2	17.4	17.6										
87	4.1	4.8	5.0	6.4	7.4	7.7	8.0	8.1	8.6	8.8	9.1	12.4	14.8	17.3
	17.5	17.6												
88	4.1	6.5	7.4	7.7	8.0	8.1	8.6	8.7	9.2	9.7	10.0	12.6	14.8	15.1
	15.3	17.3	17.5	17.6										
89	4.2	6.5	7.5	7.7	8.0	8.1	8.6	8.7	9.3	9.4	10.1	12.7	14.7	14.9
	15.4	16.0	16.3	17.3	17.5	17.6								
90	4.2	6.5	7.5	7.7	8.0	8.1	8.6	8.7	9.3	9.4	10.1	11.8	11.9	12.8
	14.6	14.8	16.2	16.7	17.0	17.3	17.5	17.6						

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Fold	Measure, Mark, Cut & Fold Points													
91	4.2	5.8	6.0	6.6	7.6	7.7	8.0	8.1	8.6	8.7	9.3	9.4	10.0	11.5
	12.2	12.8	14.5	14.8	16.0	16.4	17.1	17.3	17.5	17.6				
92	4.3	5.6	6.2	6.6	7.6	7.8	8.0	8.1	8.6	8.7	9.3	9.4	9.9	11.3
	12.3	13.0	14.4	14.7	15.8	16.3	16.6	16.9	17.2	17.3	17.5	17.6		
93	4.3	4.8	4.9	5.5	6.2	6.6	7.6	7.8	7.9	8.1	8.6	8.7	9.3	9.4
	9.8	11.2	12.3	13.2	14.3	14.6	15.7	16.2	16.4	17.0	17.2	17.3	17.5	17.7
94	4.3	4.9	5.0	5.4	6.3	6.6	7.7	8.1	8.5	8.7	9.3	9.4	9.8	11.2
	12.4	13.3	14.2	14.5	15.5	16.0	16.3	17.0	17.2	17.3	17.6	17.7		
95	4.4	5.3	6.3	6.6	7.7	8.1	8.5	8.7	9.3	9.4	9.6	11.2	12.5	13.5
	14.1	14.4	15.3	15.9	16.2	17.1	17.2	17.4	17.6	17.7				
96	4.5	5.1	6.3	6.6	7.7	8.2	8.5	8.7	9.3	11.2	12.6	14.3	15.2	15.8
	16.1	16.6	16.9	17.1	17.2	17.4	17.6	17.8						
97	6.3	6.6	7.7	8.3	8.4	8.8	9.2	11.2	12.8	14.3	15.0	15.7	16.0	16.4
	17.0	17.5	17.6	17.8										
98	6.3	6.5	7.7	8.8	9.2	9.8	9.9	11.3	12.8	14.4	14.7	15.5	15.8	16.3
	17.0	17.5	17.6	17.8										
99	6.3	6.5	7.7	8.8	9.1	9.8	9.9	11.3	13.0	15.4	15.8	16.3	17.1	17.5
	17.6	17.8												
100	6.3	6.5	7.7	9.8	9.9	11.4	13.3	15.3	15.7	16.2	17.2	17.5	17.6	17.8
101	6.3	6.5	7.6	9.8	9.9	11.5	14.1	15.1	15.5	16.1	17.2	17.8		
102	6.3	6.4	7.6	8.8	8.9	9.8	9.9	10.8	11.0	11.6	14.1	14.8	15.4	16.0
	17.3	17.6	17.7	17.8										
103	6.3	6.4	7.4	8.0	8.1	8.8	9.6	9.8	9.9	10.6	11.1	11.8	13.8	14.5
	15.3	15.9	17.3	17.6	17.7	17.8								
104	6.3	6.4	7.3	8.0	8.1	8.9	9.6	10.5	11.2	11.9	13.4	14.2	14.3	14.5
	15.3	15.8	17.3	17.5	17.7	17.8								
105	6.2	6.3	7.3	7.7	7.8	7.9	8.1	9.0	9.6	10.5	11.3	12.2	13.3	14.1
	14.3	14.5	15.1	15.8	17.3	17.5	17.7	17.8						
106	6.2	6.3	7.1	7.7	7.8	7.9	8.0	9.3	9.5	10.5	11.3	13.9	14.3	14.5
	15.0	15.6	17.3	17.6	17.7	17.8								

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Fold	Measure, Mark, Cut & Fold Points													
107	6.2	6.3	7.0	7.7	7.8	7.9	8.0	8.8	8.9	10.5	11.5	13.8	14.3	14.6
	14.9	15.5	17.3	17.8										
108	6.1	6.3	6.9	7.3	7.4	7.7	8.0	8.8	9.2	9.6	9.8	10.5	11.7	13.8
	14.2	14.6	14.8	15.3	17.3	17.7								
109	6.1	6.3	6.8	7.3	7.4	7.7	8.0	8.7	9.9	10.6	11.8	13.7	14.1	15.2
	17.3	17.7												
110	6.1	6.3	6.8	7.2	7.4	7.7	7.9	8.6	10.0	10.7	12.0	13.7	14.0	15.0
	17.4	17.7												
111	6.1	6.3	6.7	7.1	7.4	7.7	7.9	8.5	10.1	10.8	12.2	12.8	13.3	13.6
	13.9	14.8	17.5	17.7										
112	6.1	6.3	6.6	7.0	7.4	7.8	7.9	8.4	10.2	10.8	13.3	13.6	13.9	14.6
113	6.1	6.2	6.5	6.9	7.4	7.8	7.9	8.3	10.3	11.0	13.3	13.6	13.8	14.3
114	4.6	4.8	6.1	6.3	6.5	7.0	7.4	8.3	10.4	11.1	13.1	13.6	13.8	14.2
115	4.5	4.8	6.1	6.3	6.4	7.1	7.4	8.2	10.6	11.3	13.0	14.0		
116	4.6	5.0	6.1	6.3	6.4	7.1	7.3	8.1	10.8	11.4	12.8	13.8		
117	4.4	4.5	4.6	5.1	6.1	7.2	7.3	8.0	10.9	11.7	12.6	13.3		
118	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.1	6.1	6.6	6.8	7.8	11.1	13.2
119	4.3	4.5	4.7	4.8	5.0	5.1	6.1	6.5	6.8	7.8	11.2	13.0		
120	4.3	4.4	4.7	5.1	6.1	6.4	6.8	7.7	11.3	12.9				
121	4.2	4.3	4.5	5.1	6.2	6.4	6.8	7.5	11.5	12.8				
122	4.3	4.6	4.8	5.1	6.2	6.4	6.8	7.4	11.7	12.5				
123	4.3	4.4	4.7	5.1	6.2	6.4	6.8	7.4						
124	4.3	4.4	4.5	4.7	4.8	5.1	6.3	6.4	6.8	7.4				
125	4.3	4.6	4.8	5.1	6.2	6.4	6.7	7.4						
126	4.3	4.4	4.7	5.1	6.1	6.3	6.7	7.4						
127	4.3	4.5	4.7	5.0	6.1	6.3	6.6	7.4						
128	4.3	5.0	6.1	6.3	6.6	6.8	7.0	7.4						
129	4.3	4.9	6.0	6.2	6.5	6.8	7.0	7.4						
130	4.3	4.9	6.0	6.2	6.5	6.8	7.1	7.4						
131	4.4	4.5	4.7	4.9	6.0	6.2	6.4	6.8	7.1	7.4				
132	4.4	4.5	4.7	5.0	6.0	6.2	6.4	6.7	7.1	7.4				

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Fold	Measure, Mark, Cut & Fold Points													
133	4.4	4.5	4.7	5.1	6.0	6.2	6.3	6.7	7.1	7.4				
134	4.4	4.5	4.7	5.3	6.0	6.3	6.4	6.6	7.1	7.4				
135	4.4	4.6	4.8	5.3	6.0	6.6	7.0	7.4						
136	4.5	4.7	4.8	5.4	6.1	6.5	7.0	7.3						
137	4.5	4.8	4.9	6.0	6.1	6.4	6.9	7.3						
138	4.6	4.8	4.9	6.3	6.9	7.3								
139	4.7	4.8	5.0	5.6	5.9	6.3	6.8	7.3						
140	4.8	4.9	5.1	5.8	6.0	6.3	6.8	7.3						
141	4.8	4.9	5.2	5.8	6.1	6.3	6.8	7.3						
142	4.9	5.0	5.3	5.9	6.1	6.3	6.8	7.3						
143	4.9	5.0	5.5	5.9	6.1	6.3	6.8	7.2						
144	5.0	5.1	5.7	6.3	6.8	7.2								
145	5.0	5.2	5.8	6.3	6.8	7.1								
146	5.1	5.3	6.0	6.3	6.7	7.0								
147	5.1	5.3	6.0	6.3	6.7	7.0								
148	5.2	5.3	6.0	6.2	6.4	6.5	6.7	6.9						
149	5.2	5.4	6.0	6.2	6.4	6.5	6.7	6.9						
150	5.3	5.5	5.9	6.2	6.4	6.5	6.7	6.9						
151	5.3	5.7	5.8	6.1	6.3	6.5	6.7	6.8						
152	5.3	6.1	6.3	6.5	6.7	6.8								
153	5.4	6.0	6.2	6.5	6.6	6.8								
154	5.5	6.5	6.6	6.8										
155	5.7	6.5	6.6	6.8										
156	5.8	6.7												
157	5.9	6.7												
158	6.1	6.6												
159	6.2	6.6												
160	6.3	6.5												
161	6.3	6.4												