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| **Percent Fat Estimate for Men** | | | | | | | | | |
| ***Sum of chest, abdominal and thigh skinfolds*** | | | | | | | | | |
| AGE | | | | | | | | | |
| sum of |  |  |  |  |  |  |  |  |  |
| skinfolds | under |  |  |  |  |  |  |  | over |
| (mm) | 22 | 23-27 | 28-32 | 33-37 | 38-42 | 43-47 | 48-52 | 53-57 | 57 |
| 8-10 | 1.3 | 1.8 | 2.3 | 2.9 | 3.4 | 3.9 | 4.5 | 5.0 | 5.5 |
| 11-13 | 2.2 | 2.8 | 3.3 | 3.9 | 4.4 | 4.9 | 5.5 | 6.0 | 6.5 |
| 14-16 | 3.2 | 3.8 | 4.3 | 4.8 | 5.4 | 5.9 | 6.4 | 7.0 | 7.5 |
| 17-19 | 4.2 | 4.7 | 5.3 | 5.8 | 6.3 | 6.9 | 7.4 | 8.0 | 8.5 |
| 20-22 | 5.1 | 5.7 | 6.2 | 6.8 | 7.3 | 7.9 | 8.4 | 8.9 | 9.5 |
| 23-25 | 6.1 | 6.6 | 7.2 | 7.7 | 8.3 | 8.8 | 9.4 | 9.9 | 10.5 |
| 26-28 | 7.0 | 7.6 | 8.1 | 8.7 | 9.2 | 9.8 | 10.3 | 10.9 | 11.4 |
| 29-31 | 8.0 | 8.5 | 9.1 | 9.6 | 10.2 | 10.7 | 11.3 | 11.8 | 12.4 |
| 32-34 | 8.9 | 9.4 | 10.0 | 10.5 | 11.1 | 11.6 | 12.2 | 12.8 | 13.3 |
| 35-37 | 9.8 | 10.4 | 10.9 | 11.5 | 12.0 | 12.6 | 13.1 | 13.7 | 14.3 |
| 38-40 | 10.7 | 11.3 | 11.8 | 12.4 | 12.9 | 13.5 | 14.1 | 14.6 | 15.2 |
| 41-43 | 11.6 | 12.2 | 12.7 | 13.3 | 13.8 | 14.4 | 15 | 15.5 | 16.1 |
| 44-46 | 12.5 | 13.1 | 13.6 | 14.2 | 14.7 | 15.3 | 15.9 | 16.4 | 17.0 |
| 47-49 | 13.4 | 13.9 | 14.5 | 15.1 | 15.6 | 16.2 | 16.8 | 17.3 | 17.9 |
| 50-52 | 14.3 | 14.8 | 15.4 | 15.9 | 16.5 | 17.1 | 17.6 | 18.2 | 18.8 |
| 53-55 | 15.1 | 15.7 | 16.2 | 16.8 | 17.4 | 17.9 | 18.5 | 19.1 | 19.7 |
| 56-58 | 16.0 | 16.5 | 17.1 | 17.7 | 18.2 | 18.8 | 19.4 | 20.0 | 20.5 |
| 59-61 | 16.9 | 17.4 | 17.9 | 18.5 | 19.1 | 19.7 | 20.2 | 20.8 | 21.4 |
| 62-64 | 17.6 | 18.2 | 18.8 | 19.4 | 19.9 | 20.5 | 21.1 | 21.7 | 22.2 |
| 65-67 | 18.5 | 19.0 | 19.6 | 20.2 | 20.8 | 21.3 | 21.9 | 22.5 | 23.1 |
| 68-70 | 19.3 | 19.9 | 20.4 | 21.0 | 21.6 | 22.2 | 22.7 | 23.3 | 23.9 |
| 71-73 | 20.1 | 20.7 | 21.2 | 21.8 | 22.4 | 23.0 | 23.6 | 24.1 | 24.7 |
| 74-76 | 20.9 | 21.5 | 22.0 | 22.6 | 23.2 | 23.8 | 24.4 | 25.0 | 25.5 |
| 77-79 | 21.7 | 22.2 | 22.8 | 23.4 | 24.0 | 24.6 | 25.2 | 25.8 | 26.3 |
| 80-82 | 22.4 | 23.0 | 23.6 | 24.2 | 24.8 | 25.4 | 25.9 | 26.5 | 27.1 |
| 83-85 | 23.2 | 23.8 | 24.4 | 25.0 | 25.5 | 26.1 | 26.7 | 27.3 | 27.9 |
| 86-88 | 24.0 | 24.5 | 25.1 | 25.7 | 26.3 | 26.9 | 27.5 | 28.1 | 28.7 |
| 89-91 | 24.7 | 25.3 | 25.9 | 26.5 | 27.1 | 27.6 | 28.2 | 28.8 | 29.4 |
| 92-94 | 25.4 | 26.0 | 26.6 | 27.2 | 27.8 | 28.4 | 29.0 | 29.6 | 30.2 |
| 95-97 | 26.1 | 26.7 | 27.3 | 27.9 | 28.5 | 29.1 | 29.7 | 30.3 | 30.9 |
| 98-100 | 26.9 | 27.4 | 28.0 | 28.6 | 29.2 | 29.8 | 30.4 | 31.0 | 31.6 |
| 101-103 | 27.5 | 28.1 | 28.7 | 29.3 | 29.9 | 30.5 | 31.1 | 31.7 | 32.3 |
| 104-106 | 28.2 | 28.8 | 29.4 | 30.0 | 30.6 | 31.2 | 31.8 | 32.4 | 33.0 |
| 107-109 | 28.9 | 29.5 | 30.1 | 30.7 | 31.3 | 31.9 | 32.5 | 33.1 | 33.7 |
| 110-112 | 29.6 | 30.2 | 30.8 | 31.4 | 32.0 | 32.6 | 33.2 | 33.8 | 34.4 |
| 113-115 | 30.2 | 30.8 | 31.4 | 32.0 | 32.6 | 33.2 | 33.8 | 34.5 | 35.1 |
| 116-118 | 30.9 | 31.5 | 32.1 | 32.7 | 33.3 | 33.9 | 34.5 | 35.1 | 35.7 |
| 119-121 | 31.5 | 32.1 | 32.7 | 33.3 | 33.9 | 34.5 | 35.1 | 35.7 | 36.4 |
| 122-124 | 32.1 | 32.7 | 33.3 | 33.9 | 34.5 | 35.1 | 35.8 | 36.4 | 37.0 |
| 125-127 | 32.7 | 33.3 | 33.9 | 34.5 | 35.1 | 35.8 | 36.4 | 37.0 | 37.6 |

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| MEN'S CATEGORY OF BODY FAT % | | |
| Competition |  | 4-6 % |
| Very Lean |  | 7-10 % |
| Lean |  | 11-14 % |
| Moderate |  | 15-20 % |
| Overweight |  | 21-27 % |
| Obese |  | >27.1 % |

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| **Percent Fat Estimate for Women** | | | | | | | | | |
| ***Sum of triceps, supraillium and thigh skinfolds*** | | | | | | | | | |
| AGE | | | | | | | | | |
| sum of |  |  |  |  |  |  |  |  |  |
| skinfolds | under |  |  |  |  |  |  |  | over |
| (mm) | 22 | 23-27 | 28-32 | 33-37 | 38-42 | 43-47 | 48-52 | 53-57 | 57 |
| 23-25 | 9.7 | 9.9 | 10.2 | 10.4 | 10.7 | 10.9 | 11.2 | 11.4 | 11.7 |
| 26-28 | 11.0 | 11.2 | 11.5 | 11.7 | 12. | 12.3 | 12.5 | 12.7 | 13.0 |
| 29-31 | 12.3 | 12.5 | 12.8 | 13 | 13.3 | 13.5 | 13.8 | 14.0 | 14.3 |
| 32-34 | 13.6 | 13.8 | 14.0 | 14.3 | 14.5 | 14.8 | 15.0 | 15.3 | 15.5 |
| 35-37 | 14.8 | 15.0 | 15.3 | 15.5 | 15.8 | 16.0 | 16.3 | 16.5 | 16.8 |
| 38-40 | 16.0 | 16.3 | 16.5 | 16.7 | 17.0 | 17.2 | 17.5 | 17.7 | 18.0 |
| 41-43 | 17.2 | 17.4 | 17.7 | 17.9 | 18.2 | 18.4 | 18.7 | 18.9 | 19.2 |
| 44-46 | 18.3 | 18.6 | 18.8 | 19.1 | 19.3 | 19.6 | 19.8 | 20.1 | 20.3 |
| 47-49 | 19.5 | 19.7 | 20.0 | 20.2 | 20.5 | 20.7 | 21.0 | 21.2 | 21.5 |
| 50-52 | 20.6 | 20.8 | 21.1 | 21.3 | 21.6 | 21.8 | 22.1 | 22.3 | 22.6 |
| 53-55 | 21.7 | 21.9 | 22.1 | 22.4 | 22.6 | 22.9 | 23.1 | 23.4 | 23.6 |
| 56-58 | 22.7 | 23.0 | 23.2 | 23.4 | 23.7 | 23.9 | 24.2 | 24.4 | 24.7 |
| 59-61 | 23.7 | 24.0 | 24.2 | 24.5 | 24.7 | 25.0 | 25.2 | 25.5 | 25.7 |
| 62-64 | 24.7 | 25.0 | 25.2 | 25.5 | 25.7 | 26.0 | 26.7 | 26.4 | 26.7 |
| 65-67 | 25.7 | 25.9 | 26.2 | 26.4 | 26.7 | 26.9 | 27.2 | 27.4 | 27.7 |
| 68-70 | 26.6 | 26.9 | 27.1 | 27.4 | 27.6 | 27.9 | 28.1 | 28.4 | 28.6 |
| 71-73 | 27.5 | 27.8 | 28.0 | 28.3 | 28.5 | 28.8 | 29. | 29.3 | 29.5 |
| 74-76 | 28.4 | 28.7 | 28.9 | 29.2 | 29.4 | 29.7 | 29.9 | 30.2 | 30.4 |
| 77-79 | 29.3 | 29.5 | 29.8 | 30.0 | 30.3 | 30.5 | 30.8 | 31.0 | 31.3 |
| 80-82 | 30.1 | 30.4 | 30.6 | 30.9 | 31.1 | 31.4 | 31.6 | 31.9 | 32.1 |
| 83-85 | 30.9 | 31.2 | 31.4 | 31.7 | 31.9 | 32.2 | 32.4 | 32.7 | 32.9 |
| 86-88 | 31.7 | 32.0 | 32.2 | 32.5 | 32.7 | 32.9 | 33.2 | 33.4 | 33.7 |
| 89-91 | 32.5 | 32.7 | 33.0 | 33.2 | 33.5 | 33.7 | 33.9 | 34.2 | 34.4 |
| 92-94 | 33.2 | 33.4 | 33.7 | 33.9 | 34.2 | 34.4 | 34.7 | 34.9 | 35.2 |
| 95-97 | 33.9 | 34.1 | 34.4 | 34.6 | 34.9 | 35.1 | 35.4 | 35.6 | 35.9 |
| 98-100 | 34.6 | 34.8 | 35.1 | 35.3 | 35.5 | 35.8 | 36.0 | 36.3 | 36.5 |
| 101-103 | 35.3 | 35.4 | 35.7 | 35.9 | 36.2 | 36.4 | 36.7 | 36.9 | 37.2 |
| 104-106 | 35.8 | 36.1 | 36.3 | 36.6 | 36.8 | 37.1 | 37.3 | 37.5 | 37.8 |
| 107-109 | 36.4 | 36.7 | 36.9 | 37.1 | 37.4 | 37.6 | 37.9 | 38.1 | 38.4 |
| 110-112 | 37.0 | 37.2 | 37.5 | 37.7 | 38.0 | 38.2 | 38.5 | 38.7 | 38.9 |
| 113-115 | 37.5 | 37.8 | 38.0 | 38.2 | 38.5 | 38.7 | 39.0 | 39.2 | 39.5 |
| 116-118 | 38.0 | 38.3 | 38.5 | 38.8 | 39.0 | 39.3 | 39.5 | 39.7 | 40.0 |
| 119-121 | 38.5 | 38.7 | 39.0 | 39.2 | 39.5 | 39.7 | 40.0 | 40.2 | 40.5 |
| 122-124 | 39.0 | 39.2 | 39.4 | 39.7 | 39.9 | 40.2 | 40.4 | 40.7 | 40.9 |
| 125-127 | 39.4 | 39.6 | 39.9 | 40.1 | 40.4 | 40.6 | 40.9 | 41.1 | 41.4 |
| 128-130 | 39.8 | 40.0 | 40.3 | 40.5 | 40.8 | 41.0 | 41.3 | 41.5 | 41.8 |

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| WOMEN'S CATEGORY OF BODY FAT % | | |
| Competition |  | 6-8 % |
| Very Lean |  | 9-12 % |
| Lean |  | 13-17 % |
| Moderate |  | 18-23 % |
| Overweight |  | 24-32 % |
| Obese |  | >32.1 % |

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