

Skin Fold Measurements- Men					
% Fat for sum of measurements for all four locations					
Sum of Skin fold measurements (mm)	Age 17-19	Age 20-29	Age 30-39	Age 40-49	Age 50+
14	4.21	3.85	8.40	7.58	7.39
16	5.74	5.38	9.74	9.31	9.31
18	7.10	6.74	10.93	10.84	11.02
20	8.32	7.96	12.00	12.22	12.55
22	9.43	9.07	12.97	13.47	13.95
24	10.45	10.09	13.87	14.62	15.23
26	11.39	11.03	14.69	15.68	16.42
28	12.26	11.91	15.46	16.67	17.53
30	13.07	12.73	16.17	17.60	18.56
32	13.84	13.49	16.84	18.47	19.53
34	14.56	14.22	17.47	19.28	20.44
36	15.25	14.90	18.07	20.06	21.31
38	15.89	15.55	18.63	20.79	22.13
40	16.51	16.17	19.17	21.49	22.92
42	17.10	16.76	19.69	22.16	23.66
44	17.66	17.32	20.18	22.80	24.38
46	18.20	17.86	20.65	23.41	25.06
48	18.71	18.37	21.10	24.00	25.72
50	19.21	18.87	21.53	24.56	26.35
55	20.37	20.04	22.54	25.88	27.83
60	21.44	21.11	23.47	27.09	29.20
65	22.42	22.09	24.33	28.22	30.45
70	23.34	23.01	25.13	29.26	31.63
75	24.20	23.87	25.87	30.23	32.72
80	25.00	24.67	26.57	31.15	33.75
85	25.76	25.43	27.23	32.01	34.72
90	26.47	26.15	27.85	32.83	35.64
95	27.15	26.83	28.44	33.61	36.52
100	27.80	27.48	29.00	34.34	37.35
110	29.00	28.68	30.05	35.72	38.90
120	30.11	29.79	31.01	36.99	40.33
130	31.13	30.82	31.89	38.15	41.65
140	32.08	31.77	32.71	39.24	42.87
150	32.97	32.66	33.48	40.26	44.02
160	33.80	33.49	34.20	41.21	45.10
170	34.59	34.28	34.88	42.11	46.12
180	35.33	35.02	35.53	42.96	47.08
190	36.04	35.73	36.13	43.77	48.00
200	36.71	36.40	36.71	44.54	48.87