Body Fat Assessment: Seven Site Skin-fold:
Skin-fold Callipers:
Sportsman's Warehouse: R150

This works on measuring a fold of skin between the two points of the calliper.

Using your thumb you press until the circle is in the notch.

Use mm.
There are various methods

Three points of measurement

& Seven points illustrated here
It is a standardised method

Use the right side of the body

Measured at specific points which are measured from easily identified points of the body.
The thickness of a fold of skin is measure applying an equal pressure.
Body Fat Assessment: Seven Site Skinfold:

Points of measure are:
- Chest
- Midaxillary
- Suprailiac
- Abdominal
- Triceps
- Subscapula
- Thigh
Abdominal Assessment:

Note the thumb is depressed until it fits into the notch and then it is read.
Body Fat Assessment: Seven Site Skin-fold:

Chest: 10 mm
        10 mm
        10 mm
Body Fat Assessment: Seven Site Skin-fold:

Midaxillary: 12 mm
12 mm
12 mm
Body Fat Assessment: Seven Site Skin-fold:

<table>
<thead>
<tr>
<th>Site</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suprailiac</td>
<td>12 mm</td>
</tr>
<tr>
<td></td>
<td>12 mm</td>
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<tr>
<td></td>
<td>12 mm</td>
</tr>
</tbody>
</table>
Body Fat Assessment: Seven Site Skin-fold:

Abdomen: 18 mm
18 mm
18 mm
Body Fat Assessment: Seven Site Skin-fold:

- Triceps: 17mm, 18mm, 17mm
Body Fat Assessment: Seven Site Skin-fold:

Subscapula: 13mm
12 mm
12 mm
Body Fat Assessment: Seven Site Skin-fold:

Thigh: 12mm
12 mm
12 mm
Our subject here has a Body Fat Percentage of 12% which is 2% higher than that obtained from the Tanita Scale.

Body Fat Assessment: Seven Site Skin-fold:
http://www.free-online-calculator-use.com/skin-fold-test.html