

Body Fat Chart for Men

using Single Site Suprailiac

Suprailiac Skinfold (mm)	Age 20 and Under	Age 21-25	Age 26-30	Age 31-35	Age 36-40	Age 41-45	Age 46-50	Age 51-55	Age 56 and Above
2.5	2.00%	2.50%	3.50%	4.50%	5.60%	6.70%	7.70%	8.80%	9.90%
3.0	2.47%	3.10%	4.12%	5.15%	6.22%	7.32%	8.32%	9.70%	10.52%
3.5	2.95%	3.70%	4.75%	5.80%	6.85%	7.95%	8.95%	10.60%	11.15%
4.0	3.42%	4.30%	5.37%	6.45%	7.47%	8.57%	9.57%	11.50%	11.77%
4.5	3.90%	4.90%	6.00%	7.10%	8.10%	9.20%	10.20%	12.40%	12.40%
5.0	4.47%	5.50%	6.60%	7.67%	8.70%	9.77%	10.80%	12.97%	12.97%
5.5	5.05%	6.10%	7.20%	8.25%	9.30%	10.35%	11.40%	13.55%	13.54%
6.0	5.62%	6.70%	7.80%	8.82%	9.90%	10.92%	12.00%	14.12%	14.12%
6.5	6.20%	7.30%	8.40%	9.40%	10.50%	11.50%	12.60%	14.70%	14.70%
7.0	6.77%	7.85%	8.95%	9.97%	11.05%	12.07%	13.15%	15.27%	15.27%
7.5	7.35%	8.40%	9.50%	10.55%	11.60%	12.65%	13.70%	15.85%	15.85%
8.0	7.92%	8.95%	10.05%	11.12%	12.15%	13.22%	14.25%	16.42%	16.42%
8.5	8.50%	9.50%	10.60%	11.70%	12.70%	13.80%	14.80%	17.00%	17.00%
9.0	9.00%	10.02%	11.12%	12.20%	13.22%	14.32%	15.32%	17.52%	17.52%
9.5	9.50%	10.55%	11.65%	12.70%	13.75%	14.85%	15.85%	18.05%	18.05%
10.0	10.00%	11.07%	12.17%	13.20%	14.27%	15.37%	16.37%	18.57%	18.57%
10.5	10.50%	11.60%	12.70%	13.70%	14.80%	15.90%	16.90%	19.10%	19.10%
11.0	11.00%	12.10%	13.17%	14.20%	15.30%	16.37%	16.37%	19.57%	19.57%
11.5	11.50%	12.60%	13.64%	14.70%	15.80%	16.85%	16.85%	20.05%	20.05%
12.0	12.00%	13.10%	14.12%	15.20%	16.30%	17.32%	17.32%	20.52%	20.52%
12.5	12.50%	13.60%	14.60%	15.70%	16.80%	17.80%	18.90%	21.00%	21.00%
13.0	12.95%	14.05%	15.05%	16.20%	17.25%	18.25%	19.35%	21.45%	21.45%
13.5	13.40%	14.50%	15.50%	16.70%	17.70%	18.70%	19.80%	21.90%	21.90%
14.0	13.85%	14.95%	15.95%	17.20%	18.15%	19.15%	20.25%	22.35%	22.35%
14.5	14.30%	15.40%	16.40%	17.50%	18.60%	19.60%	20.70%	22.80%	22.80%
15.0	14.72%	15.80%	16.82%	17.92%	19.00%	20.02%	21.12%	23.22%	23.22%
15.5	15.15%	16.20%	17.25%	18.35%	19.40%	20.45%	21.55%	23.65%	23.65%
16.0	15.57%	17.00%	17.67%	18.77%	19.80%	20.87%	21.97%	24.07%	24.07%
16.5	16.00%	17.40%	18.10%	19.20%	20.20%	21.30%	22.40%	24.50%	24.50%
17.0	16.37%	17.80%	18.47%	19.57%	20.60%	21.67%	22.75%	24.87%	24.87%
17.5	16.75%	18.20%	18.85%	19.95%	21.00%	22.05%	23.15%	25.25%	25.25%
18.0	17.12%	18.60%	19.22%	20.32%	21.40%	22.42%	23.52%	25.62%	25.62%
18.5	17.50%	18.95%	19.60%	20.70%	21.80%	22.80%	23.90%	26.00%	26.00%
19.0	17.85%	19.30%	19.95%	21.05%	22.15%	23.27%	24.25%	26.35%	26.35%
19.5	18.20%	19.65%	20.30%	21.40%	22.50%	23.75%	24.60%	26.70%	26.60%
20.0	18.55%	20.00%	20.65%	21.75%	22.85%	24.22%	24.95%	27.05%	26.95%

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Suprailiac Skinfold (mm)	Age 20 and Under	Age 21-25	Age 26-30	Age 31-35	Age 36-40	Age 41-45	Age 46-50	Age 51-55	Age 56 and Above
20.5	18.90%	20.00%	21.00%	22.10%	23.20%	24.70%	25.30%	27.40%	27.40%
21.0	19.22%	20.30%	21.32%	22.42%	23.50%	24.90%	25.62%	27.72%	27.72%
21.5	19.55%	20.60%	21.65%	22.77%	23.80%	25.10%	25.95%	28.05%	28.05%
22.0	19.87%	20.90%	21.97%	23.07%	21.40%	25.30%	26.27%	28.37%	28.37%
22.5	20.20%	21.20%	22.30%	22.10%	24.40%	25.50%	26.60%	28.70%	28.70%
23.0	20.47%	21.47%	22.57%	22.42%	24.70%	25.77%	26.87%	28.97%	28.97%
23.5	21.75%	21.75%	22.85%	22.77%	25.10%	26.05%	27.15%	29.25%	29.25%
24.0	22.02%	22.02%	22.12%	23.07%	25.40%	26.32%	27.42%	29.57%	29.52%
24.5	21.30%	22.30%	23.40%	23.40%	25.60%	26.60%	27.70%	29.80%	29.80%
25.0	21.55%	22.55%	23.65%	23.67%	25.82%	26.25%	27.95%	30.05%	30.05%
25.5	21.80%	22.80%	23.90%	23.95%	26.05%	26.50%	28.20%	30.30%	30.30%
26.0	22.05%	23.05%	24.15%	24.22%	26.27%	26.75%	28.45%	30.55%	30.55%
26.5	22.30%	23.30%	24.40%	24.50%	26.50%	27.60%	28.70%	30.80%	30.80%
27.0	22.50%	23.52%	24.60%	24.75%	26.72%	27.80%	28.90%	31.00%	31.00%
27.5	22.70%	23.75%	24.80%	25.00%	26.95%	28.00%	29.10%	31.20%	31.20%
28.0	22.90%	23.97%	25.00%	25.25%	27.17%	28.20%	29.30%	31.40%	31.40%
28.5	23.10%	24.20%	25.20%	24.50%	27.40%	28.40%	29.50%	31.60%	31.60%
29.0	23.27%	24.37%	25.37%	24.75%	27.57%	28.57%	29.67%	31.82%	31.77%
29.5	23.45%	24.55%	25.55%	25.00%	27.75%	28.75%	29.85%	32.05%	31.95%
30.0	23.62%	24.72%	25.72%	25.25%	27.92%	28.92%	30.02%	32.27%	32.12%
30.5	23.80%	24.90%	25.90%	25.50%	28.10%	29.10%	30.20%	32.30%	32.30%
31.0	23.92%	25.02%	26.05%	25.70%	28.22%	29.25%	30.32%	32.45%	32.45%
31.5	24.05%	15.15%	26.20%	25.90%	28.35%	29.40%	30.45%	32.60%	32.60%
32.0	24.17%	25.27%	26.35%	26.10%	28.47%	29.55%	30.57	32.75%	32.75%
32.5	24.30%	25.40%	26.50%	26.30%	28.60%	29.70%	30.70%	32.90%	32.90%
33.0	24.45%	25.50%	26.60%	26.47%	28.70%	29.80%	30.82%	33.00%	33.00%
33.5	24.60%	25.60%	26.70%	26.64%	28.80%	29.90%	30.95%	33.10%	33.10%
34.0	24.75%	25.70%	26.80%	26.82%	28.90%	30.00%	31.07%	33.20%	33.20%
34.5	24.90%	25.80%	26.90%	27.00%	29.00%	30.10%	31.20%	33.30%	33.30%
35.0	25.05%	25.90%	27.00%	27.12%	29.10%	30.20%	31.32%	33.40%	33.40%
35.5	25.20%	26.00%	27.10%	27.25%	29.20%	30.30%	31.45%	33.50%	33.50%
36.0	25.35%	26.10%	27.20%	27.37%	29.30%	30.40%	31.57%	33.60%	33.60%
36.5	25.50%	26.20%	27.30%	27.50%	29.40%	30.50%	31.70%	33.70%	33.70%
37.0	25.65%	26.30%	27.40%	27.62%	29.50%	30.60%	31.82%	33.80%	33.80%
37.5	26.80%	26.40%	27.50%	27.75%	29.60%	30.70%	31.95%	33.90%	33.90%
38.0	26.95%	26.50%	27.60%	27.87%	29.70%	30.80%	32.07%	34.00%	34.00%
38.5	26.10%	26.60%	27.70%	28.50%	29.80%	30.90%	32.20%	34.10%	34.10%
39.0	26.25%	26.70%	27.80%	28.62%	29.90%	31.00%	32.30%	34.20%	34.20%
39.5	26.40%	26.80%	27.90%	28.75%	30.00%	31.10%	32.40%	34.30%	34.30%