

Prediction of body fat from conventional skinfold equations

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(For formulae refer to Chapter 1 by Eston et al. in Eston and Reilly, Vol 1 2009)

Instruct
Enter value

	VALUE	MALE				FEMALE
		Density	%fat	FM	FFM	Density
Age (y)	30.0					
Height (m)	1.8					
Mass (kg)	78.0					
Skinfold Site						
Durnin and Womersley, 1974		1.042	24.99	19.49	58.51	1.023
Biceps	8.0					
Triceps	30.0					
Subscapular	15.0					
Iliac Crest	23.0					
Jackson and Pollock, 1978 (Men)		1.062	15.95	12.44	65.56	
Pectoral	9.0					
Abdominal	25.0					
Mid Thigh	19.0					
Jackson et al., 1980 (Women)						1.033
Suprailium	17.0					
Triceps	29.0					
Mid Thigh	30.5					
BMI	24.62					24.62
FFMI	17.57					16.62
FMI	7.09					8.00
Petersen et al. (2003)			%fat	FM	FFM	
			28.79	22.46	55.54	

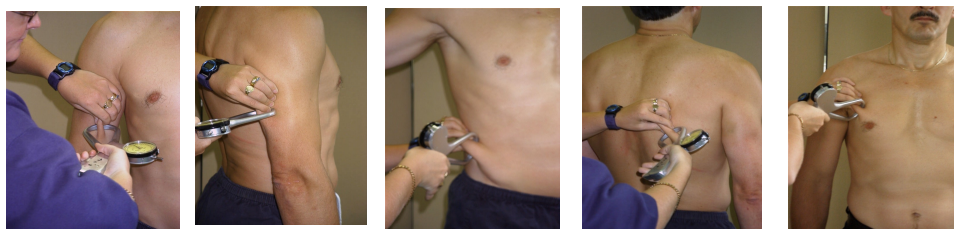


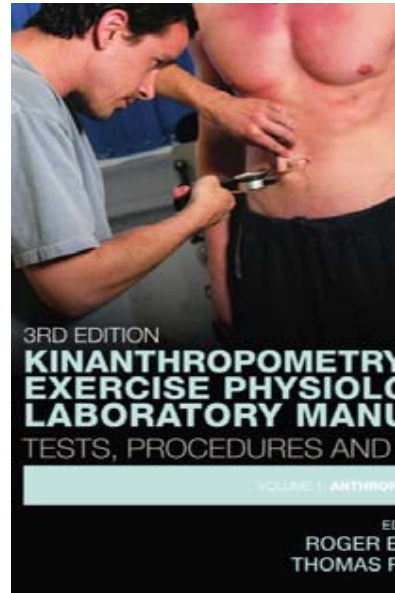
Figure 1.12 Location of the iliac crest region.

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es into column D and computed values will appear automatically

E

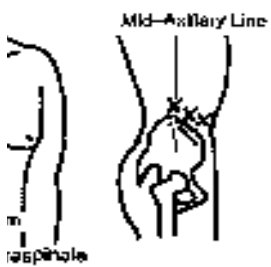
%fat	FM	FFM
34.02	26.53	51.47



29.30	22.86	55.14
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%fat	FM	FFM
32.49	25.34	52.66



of the skinfold sites in



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