

911 FITNESS
 Percentage of Body Fat
 (Sum of Chest, Abdominal, and Thigh Skinfolts)

MEN									
Age to the Last Year									
Sum of		23	28	33	38	43	48	53	Over
Skinfolts	Under	to	to	to	to	to	to	to	58
(mm)	22	27	32	37	42	47	52	57	
8 – 10	1.3	1.8	2.3	2.9	3.4	3.9	4.5	5	5.5
11 – 13	2.2	2.8	3.3	3.9	4.4	4.9	5.5	6	6.5
14 – 16	3.2	3.8	4.3	4.8	5.4	5.9	6.4	7	7.5
17 – 19	4.2	4.7	5.3	5.8	6.3	6.9	7.4	8	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	7.6	8.1	8.7	9.2	9.8	10.3	10.9	11.4
29 – 31	8	8.5	9.1	9.6	10.2	10.7	11.3	11.8	12.4
32 – 34	8.9	9.4	10	10.5	11.1	11.6	12.2	12.8	13.3
35 – 37	9.8	10.4	10.9	11.5	12	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
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	18.1	18.5	19.7
56 – 58	16	16.5	17.1	17.7	18.2	18.8	19.4	20	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	19.6	20.2	20.8	21.3	21.9	22.5	23.1
68 – 70	19.3	19.9	20.4	21	21.6	22.2	22.7	23.3	23.9
71 – 73	20.1	20.7	21.2	21.8	22.4	23	23.6	24.1	24.7
74 – 76	20.9	21.5	22	22.6	23.2	23.8	24.4	25	25.5
77 – 79	21.7	22.2	22.8	23.4	24	24.6	25.2	25.8	26.3
80 – 82	22.4	23	23.6	24.2	24.8	25.4	25.9	26.5	27.1
83 – 85	23.2	23.8	24.4	25	25.5	26.1	26.7	27.3	27.9
86 – 88	24	24.5	25.1	25.7	26.3	26.9	27.5	28.1	28.7
89 – 91	24.7	25.3	25.9	25.5	27.1	27.6	28.2	28.8	29.4
92 – 94	25.4	26	26.6	27.2	27.8	28.4	29	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	28.6	29.2	29.8	30.4	31	31.6
101 – 103	27.5	28.1	28.7	29.3	29.9	30.5	31.1	31.7	32.3

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104 – 106	28.2	28.8	29.4	30	30.6	31.2	31.8	32.4	33
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	32.6	33.2	33.8	34.4
113 – 115	30.2	30.8	31.4	32	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
125 – 127	32.7	33.3	33.9	34.5	35.1	35.8	36.4	37	37.6
128 – 130	33.3	33.9	34.5	35.1	35.8	36.4	37	37.6	38.2
131 – 133	33.9	34.5	35.1	35.8	36.4	37	37.6	38.2	38.8
134 – 136	34.5	35.1	35.8	36.4	37	37.6	38.2	38.8	39.4
137 – 139	35.1	35.8	36.4	37	37.6	38.2	38.8	39.4	40
140 – 142	35.8	36.4	37	37.6	38.2	38.8	39.4	40	40.6
143 – 145	36.4	37	37.6	38.2	38.8	39.4	40	40.6	41.2
146 – 148	37	37.6	38.2	38.8	39.4	40	40.6	41.2	41.8
149 – 151	37.6	38.2	38.8	39.4	40	40.6	41.2	41.8	42.4
152 – 154	38.2	38.8	39.4	40	40.6	41.2	41.8	42.4	43
155 – 157	38.8	39.4	40	40.6	41.2	41.8	42.4	43	43.6

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158 – 160	39.4	40	40.6	41.2	41.8	42.4	43	43.6	44.2
161 – 163	40	40.6	41.2	41.8	42.4	43	43.6	44.2	44.8
164 – 166	40.6	41.2	41.8	42.4	43	43.6	44.2	44.8	45.4
167 – 169	41.2	41.8	42.4	43	43.6	44.2	44.8	45.4	46
170 – 172	41.8	42.4	43	43.6	44.2	44.8	45.4	46	46.6
173 – 175	42.4	43	43.6	44.2	44.8	45.4	46	46.6	47.2
176 – 178	43	43.6	44.2	44.8	45.4	46	46.6	47.2	47.8
179 – 181	43.6	44.2	44.8	45.4	46	46.6	47.2	47.8	48.4
182 – 184	44.2	44.8	45.4	46	46.6	47.2	47.8	48.4	49
185 – 187	44.8	45.4	46	46.6	47.2	47.8	48.4	49	49.6
188 – 190	45.4	46	46.6	47.2	47.8	48.4	49	49.6	50.2
191 – 193	46	46.6	47.2	47.8	48.4	49	49.6	50.2	50.8
194 – 196	46.6	47.2	47.8	48.4	49	49.6	50.2	50.8	51.6
197 – 199	47.2	47.8	48.4	49	49.6	50.2	50.8	51.6	52.2
200 – 202	47.8	48.4	49	49.6	50.2	50.8	51.6	52.2	52.8
203 – 205	48.4	49	49.6	50.2	50.8	51.6	52.2	52.8	53.6
206 – 208	49	49.6	50.2	50.8	51.6	52.2	52.8	53.6	54.2
209 – 211	49.6	50.2	50.8	51.6	52.2	52.8	53.6	54.2	54.8

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