

4 huidplooiën

Je kunt de waarden van de 4 punten hieronder invullen (decimalen scheiden met een punt) en vervolgens het vetpercentage berekenen.

Geslacht ☒ Man ☐ Vrouw

Leeftijd

Biceps (mm)

Triceps (mm)

Schouder (mm)

Middel (mm)

Bereken **Wissen** %

7 huidplooiën



**Body Fat Estimate
(7 Skinfolts)
Calculator**
 BizCalcs.com

Title

☐ US ☒ Metric

Gender ☐ Female ☒ Male

Age

Weight kg

Measurements:

Chest mm

Abdomen mm

Thigh mm

Triceps mm

Axilla mm

Subscapula mm

Suprailiac mm

Body Fat **10 %**

Fat Mass **9 kg**

Lean Mass **85 kg**

Body Fat Category **Athletic**

All calculators are made available as self-help tools for your independent use with results based on information provided by the user. All examples are hypothetical and are for illustrative purposes only. Calculated results are believed to be accurate but results are not guaranteed. Exercise, Fitness, Health, and Weight Loss calculators are not for providing medical advice and should not be used as a substitute for advice from a medical professional. Users are advised to check with a physician before undertaking any strenuous exercise or diet plan.

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Skinfold Sites (mm)

Age: yrs.

Weight: lbs.

Sex:

of Sites:

3 Sites Men:
Chest, Abdominal, Thigh

3 Sites Women:
Tricep, Subprailiac, Thigh

Chest:

Midaxillary:

Subprailiac:

Abdominal:

Thigh:

Tricep:

Subscapular:

Calculate

Your Results:

Density:

% Body Fat:

LBM:

The WeighTrainer

7-Point Bodyfat/Lean Body Mass Calculator

Gender: male Weight: 207.2 lbs

Age: 24 yrs Pec: 10 mm

Abdomen: 15 mm Thigh: 11 mm

Triceps: 3 mm Subscapular: 11.5 mm

Suprailiac: 12 mm Axilla: 12 mm

Your estimated body fat percentage is: **10.2 %**

Your estimated lean body mass is: **186.2 lbs**

Exit