

Henriques 6 Bodyfat Chart

| Sum of Measurements At 6 sites | Male (BF%) | Female (BF%) |
|--------------------------------|------------|--------------|
| 24 | 4.50 | 13.00 |
| 27 | 5.25 | 14.00 |
| 30 | 6.25 | 14.90 |
| 33 | 7.00 | 15.72 |
| 36 | 7.75 | 16.54 |
| 39 | 8.50 | 17.26 |
| 42 | 9.25 | 17.94 |
| 45 | 10.00 | 18.58 |
| 48 | 10.75 | 19.24 |
| 51 | 11.50 | 19.84 |
| 54 | 12.00 | 20.41 |
| 57 | 12.55 | 20.97 |
| 60 | 13.10 | 21.50 |
| 66 | 14.20 | 22.64 |
| 72 | 15.20 | 23.71 |
| 78 | 16.25 | 24.73 |
| 84 | 17.30 | 25.70 |
| 90 | 18.20 | 26.63 |
| 96 | 19.10 | 27.51 |
| 102 | 19.90 | 28.36 |
| 108 | 20.70 | 29.18 |
| 114 | 21.50 | 29.96 |
| 120 | 22.35 | 30.72 |
| 126 | 23.00 | 31.45 |
| 132 | 23.75 | 32.15 |
| 144 | 25.10 | 33.60 |
| 156 | 26.40 | 34.97 |
| 168 | 27.60 | 36.24 |
| 192 | 29.70 | 38.69 |
| 216 | 30.85 | 40.82 |
| 240 | 32.00 | 42.67 |
| 264 | 33.30 | 44.24 |
| 288 | 34.70 | 45.53 |
| 312 | 36.00 | 46.57 |

Procedure: Take bodyfat at the following 6 sites using a standard skinfold caliper:
 Bicep, chest, midaxillary, suprailiac, abdomen, thigh