
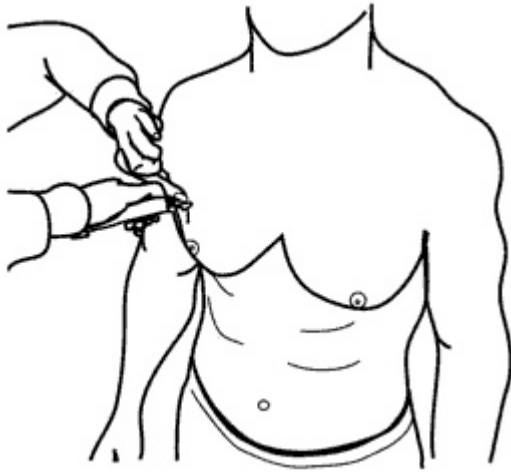
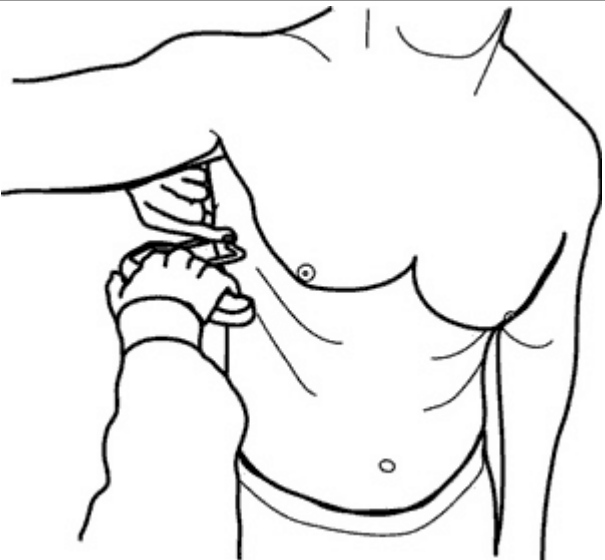


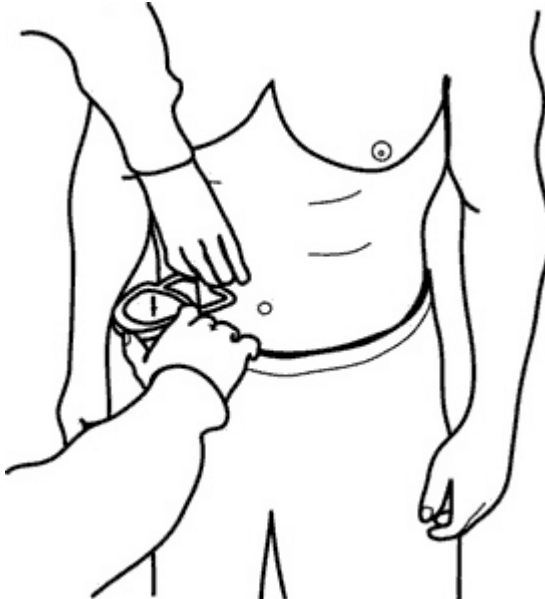
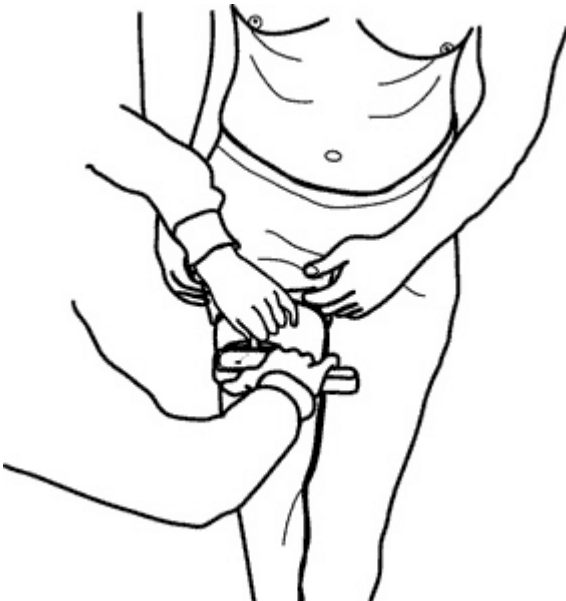


Skinfold Sites

[ExRx.net](#) > [Fitness Testing](#) > Instructions

Triceps	Chest
	
<ul style="list-style-type: none"> • Vertical fold • Posterior midline of the upper arm • Halfway between the acromion (shoulder) and olecranon processes (elbow) • Arm held freely to the side of the body 	<ul style="list-style-type: none"> • Diagonal fold • Men: one-half the distance between the anterior axillary line (crease of the underarm) and the nipple • Women: one-third of the distance between the anterior axillary line and the nipple
Midaxillary	Subscapular
	
<ul style="list-style-type: none"> • Vertical or Horizontal fold • Midaxillary line at the level of the xiphoid process of the sternum 	<ul style="list-style-type: none"> • Diagonal fold • 1 to 2 cm below the inferior angle of the scapula

Suprailiac	Abdominal
 <p>A line drawing of a person's torso from the waist up. Two hands are shown pinching a skinfold on the upper left side of the abdomen, just above the hip bone (iliac crest).</p>	 <p>A line drawing of a person's torso from the waist up. Two hands are shown pinching a skinfold on the right side of the abdomen, just to the right of the navel (umbilicus).</p>
<ul style="list-style-type: none"> • Diagonal fold • Anterior axillary line (modern technique) <ul style="list-style-type: none"> ◦ immediately superior to the iliac crest ◦ in line with the natural angle of the iliac crest taken • Mid-axillary line (traditional technique) <ul style="list-style-type: none"> ◦ Superior to the iliac crest 	<ul style="list-style-type: none"> • Vertical (modern technique) <ul style="list-style-type: none"> ◦ 2 cm or 1" to the right side of the umbilicus • Horizontal fold (traditional) <ul style="list-style-type: none"> ◦ 2 cm to the right side of the umbilicus
Thigh	Other Sites
 <p>A line drawing of a person's lower torso and upper legs. Two hands are shown pinching a skinfold on the front of the right thigh, halfway between the hip and the knee.</p>	<p>Biceps</p> <ul style="list-style-type: none"> • Vertical fold • Anterior aspect of the arm over the belly of the biceps muscle • 1 cm above the level used to mark the triceps site <p>Calf</p> <ul style="list-style-type: none"> • Vertical fold • maximum circumference of calf on the midline of medial border
<ul style="list-style-type: none"> • Vertical fold • Anterior midline of the thigh • Midway between the proximal border of the patella (upper knee) and the inguinal crease (hip) 	

Skinfold site illustration from [Trainer Clip Art CD-ROM](#).

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