

STANDARDIZED DESCRIPTION OF SKINFOLD SITES

Source: *ACSM's Resource Manual for Guidelines for Exercise Testing & Prescription*. 2nd Ed.
Lea & Febiger, 1993;11-15

- Abdominal: A vertical fold taken at a distance 2 cm to the right side of the umbilicus.
- Biceps: A vertical fold taken on the anterior aspect of the arm over the belly of the biceps muscle; 1 cm above the level used to mark the triceps.
- Chest/Pectoral: A diagonal fold taken one-half the distance between the anterior axillary line and the nipple (men) and one-third the distance between the anterior axillary line and the nipple (women).
- Medial Calf: A vertical fold at a level of the maximum circumference of the calf on the midline of its medial border.
- Midaxillary: A vertical fold taken on the midaxillary line at the level of the xiphoid process of the sternum. (An alternate method is a horizontal fold taken at the level of the xiphoid/sternal border in the midaxillary line).
- Subscapular: An angular fold taken at a 45 degree angle 1 to 2 cm below the inferior angle of the scapula.
- Suprailium: An oblique fold taken in line with the natural angle of the iliac crest taken in the anterior axillary line immediately superior to the iliac crest.
- Thigh: A vertical fold on the anterior midline of the thigh, midway between the proximal border of the patella and the inguinal crease (hip).
- Triceps: A vertical fold on the posterior midline of the upper right arm, half-way between the acromion and olecranon processes, with the arm held freely to the side of the body.

Procedures:

- Measurements should be taken on the right side of the body.
- Caliper should be placed 1 cm away from the thumb and finger, perpendicular to the skinfold, and half-way between the crest and base of the fold.
- Pinch should be maintained while reading the caliper.
- Wait 1 to 2 seconds (and not longer) before reading caliper.
- Take duplicate measures at each site.
- Retest if measurements do not fall within 1 to 2 mm.
- Rotate through measurement sites or allow time for skin to regain normal texture and thickness.