



Body Composition Testing

What is a skinfold body composition test?

- Measures the thickness of your subcutaneous fat
- Calculates body density to estimate body fat percentage
- More accurate than tracking body weight alone
- Shows changes in lean v. fat mass

Three vs. Seven Sites?

- Depending on where you store fat, your % body fat may be less accurate if only 3 sites are measured.
- Approximately $\pm 3\%$ error.

What is included?

- Three or seven site skinfold measurement by a trained Exercise Physiologist
- PDF copy of results emailed to you which includes:
 - Lean mass (lb.)
 - Fat mass (lb.)
 - Site measurements (mm)
 - % body fat
 - Normative % body fat range

Skinfold Test Options:

Three Site Skinfold Test \$20

Men - Chest, Abdomen, Thigh

Women - Tricep, Suprailliac, Thigh

Seven Site Skinfold Test \$25

Men - Chest, Midaxillary, Abdominal, Subscapular, Suprailliac, Tricep, Thigh

Women - Chest, Midaxillary, Abdominal, Subscapular, Suprailliac, Tricep, Thigh

Payment: Cash, PayPal, or Venmo

Contact: Please email Patrick DelMastro at skinfoldtestingCFM@gmail.com to set up an appointment.

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