

PERCENT BODY FAT ESTIMATION FOR MEN (CONT'D)

Circumference Value*	Height (inches)																			
	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5	78	78.5	79	79.5
14.5	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
15	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
15.5	10	10	9	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
16	11	11	11	10	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
16.5	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9	9	<9	<9	<9	<9
17	13	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9
17.5	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12	11	11	11	11	11
18	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12
18.5	17	16	16	16	16	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13
19	18	17	17	17	17	16	16	16	16	16	15	15	15	15	15	14	14	14	14	14
19.5	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16	15	15	15	15	15
20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16
20.5	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16
21	21	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17
21.5	22	22	22	21	21	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18
22	23	23	23	22	22	22	22	22	21	21	21	21	20	20	20	20	20	20	19	19
22.5	24	24	23	23	23	23	23	22	22	22	22	22	21	21	21	21	21	20	20	20
23	25	24	24	24	24	24	23	23	23	23	22	22	22	22	22	22	21	21	21	21
23.5	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22
24	>25	>25	>25	>25	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22
24.5	>25	>25	>25	>25	>25	>25	>25	>25	25	25	25	25	25	24	24	24	24	24	23	23
25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	25	25	25	25	25	25	24	24	24	24
25.5	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	25	25	25	25	25
26	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	25
26.5	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25

*Circumference value = abdomen circumference - neck circumference (in inches)
 MAXIMUM ALLOWED FAT LIMITS FOR MALES

AGE 17-39 22%
 AGE 40+ 23%