

PERCENT BODY FAT ESTIMATION FOR MEN

Circumference Value*	Height (inches)																			
	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5	68	68.5	69	69.5
13	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
13.5	9	9	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
14	11	11	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9	<9
14.5	12	12	12	11	11	11	11	10	10	10	10	9	9	<9	<9	<9	<9	<9	<9	<9
15	13	13	13	13	12	12	12	12	11	11	11	11	10	10	10	10	10	9	9	<9
15.5	15	14	14	14	14	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10
16	16	16	15	15	15	15	14	14	14	14	13	13	13	13	12	12	12	12	12	11
16.5	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14	13	13	13	13	12
17	18	18	18	17	17	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14
17.5	19	19	19	18	18	18	18	17	17	17	17	16	16	16	16	16	15	15	15	15
18	20	20	20	19	19	19	19	18	18	18	18	18	17	17	17	17	16	16	16	16
18.5	21	21	21	20	20	20	20	19	19	19	19	19	18	18	18	18	17	17	17	17
19	22	22	22	21	21	21	21	20	20	20	20	20	19	19	19	19	18	18	18	18
19.5	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20	19	19	19	19
20	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20
20.5	25	25	25	24	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21
21	>25	>25	25	25	25	25	24	24	24	24	24	23	23	23	23	22	22	22	22	21
21.5	>25	>25	>25	>25	>25	>25	25	25	25	25	24	24	24	24	23	23	23	23	23	22
22	>25	>25	>25	>25	>25	>25	>25	>25	>25	25	25	25	25	25	24	24	24	24	23	23
22.5	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	25	25	25	25	24	24	24
23	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	>25	25	25	25
23.5	>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%