

Body Composition (% Body Fat) for Men*

Percentile	20- 29	30 - 39	40 - 49	50 - 59	60+
90	7.1	11.3	13.6	15.3	15.3
80	9.4	13.9	16.3	17.9	18.4
70	11.8	15.9	18.1	19.8	20.3
60	14.1	17.5	19.6	21.3	22
50	15.9	19	21.1	22.7	23.5
40	17.4	20.5	22.5	24.1	25
30	19.5	22.3	24.1	25.7	26.7
20	22.4	24.2	16.1	27.5	28.5
10	25.9	27.3	28.9	30.3	31.2

*ACSM's Guidelines for Exercise Testing and Prescription, 7th Ed., 2006

Body Fat Ranges for Standard Adult Males

