Body Fat Percentage For Men

Ideal body fat percentage for Men				
Age(yr)	Excellent	Good	Fair	Risky
20-24	10.8	14.9	19.0	23.3
25-29	12.8	16.5	20.3	24.3
30-34	14.5	18.0	21.5	25.2
35-39	16.1	19.3	22.6	26.1
40-44	17.5	20.5	23.6	26.9
45-49	18.6	21.5	24.5	27.6
50-54	19.5	22.3	25.2	28.3
55-59	20.0	22.9	25.9	28.9
60+	20.3	23.4	26.4	29.5

Body Fat Percentage For Women

Ideal body fat percentage for Women				
Age (Yr)	Excellent	Good	Fair	Risky
20-24	18.9	22.0	25.0	29.6
25-29	18.9	22.1	25.4	29.8
30-34	19.7	22.7	26.4	30.5
35-39	21.0	24.0	27.7	31.5
40-44	22.6	25.6	29.3	32.8
45-49	24.3	27.3	30.9	34.1
50-54	25.8	28.9	32.3	35.5
55-59	27.0	30.2	33.5	36.7
60+	27.6	30.9	34.2	37.7

General Body Fat Percentages Categories (The American Council of Exercise)

Category	Women (% fat)	Men (% fat)
Fitness	21-24%	14-17%
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

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