

Ideal Body Measurements for Men Chart

Date	Weight	Neck	Biceps	Forearm	Chest	Waist	Hips	Thigh	Calf
	Wt/Height	Bicep/forearm	Chest/Waist	Chest/Hips	Hips/Thighs	Thighs/Calf	Waist/Hip		
.....Ideal		1.2	1.33	1.11	1.66	1.5	< 0.9		