

Body Composition

Percent Body Fat Norms for Males

Healthy range of percent fat is generally 5% to 15% for all ages.

		Age				
		17 - 29	30 - 39	40 - 49	50 - 59	60+
Percentile Rank	99	2.4%	5.2%	6.6%	8.8%	7.7%
	95	5.2%	9.1%	11.4%	12.9%	13.1%
	90	7.1%	11.3%	13.6%	15.3%	15.3%
	85	8.3%	12.7%	15.1%	16.9%	17.2%
	80	9.4%	13.9%	16.3%	17.9%	18.4%
	75	10.6%	14.9%	17.3%	19.0%	19.3%
	70	11.8%	15.9%	18.1%	19.8%	20.3%
	65	12.9%	16.6%	18.8%	20.6%	21.1%
	60	14.1%	17.5%	19.6%	21.3%	22.0%
	55	15.0%	18.2%	20.3%	22.1%	22.6%
	50	15.9%	19.0%	21.1%	22.7%	23.5%
	45	16.8%	19.7%	21.8%	23.4%	24.3%
	40	17.4%	20.5%	22.5%	24.1%	25.0%
	35	18.3%	21.4%	23.3%	24.9%	25.9%
	30	19.5%	22.3%	24.1%	25.7%	26.7%
	25	20.7%	23.2%	25.0%	26.6%	27.6%
	20	22.4%	24.2%	26.1%	27.5%	28.5%
	15	23.9%	25.5%	27.3%	28.8%	29.7%
10	25.9%	27.3%	28.9%	30.3%	31.2%	
5	29.1%	29.9%	31.5%	32.4%	33.4%	
1	36.4%	35.6%	37.5%	38.1%	41.3%	

1,342

5,611

5,724

3,275

984

Number of Subject in Research Study

From Cooper Clinic