

Recommended Body Fat %

This table provides target body fat percentages based on empirical DEXA scan results. It is meant to provide general guidance for individuals, and to help set goals. (Sample Size n=754)

WOMEN

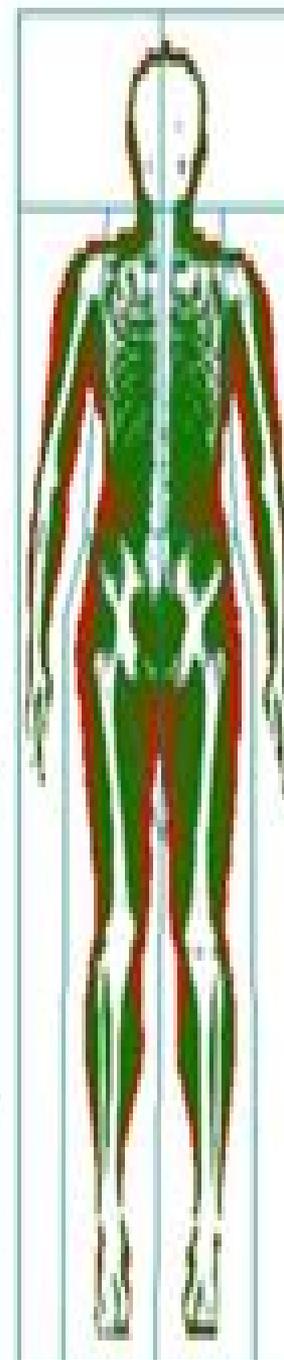
Age	0 - 20 th Percentile	20 th - 40 th Percentile	40 th - 60 th Percentile	60 th - 80 th Percentile	80 th - 99 th Percentile
20-29	< 24%	24% - 28%	28% - 32%	32% - 38%	> 38%
30-39	< 26%	26% - 30%	30% - 34%	34% - 38%	> 38%
40-49	< 26%	26% - 31%	31% - 35%	35% - 39%	> 39%
50-59	< 29%	29% - 33%	33% - 38%	33% - 38%	> 41%
>60	< 30%	30% - 34%	34% - 37%	37% - 40%	> 40%

MEN

20-29	< 15%	15% - 18%	18% - 23%	23% - 27%	> 27%
30-39	< 16%	16% - 21%	21% - 25%	25% - 29%	> 29%
40-49	< 18%	18% - 24%	24% - 27%	27% - 32%	> 32%
50-59	< 19%	19% - 25%	25% - 27%	27% - 32%	> 32%
>60	< 24%	24% - 27%	27% - 32%	32% - 33%	> 33%

Regional Composition

The table below divides your body into 5 key regions, and provides the composition



Total Body Fat %

25.2%

Total Mass (lbs)

127.5

Fat Tissue (lbs)

32.2

Lean Tissue (lbs)

90.2

Bone Mineral
Content (BMC)

5.1

Body Composition Analysis Of Animals

VM Jensen



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