



Age	Body Fat Percentage in Women			
up to 20	11-18%	18-23%	23-30%	30-35%
21-25	12-19%	19-24%	24-30%	30-35%
26-30	13-20%	21-25%	25-31%	31-36%
31-35	13-21%	21-26%	26-33%	33-36%
36-40	14-22%	22-27%	27-34%	34-37%
41-45	14-23%	23-28%	28-35%	35-38%
46-50	15-24%	24-30%	30-36%	36-38%
51-55	16-26%	26- 31%	31-36%	36-39%
56 & up	16-27%	27-32%	32-37%	37-40%
AskTheTrainer.com 	Lean	Ideal	Average	OverFat

Age	Body Fat Percentage in Men			
up to 20	2-8%	8-14%	14-21%	21-25%
21-25	3-10%	10-15%	15-22%	23-26%
26-30	4-11%	11-16%	16-21%	21-27%
31-35	5-13%	13-17%	17-25%	25-28%
36-40	6-15%	15-20%	20-26%	26-29%
41-45	7-16%	16-22%	22-27%	27-30%
46-50	8-17%	17-23%	23-29%	29-31%
51-55	9-19%	20-25%	25-30%	31-33%
56 & up	10-21%	21-26%	26-31%	31-34%
AskTheTrainer.com 	Lean	Ideal	Average	OverFat