F3

≡ON THE FLY

WOMEN'S BODY COMPOSITION ANALYSIS

11–12% 14–15% 17–18%

20–21% 25–26% 34–35%

AGE	LEAN	IDEAL	AVERAGE	OVER
20 + under	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%