

Maximum Body Fat Percentage Table by Age Group

Marine Corps Body Composition Standards		
Age Group	Male	Female
17-20	18% BF	26% BF
21-25	18% BF	26% BF
26-30	19% BF	27% BF
31-35	19% BF	27% BF
36-40	20% BF	28% BF
41-45	20% BF	28% BF
46-50	21% BF	29% BF
51+	21% BF	29% BF