Department of Defense (DoD) Body Composition Standards Table (Males)

Department o	of Def	ense	(DoD)	Body	Compo	sition	Stan	dards	'l'able	(Mal
Circumference					Heigh	nt (in)				
Value*	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5
12.0	8	7	7	7	7	6	6	6	6	5
12.5	9	9	9	8	8	8	8	7	7	7
13.0	11	10	10	10	10	9	9	9	9	8
13.5	12	12	12	11	11	11	10	10	10	10
14.0	13	13	13	13	12	12	12	12	11	11
14.5	15	14	14	14	14	13	13	13	13	12
15.0	16	16	15	15	15	15	14	14	14	14
15.5	17	17	17	16	16	16	16	15	15	15
16.0	18	18	18	18	17	17	17	17	16	16
16.5	20	19	19	19	18	18	18	18	17	17
17.0	21	20	20	20	20	19	19	19	19	18
17.5	22	22	21	21	21	20	20	20	20	19
18.0	23	23	22	22	22	21	21	21	21	20
18.5	24	24	23	23	23	23	22	22	22	21
19.0	25	25	24	24	24	23	23	23	23	22
19.5	26	26	25	25	25	24	24	24	24	23
20.0	27	26	26	26	26	25	25	25	25	24
20.5	28	27	27	27	27	26	26	26	26	25
21.0	29	28	28	28	28	27	27	27	26	26
21.5	29	29	29	29	28	28	28	28	27	27
22.0	30	30	30	30	29	29	29	28	28	28
22.5	31	31	31	30	30	30	30	29	29	29
23.0	32	32	31	31	31	31	30	30	30	30
23.5	33	33	32	32	32	31	31	31	31	30
24.0	34	33	33	33	32	32	32	32	31	31
24.5	34	34	34	34	33	33	33	32	32	32
25.0	35	35	35	34	34	34	33	33	33	33
25.5	36	36	35	35	35	34	34	34	34	33
26.0	37	36	36	36	35	35	35	35	34	34
26.5	37	37	37	36	36	36	36	35	35	35
27.0	38	38	37	37	37	37	36	36	36	36
27.5	39	38	38	38	38	37	37	37	37	36
28.0	39	39	39	39	38	38	38	37	37	37
28.5	40	40	39	39	39	39	38	38	38	38
29.0	41	40	40	40	40	39	39	39	39	38
29.5	41	41	41	40	40	40	40	39	39	39
30.0	42	42	41	41	41	41	40	40	40	40
30.5	43	42	42	42	41	41	41	41	40	40
31.0	43	43	43	42	42	42	42	41	41	41
31.5	44	43	43	43	43	42	42	42	42	41
* Circumfo	erence V	/alue = a	bdomei	n circum	ference	– neck c	ircumfe	rence (ir	n inches)	

Department of De:	fense (DoD) Body	Composition	Standards	Table (Males)

Department o.	т рете	inse (i	ם (עטט	ouy c			canua	rus re	inte (I	Mares)
Circumference					Heigh	and the second				
Value*	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
13.5	9	9	9	9	8	8	8	8	7	7
14.0	11	11	10	10	10	10	9	9	9	9
14.5	12	12	12	11	11	11	11	10	10	10
15.0	13	13	13	13	12	12	12	12	11	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	16	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	18	17	17	17	17	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	24	23	23	23	23	22	22	22
20.5	25	25	25	24	24	24	24	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	27	26	26	26	26	25	25	25	25
22.0	28	27	27	27	27	26	26	26	26	25
22.5	29	28	28	28	28	27	27	27	27	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	32	32	32	32	31	31	31	31	30	30
25.5	33	33	33	32	32	32	32	31	31	31
26.0	34	34	33	33	33	33	32	32	32	32
26.5	35	34	34	34	34	33	33	33	33	32
27.0	35	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	36	36	36	36	35	35	35	35	34
28.5	37	37	37	37	36	36	36	36	35	35
29.0	38	38	37	37	37	37	37	36	36	36
29.5	39	38	38	38	38	37	37	37	37	36
30.0	39	39	39	39	38	38	38	38	37	37
30.5	40	40	39	39	39	39	38	38	38	38
31.0	40	40	40	40	39	39	39	39	39	38
31.5	41	41	41	40	40	40	40	39	39	39
32.0	42	41	41	41	41	40	40	40	40	39
32.5	42	42	42	42	41	41	41	41	40	40
* Circumfe	erence V	/alue = a	bdomer	circum	ference	– neck c	ircumfe	rence (ir	n inches)	

Department of	Defense	(DoD)	Body	Composition	Standards	Table	(Males)

Value*	Department o	r bere	ense (i	рор) в	ouy c			canda	IUS Ic	ibre (i	Mares)
14.5 10 9 9 9 9 9 8 8 8 8 15.0 11 11 10 10 10 10 10 9 9 9 15.5 12 12 12 11 11 11 11 10 10 16.0 13 13 13 13 12 12 12 12 12 12 11 11 11 10	Circumference					Contract of the Contract of th	And the second section				
15.0											
15.5 12 12 12 11 11 11 11 11 10 10 16.0 13 13 13 13 12 12 12 12 12 12 11 11 16.5 14 14 14 14 14 13 13 13 13 12 14 <t< td=""><td></td><td></td><td></td><td>9</td><td>9</td><td></td><td>9</td><td>8</td><td></td><td></td><td></td></t<>				9	9		9	8			
16.0 13 13 13 13 12 12 12 12 12 11 16.5 14 14 14 14 14 14 13 13 13 13 12 17.0 16 15 15 15 15 14 <td< td=""><td>15.0</td><td>11</td><td>11</td><td>10</td><td>10</td><td>10</td><td>10</td><td>10</td><td>9</td><td>9</td><td>9</td></td<>	15.0	11	11	10	10	10	10	10	9	9	9
16.5 14 14 14 14 14 13 13 13 12 17.0 16 15 15 15 15 14	1000000-0-00-	5.77.00		12	11		1000000				10
17.0 16 15 15 15 15 14 14 14 14 14 17.5 17 16 16 16 16 16 15 14 14 14 14 14 14 14 14 14 14 14 14 14 14 14 14	16.0	13	13	13	13	12	12	12	12	12	11
17.5 17 16 16 16 16 16 15 15 15 15 18.0 18 18 17 17 17 17 16 16 16 16 18.5 19 19 19 19 19 19 19 18 19 <td< td=""><td>16.5</td><td>14</td><td>14</td><td>14</td><td>14</td><td>14</td><td>13</td><td>13</td><td>13</td><td>13</td><td>12</td></td<>	16.5	14	14	14	14	14	13	13	13	13	12
18.0 18 18 17 17 17 17 16 16 16 16 18.5 19 19 18 18 18 18 17 19 18 18 18 18 18 18 18 18 18 18 18 18 18 18	17.0	16	15	15	15	15	14	14	14	14	14
18.5 19 19 18 18 18 18 17 17 17 17 19.0 20 20 19	17.5	17	16	16	16	16	16	15	15	15	15
19.0 20 20 19 20 20 20 20 20 20 20 20 20 22 12 12 12 12 1	18.0	18	18	17	17	17	17	16	16	16	16
19.5 21 21 20 20 20 19 19 19 19 20 22 2	18.5	19	19	18	18	18	18	17	17	17	17
20.0 22 21 22 22 22 22 22 22 22 22 22 22 22 22 22 22 2	19.0	20	20	19	19	19	19	18	18	18	18
20.5 23 22 22 22 22 21 22 22 22 22 22 22 22 22 22 22 22 22 22 22 2	19.5	21	21	20	20	20	20	19	19	19	19
21.0 24 23 23 23 23 22 22 22 22 21 21.5 24 24 24 24 23 23 23 23 23 22 22.0 25 25 25 25 25 24 <td< td=""><td>20.0</td><td>22</td><td>21</td><td>21</td><td>21</td><td>21</td><td>21</td><td>20</td><td>20</td><td>20</td><td>20</td></td<>	20.0	22	21	21	21	21	21	20	20	20	20
21.5 24 24 24 24 23 25 2	20.5	23	22	22	22	22	21	21	21	21	21
22.0 25 25 25 24 2	21.0	24	23	23	23	23	22	22	22	22	21
22.5 26 26 26 25 25 25 25 24 24 24 23.0 27 27 26 28	21.5	24	24	24	24	23	23	23	23	23	22
23.0 27 27 26 2	22.0	25	25	25	25	24	24	24	24	23	23
23.5 28 27 27 27 27 27 27 27 27 27 27 27 27 26 26 26 26 24.5 29 29 29 29 28 28 28 28 28 27 27 27 26 25.0 30 30 30 29 <td< td=""><td>22.5</td><td>26</td><td>26</td><td>26</td><td>25</td><td>25</td><td>25</td><td>25</td><td>24</td><td>24</td><td>24</td></td<>	22.5	26	26	26	25	25	25	25	24	24	24
24.0 28 28 28 28 27 27 27 27 26 24.5 29	23.0	27	27	26	26	26	26	26	25	25	25
24.5 29 2	23.5	28	27	27	27	27	27	26	26	26	26
25.0 30 30 30 29 28 2	24.0	28	28	28	28	28	27	27	27	27	26
25.5 31 31 30 30 30 29 29 29 29 26.0 31 31 31 31 31 31 30 30 30 30 29 26.5 32 32 32 32 31 31 31 30 30 30 30 29 26.5 32 32 32 32 31 31 31 30 <t< td=""><td>24.5</td><td>29</td><td>29</td><td>29</td><td>29</td><td>28</td><td>28</td><td>28</td><td>28</td><td>27</td><td>27</td></t<>	24.5	29	29	29	29	28	28	28	28	27	27
26.0 31 31 31 31 31 31 31 31 30 30 30 30 29 26.5 32 32 32 32 31 31 31 31 30 30 27.0 33 33 32 32 32 32 31 31 31 31 27.5 34 33 33 33 32 <td>25.0</td> <td>30</td> <td>30</td> <td>30</td> <td>29</td> <td>29</td> <td>29</td> <td>29</td> <td>28</td> <td>28</td> <td>28</td>	25.0	30	30	30	29	29	29	29	28	28	28
26.5 32 32 32 32 31 31 31 31 30 30 27.0 33 33 32 32 32 32 32 31 31 31 31 27.5 34 33 33 33 32 <td< td=""><td>25.5</td><td>31</td><td>31</td><td>30</td><td>30</td><td>30</td><td>30</td><td>29</td><td>29</td><td>29</td><td>29</td></td<>	25.5	31	31	30	30	30	30	29	29	29	29
27.0 33 33 32 32 32 32 31 31 31 27.5 34 33 33 33 33 32 32 32 32 32 28.0 34 34 34 34 33 33 33 33 32 32 28.5 35 35 34 35 35 35 35	26.0	31	31	31	31	31	30	30	30	30	29
27.5 34 33 33 33 32 32 32 32 32 28.0 34 34 34 34 33 33 33 33 32 32 28.5 35 35 34 35 35 35 35 35 <td< td=""><td>26.5</td><td>32</td><td>32</td><td>32</td><td>32</td><td>31</td><td>31</td><td>31</td><td>31</td><td>30</td><td>30</td></td<>	26.5	32	32	32	32	31	31	31	31	30	30
28.0 34 34 34 34 33 33 33 32 32 28.5 35 35 34	27.0	33	33	32	32	32	32	32	31	31	31
28.5 35 35 34 34 34 34 34 33 33 33 29.0 36 35 35 35 35 34 34 34 34 34 29.5 36 36 36 36 35 35 35 35 34 34 30.0 37 37 36 36 36 36 35 36 36 36 36 36 <t< td=""><td>27.5</td><td>34</td><td>33</td><td>33</td><td>33</td><td>33</td><td>32</td><td>32</td><td>32</td><td>32</td><td>32</td></t<>	27.5	34	33	33	33	33	32	32	32	32	32
29.0 36 35 35 35 35 34 34 34 34 34 29.5 36 36 36 36 35 35 35 35 34 34 30.0 37 37 36 36 36 36 35 35 35 35 30.5 37 37 37 37 36 36 36 36 36 36 31.0 38 38 38 37 37 37 37 36 36 36 31.5 39 38 38 38 38 38 37 37 37 32.0 39 39 39 39 39 39 38 38 38 38 33.0 40 40 40 40 39 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 40 39 39 39 39 39 39 39	28.0	34	34	34	34	33	33	33	33	32	32
29.5 36 36 36 36 35 35 35 34 34 30.0 37 37 36 36 36 36 35 35 35 35 30.5 37 37 37 37 36 36 36 36 36 31.0 38 38 38 37 37 37 36 36 36 36 31.5 39 38 38 38 38 38 37 37 37 32.0 39 39 39 39 38 38 38 38 38 32.5 40 40 40 40 39 <td>28.5</td> <td>35</td> <td>35</td> <td>34</td> <td>34</td> <td>34</td> <td>34</td> <td>34</td> <td>33</td> <td>33</td> <td>33</td>	28.5	35	35	34	34	34	34	34	33	33	33
30.0 37 37 36 36 36 36 35 35 35 30.5 37 37 37 37 36 36 36 36 36 31.0 38 38 38 37 37 37 37 36 36 36 31.5 39 38 38 38 38 37 37 37 37 32.0 39 39 39 39 38 38 38 38 37 37 32.5 40 40 39 39 39 39 39 39 39 39 33.0 40 40 40 40 40 40 40 40 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 40 39 39 39 39 39	29.0	36	35	35	35	35	34	34	34	34	34
30.5 37 37 37 37 36 36 36 36 35 31.0 38 38 38 37 37 37 37 36 36 36 31.5 39 38 38 38 38 37 37 37 37 32.0 39 39 39 39 38 38 38 38 37 37 32.5 40 40 39 39 39 39 38 38 38 38 33.0 40 40 40 40 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 40 39 39 39	29.5	36	36	36	36	35	35	35	35	34	34
31.0 38 38 38 37 37 37 36 36 36 31.5 39 38 38 38 38 38 37 37 37 37 32.0 39 39 39 39 38 38 38 38 37 37 32.5 40 40 39 39 39 39 38 38 38 38 33.0 40 40 40 40 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 39 39 39	30.0	37	37	36	36	36	36	35	35	35	35
31.5 39 38 38 38 38 38 37 37 37 32.0 39 39 39 38 38 38 38 37 37 32.5 40 40 39 39 39 39 38 38 38 38 33.0 40 40 40 40 39 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 39 39 39 39	30.5	37	37	37	37	37	36	36	36	36	35
32.0 39 39 39 39 38 38 38 38 37 37 32.5 40 40 39 39 39 39 38 38 38 38 33.0 40 40 40 40 39 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 39 39 39 39	31.0	38	38	38	37	37	37	37	36	36	36
32.5 40 40 39 39 39 39 38 38 38 38 33.0 40 40 40 40 39 39 39 39 39 39 38 33.5 41 41 40 40 40 40 40 39 39 39 39	31.5	39	38	38	38	38	38	37	37	37	37
33.0 40 40 40 40 39 39 39 39 39 39 33.5 41 41 40 40 40 40 40 39 39 39 39	32.0	39	39	39	39	38	38	38	38	37	37
33.5 41 41 40 40 40 40 40 39 39 39	32.5	40	40	39	39	39	39	38	38	38	38
	33.0	40	40	40	40	39	39	39	39	39	38
	33.5	41	41	40	40	40	40	40	39	39	39
	* Circumfe	erence V	/alue = a	bdomer	circum	ference	– neck c	ircumfe	rence (ir	n inches	

Department of De	efense (DoD)	Body Com	mosition :	Standards	Table ((Males)

Constant of	r bere	nse (i	DOD) В	ouy C			canda	IUS I	ible (i	Mares)
Circumference	70.0	70 5	74.0	74 -	Heigh	and the second	70.0	70.5	74.0	74.5
Value*	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
14.5	7	7	7	7	7	6	6	6	6	6
15.0	9	8	8	8	8	8	7	7	7	7
15.5	10	10	9	9	9	9	9	8	8	8
16.0	11	11	11	10	10	10	10	10	9	9
16.5	12	12	12	12	11	11	11	11	11	10
17.0	13	13	13	13	13	12	12	12	12	11
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	17	16	16	16	16	15	15	15	15	15
19.0	18	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	19	18	18	18	18	18
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	21	20	20	20	20	20	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	23	22	22	22	22	22	21	21
22.5	24	24	23	23	23	23	23	22	22	22
23.0	25	24	24	24	24	24	23	23	23	23
23.5	25	25	25	25	25	24	24	24	24	24
24.0	26	26	26	26	25	25	25	25	25	24
24.5	27	27	27	26	26	26	26	26	25	25
25.0	28	28	27	27	27	27	26	26	26	26
25.5	29	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	28	27
26.5	30	30	30	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	32	32	32	32	32	31	31	31	31
29.0	33	33	33	33	32	32	32	32	32	31
29.5	34	34	34	33	33	33	33	32	32	32
30.0	35	34	34	34	34	34	33	33	33	33
30.5	35	35	35	35	34	34	34	34	34	33
31.0	36	36	35	35	35	35	35	34	34	34
31.5	36	36	36	36	36	35	35	35	35	35
32.0	37	37	37	36	36	36	36	36	35	35
32.5	38	37	37	37	37	36	36	36	36	36
33.0	38	38	38	37	37	37	37	37	36	36
33.5	39	38	38	38	38	38	37	37	37	37
* Circumfe										
Circuitit	V	J. J. C U					carrie	3.700 (11		

Department of Defense (DoD) Body Composition Standards Table (Males)

Circumference	. Dete	.1150 (1	COD, D	ouy co	Heigh	- N	canda	LUD IO	ω <u>τ</u> ς (1	Males)
Value*	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
16.0	9	9	9	8	8	8	8	8	7	7
16.5	10	10	10	10	9	9	9	9	9	8
17.0	11	11	11	11	10	10	10	10	10	9
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	17	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	19	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	20	19	19
22.5	22	22	21	21	21	21	21	20	20	20
23.0	23	22	22	22	22	22	21	21	21	21
23.5	23	23	23	23	23	22	22	22	22	22
24.0	24	24	24	24	23	23	23	23	23	22
24.5	25	25	25	24	24	24	24	24	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	27	26	26	26	26	26	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	29	28	28	28	28	28	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	29	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	32	32	32	32	32	31	31	31	31	31
30.5	33	33	33	32	32	32	32	32	32	31
31.0	34	33	33	33	33	33	33	32	32	32
31.5	34	34	34	34	33	33	33	33	33	33
32.0	35	35	34	34	34	34	34	33	33	33
32.5	35	35	35	35	35	34	34	34	34	34
33.0	36	36	36	35	35	35	35	35	34	34
33.5	37	36	36	36	36	36	35	35	35	35
34.0	37	37	37	37	36	36	36	36	36	35
34.5	38	37	37	37	37	37	37	36	36	36
35.0	38	38	38	38	37	37	37	37	37	36
* Circumfe	erence V	/alue = a	bdomer	circum	ference	– neck c	ircumfe	rence (ir	n inches)	