**STANDARD WEIGHT CHART FOR   
ARMED FORCES PERS (MALE)   
HEIGHT & AGE WISE**

114':x 20 pounds at waive may be amend for Athletes like Wrestler,rThirrocrge%.trunfaitier, pers(cert by CO or equivalent)of the unit

2 Ail measurement will be in uniform and 07 pounds to be deducted f f

**Height I All ages I Upto 30** yrs **31 - 40 yrs 41 - 50 yrs Over 50** Yrs

(Min Wt) (Max Wt) (Max Wt) (Max Wt) (Max Wt)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cm | Inches | Kg | Lbs | Kg | Lbs | Kg | Lbs | Kg | Lbs | Kg | Lbs |
| 157.5 | 62 | 47 | 104 | 62 | 136 | 66 | 145 | 67 | 147 | 68 | 150 |
| 160.0 | 63 | 49 | 107 | 64 | 141 | 68 | 149 | 69 | 152 | 70 | 155 |
| 162.5 | 64 | 50 | 110 | 66 | 145 | 70 | 154 | 71 | 157 | 73 | 160 |
| 165.0 | 65 | 52 | 114 | 68 | 150 | 72 | 159 | 74 | 162 | 75 | 165 |
| 167.5 | 66 | 53 | 117 | 70 | 155 | 74 | 164 | 76 | 167 | 77 | 170 |
| 170.0 | 67 | 55 | 121 | 72 | 159 | 77 | 169 | 78 | 172 | 80 | 175 |
| 172.5 | 68 | 57 | 125 | 75 | 164 | 79 | 174 | 81 | 177 I | 82 | 180 |
| 175.0 | 69 | 58 | 128 | 77 | 169 | 81 | 179 | 83 | 182 | 84 | 186 |
| 177.5 | 70 | 60 | 132 | 79 | 174 | 84 | 184 | 85 | 188 | 87 | 191 |
| 180.0 | 71 | 62 | 136 | 81 | 174 | 86 | 190 | 88 | 193 | 89 | 197 |
| 182.5 | 72 | 64 | 140 | 84 | 184 | 89 | 195 | 90 | 199 | 92 | 202 |
| 185.0 | 73 | 65 | 144 | 86 | 189 | 91 | **200** | 93 | 204 | 95 | 208 |
| 187.5 | 74 | 67 | 148 | ;88194 | **94 1** | **206** | **95** | 95 | **210 ,** | 97 | **214** |