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ACSM’s Guidelines for Exercise Testing and Prescription, 10th edition

UPDATE – Page 79, Table 4.4: Fitness Categories for Body Composition (% Body Fat) for Men by Age updated from 2009 to 2013

		Age (year)						
		20–29	30–39	40–49	50–59	60–69	70–79	
99	Very lean ^a	4.2	7.3	9.5	11.1	12.0	13.6	
		95	6.4	10.3	13.0	14.9	16.1	15.5
		90	7.9	12.5	15.0	17.0	18.1	17.5
85	Excellent	9.1	13.8	16.4	18.3	19.2	19.0	
		80	10.5	14.9	17.5	19.4	20.2	20.2
		75	11.5	15.9	18.5	20.2	21.0	21.1
70	Good	12.6	16.8	19.3	21.0	21.7	21.6	
		65	13.8	17.7	20.1	21.7	22.4	22.3
		60	14.8	18.4	20.8	22.3	23.0	22.9
55	Fair	15.8	19.2	21.4	23.0	23.6	23.6	
		50	16.7	20.0	22.1	23.6	24.2	24.1
		45	17.5	20.7	22.8	24.2	24.9	24.5
40	Poor	18.6	21.6	23.5	24.9	25.6	25.2	
		35	19.8	22.4	24.2	25.6	26.4	25.7
		30	20.7	23.2	24.9	26.3	27.0	26.3
25	Very poor	22.1	24.1	25.7	27.1	27.9	27.1	
		20	23.3	25.1	26.6	28.1	28.8	28.0
		15	25.1	26.4	27.7	29.2	29.8	29.3
10	Very poor	26.6	27.8	29.1	30.6	31.2	30.6	
		5	29.3	30.2	31.2	32.7	33.5	32.9
1		33.7	34.4	35.2	36.4	37.2	37.3	
<i>n</i> =		1,938	10,457	16,032	9,976	3,097	571	

Total *n* = 42,071.

^aVery lean, no less than 3% body fat is recommended for men.

Adapted with permission from *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. The Cooper Institute, Dallas, Texas. 2013. For more information: www.cooperinstitute.org

UPDATE – Page 80, Table 4.5: Fitness Categories for Body Composition (% Body Fat) for Women by Age updated from 2009 to 2013

		Age (year)					
		20–29	30–39	40–49	50–59	60–69	70–79
99	Very lean ^a	11.4	11.0	11.7	13.8	13.8	13.7
95		14.1	13.8	15.2	16.9	17.7	16.4
90	Excellent	15.2	15.5	16.8	19.1	20.1	18.8
85		16.1	16.5	18.2	20.8	22.0	21.2
80	Good	16.8	17.5	19.5	22.3	23.2	22.6
75		17.7	18.3	20.5	23.5	24.5	23.7
70		18.6	19.2	21.6	24.7	25.5	24.5
65		19.2	20.1	22.6	25.7	26.6	25.4
60		20.0	21.0	23.6	26.6	27.5	26.3
55	Fair	20.7	22.0	24.6	27.4	28.3	27.1
50		21.8	22.9	25.5	28.3	29.2	27.8
45		22.6	23.7	26.4	29.2	30.1	28.6
40	Poor	23.5	24.8	27.4	30.0	30.8	30.0
35		24.4	25.8	28.3	30.7	31.5	30.9
30		25.7	26.9	29.5	31.7	32.5	31.6
25		26.9	28.1	30.7	32.8	33.3	32.6
20		28.6	29.6	31.9	33.8	34.4	33.6
15	Very poor	30.9	31.4	33.4	34.9	35.4	35.0
10		33.8	33.6	35.0	36.0	36.6	36.1
5		36.6	36.2	37.0	37.4	38.1	37.5
1		38.4	39.0	39.0	39.8	40.3	40.0
n =		1,342	4,376	6,392	4,496	1,576	325

Total n = 18,507.

^aVery lean, no less than 10%–13% body fat is recommended for women.

Adapted with permission from *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. The Cooper Institute, Dallas, Texas. 2013. For more information: www.cooperinstitute.org