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ACSM’s Health-Related Physical Fitness Assessment Manual, 5th edition

UPDATE – Page 72, Table 4.2: 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	Excellent	7.9	12.5	15.0	17.0	18.1	17.5
85		9.1	13.8	16.4	18.3	19.2	19.0
80	Good	10.5	14.9	17.5	19.4	20.2	20.2
75		11.5	15.9	18.5	20.2	21.0	20.1
70		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	Fair	14.8	18.4	20.8	22.3	23.0	22.9
55		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		18.6	21.6	23.5	24.9	25.6	25.2
35	Poor	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		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	Very poor	25.1	26.4	27.7	29.2	29.8	29.3
10		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
n=		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.

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UPDATE – Page 83, Table 4.3: 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	13.5	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	Fair	20.0	21.0	23.6	26.6	27.5	26.3
55		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	Very poor	28.6	29.6	31.9	33.8	34.4	33.6
15		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
<i>n</i> =		1,342	4,376	6,392	4,496	1,576	325
Total <i>n</i> = 18,507							

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

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