

BMI TABLE FOR CHILDREN AND ADOLESCENTS

BMI





BMI TABLE FOR CHILDREN AND ADOLESCENTS

The Body Mass Index (BMI) value has been calculated and is presented in this table for selected heights and weights for children and adolescents 2 to 20 years of age. BMI is defined as weight in kilograms divided by height in meters squared.

HOW TO USE THIS TABLE

- 1** Find the page containing the child's height and weight using the height and weight ranges listed in the table of contents or in the upper left corner of each page. Some heights and weights appear on more than one page, so be sure both measurements are within the range shown on the page.
- 2** Find the point where the child's height and weight intersect. This value represents the child's BMI. Whenever a child's specific height or weight is not listed, round to the closest number in the table (see "Rounding Rule" on next page).
- 3** Plot the BMI value on the BMI-for-age chart to determine whether the child is within the normal growth pattern, overweight, obese, or underweight.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
<http://www.cdc.gov/growthcharts>

Note: In the table, the increments between height and weight gradually increase as height and weight measurements increase.

ROUNDING RULE FOR WEIGHT AND HEIGHT MEASUREMENTS

BMI

Whenever a child's specific height or weight measurement is not listed, round to the closest number in the table. If the height or weight measurement is at the midpoint or equal distance between two units, round down to the previous unit. The numbers in the table for both English and metric measurements are expressed in decimals. For all English measurements .5 is equal to 1/2 inch or pound.

- If a child's weight is $26\frac{1}{4}$ pounds (11.9 kg), it is equidistant between 26 and $26\frac{1}{2}$ (11.8 and 12 kg); therefore, the weight should be rounded down to 26 pounds (11.8 kg).
- If a child's weight is $26\frac{3}{4}$ pounds (12.1 kg), it is equidistant between $26\frac{1}{2}$ and 27 (12 and 12.2 kg); therefore, the weight should be rounded down to $26\frac{1}{2}$ pounds (12 kg).
- If a child's weight is $60\frac{3}{4}$ pounds (27.6 kg), it is between 60 and 61 pounds (27.2 and 27.7 kg); therefore, the weight should be rounded to the closest whole number or 61 pounds (27.7 kg).

EXAMPLE

David is $30\frac{1}{2}$ months of age, is $34\frac{3}{4}$ inches tall, and weighs $26\frac{1}{4}$ pounds. Using the rounding rule, his standing height should be rounded to $34\frac{1}{2}$ inches, and his weight should be rounded to 26 pounds. To determine David's BMI, find the page containing his standing rounded height and weight, then find the point where the two intersect. David's BMI is 15.4, as noted on page 2 of this BMI Table.

Contents

Inches	Pounds	Page	Inches	Pounds	Page	Inches	Pounds	Page
29–35.5"	18–23.5 lbs.	1	46–53"	48–53.5 lbs.	14	55–68"	96–107 lbs.	28
29–35.5"	24–29.5 lbs.	2	33–40"	54–59.5 lbs.	15	69–76"	96–107 lbs.	29
36–39.5"	24–29.5 lbs.	3	40.5–47"	54–59.5 lbs.	16	47–60"	108–128 lbs.	30
29–36"	30–35.5 lbs.	4	47.5–56"	54–59.5 lbs.	17	61–74"	108–128 lbs.	31
36.5–43.5"	30–35.5 lbs.	5	35–42"	60–71 lbs.	18	75–78"	108–128 lbs.	32
29–36"	36–41.5 lbs.	6	42.5–50"	60–71 lbs.	19	52–65"	130–152 lbs.	33
36.5–43"	36–41.5 lbs.	7	51–61"	60–71 lbs.	20	66–78"	130–152 lbs.	34
43.5–47"	36–41.5 lbs.	8	38.5–45.5"	72–83 lbs.	21	56–69"	154–176 lbs.	35
29.5–36.5"	42–47.5 lbs.	9	46–57"	72–83 lbs.	22	70–78"	154–176 lbs.	36
37–43.5"	42–47.5 lbs.	10	58–66"	72–83 lbs.	23	60–73"	178–200 lbs.	37
44–50"	42–47.5 lbs.	11	41.5–49"	84–95 lbs.	24	74–78"	178–200 lbs.	38
31.5–38.5"	48–53.5 lbs.	12	50–63"	84–95 lbs.	25	64–78"	202–224 lbs.	39
39–45.5"	48–53.5 lbs.	13	64–71"	84–95 lbs.	26	68–78"	226–250 lbs.	40
			44–54"	96–107 lbs.	27			

29–35.5" and 24–29.5 lbs

HEIGHT		WEIGHT												
		KG	10.9	11.1	11.3	11.6	11.8	12.0	12.2	12.5	12.7	12.9	13.2	13.4
CM	IN	LB	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5
73.7	29.0		20.1	20.5	20.9	21.3	21.7	22.2	22.6	23.0	23.4	23.8	24.2	24.7
74.9	29.5		19.4	19.8	20.2	20.6	21.0	21.4	21.8	22.2	22.6	23.0	23.4	23.8
76.2	30.0		18.7	19.1	19.5	19.9	20.3	20.7	21.1	21.5	21.9	22.3	22.7	23.0
77.5	30.5		18.1	18.5	18.9	19.3	19.7	20.0	20.4	20.8	21.2	21.5	21.9	22.3
78.7	31.0		17.6	17.9	18.3	18.7	19.0	19.4	19.8	20.1	20.5	20.9	21.2	21.6
80.0	31.5		17.0	17.4	17.7	18.1	18.4	18.8	19.1	19.5	19.8	20.2	20.5	20.9
81.3	32.0		16.5	16.8	17.2	17.5	17.9	18.2	18.5	18.9	19.2	19.6	19.9	20.3
82.6	32.5		16.0	16.3	16.6	17.0	17.3	17.6	18.0	18.3	18.6	19.0	19.3	19.6
83.8	33.0		15.5	15.8	16.1	16.5	16.8	17.1	17.4	17.8	18.1	18.4	18.7	19.0
85.1	33.5		15.0	15.3	15.7	16.0	16.3	16.6	16.9	17.2	17.5	17.9	18.2	18.5
86.4	34.0		14.6	14.9	15.2	15.5	15.8	16.1	16.4	16.7	17.0	17.3	17.6	17.9
87.6	34.5		14.2	14.5	14.8	15.1	15.4	15.7	15.9	16.2	16.5	16.8	17.1	17.4
88.9	35.0		13.8	14.1	14.3	14.6	14.9	15.2	15.5	15.8	16.1	16.4	16.6	16.9
90.2	35.5		13.4	13.7	13.9	14.2	14.5	14.8	15.1	15.3	15.6	15.9	16.2	16.5

36–39.5" and 24–29.5 lbs

HEIGHT		WEIGHT												
		KG	10.9	11.1	11.3	11.6	11.8	12.0	12.2	12.5	12.7	12.9	13.2	13.4
		LB	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5
91.4	36.0		13.0	13.3	13.6	13.8	14.1	14.4	14.6	14.9	15.2	15.5	15.7	16.0
92.7	36.5				13.2	13.5	13.7	14.0	14.2	14.5	14.8	15.0	15.3	15.6
94.0	37.0					13.1	13.4	13.6	13.9	14.1	14.4	14.6	14.9	15.2
95.3	37.5							13.2	13.5	13.7	14.0	14.2	14.5	14.7
96.5	38.0								13.1	13.4	13.6	13.9	14.1	14.4
97.8	38.5									13.0	13.3	13.5	13.8	14.0
99.1	39.0											13.2	13.4	13.6
100.3	39.5												13.1	13.3

29–36" and 30–35.5 lbs

HEIGHT		WEIGHT												
		KG	13.6	13.8	14.1	14.3	14.5	14.7	15.0	15.2	15.4	15.6	15.9	16.1
		LB	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5
73.7	29.0		25.1	25.5	25.9	26.3	26.8	27.2	27.6	28.0	28.4	28.8	29.3	29.7
74.9	29.5		24.2	24.6	25.0	25.4	25.9	26.3	26.7	27.1	27.5	27.9	28.3	28.7
76.2	30.0		23.4	23.8	24.2	24.6	25.0	25.4	25.8	26.2	26.6	27.0	27.3	27.7
77.5	30.5		22.7	23.1	23.4	23.8	24.2	24.6	24.9	25.3	25.7	26.1	26.5	26.8
78.7	31.0		21.9	22.3	22.7	23.0	23.4	23.8	24.1	24.5	24.9	25.2	25.6	26.0
80.0	31.5		21.3	21.6	22.0	22.3	22.7	23.0	23.4	23.7	24.1	24.4	24.8	25.2
81.3	32.0		20.6	20.9	21.3	21.6	22.0	22.3	22.7	23.0	23.3	23.7	24.0	24.4
82.6	32.5		20.0	20.3	20.6	21.0	21.3	21.6	22.0	22.3	22.6	23.0	23.3	23.6
83.8	33.0		19.4	19.7	20.0	20.3	20.7	21.0	21.3	21.6	22.0	22.3	22.6	22.9
85.1	33.5		18.8	19.1	19.4	19.7	20.0	20.4	20.7	21.0	21.3	21.6	21.9	22.2
86.4	34.0		18.2	18.5	18.9	19.2	19.5	19.8	20.1	20.4	20.7	21.0	21.3	21.6
87.6	34.5		17.7	18.0	18.3	18.6	18.9	19.2	19.5	19.8	20.1	20.4	20.7	21.0
88.9	35.0		17.2	17.5	17.8	18.1	18.4	18.7	18.9	19.2	19.5	19.8	20.1	20.4
90.2	35.5		16.7	17.0	17.3	17.6	17.9	18.1	18.4	18.7	19.0	19.2	19.5	19.8
91.4	36.0		16.3	16.5	16.8	17.1	17.4	17.6	17.9	18.2	18.4	18.7	19.0	19.3

36.5–43.5" and 30–35.5 lbs

HEIGHT		WEIGHT												
		KG	13.6	13.8	14.1	14.3	14.5	14.7	15.0	15.2	15.4	15.6	15.9	16.1
		LB	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5
92.7	36.5		15.8	16.1	16.4	16.6	16.9	17.2	17.4	17.7	17.9	18.2	18.5	18.7
94.0	37.0		15.4	15.7	15.9	16.2	16.4	16.7	16.9	17.2	17.5	17.7	18.0	18.2
95.3	37.5		15.0	15.2	15.5	15.7	16.0	16.2	16.5	16.7	17.0	17.2	17.5	17.7
96.5	38.0		14.6	14.9	15.1	15.3	15.6	15.8	16.1	16.3	16.6	16.8	17.0	17.3
97.8	38.5		14.2	14.5	14.7	14.9	15.2	15.4	15.7	15.9	16.1	16.4	16.6	16.8
99.1	39.0		13.9	14.1	14.3	14.6	14.8	15.0	15.3	15.5	15.7	15.9	16.2	16.4
100.3	39.5		13.5	13.7	14.0	14.2	14.4	14.6	14.9	15.1	15.3	15.5	15.8	16.0
101.6	40.0		13.2	13.4	13.6	13.8	14.1	14.3	14.5	14.7	14.9	15.2	15.4	15.6
102.9	40.5			13.1	13.3	13.5	13.7	13.9	14.1	14.4	14.6	14.8	15.0	15.2
104.1	41.0				13.2	13.4	13.6	13.8	14.0	14.2	14.4	14.6	14.8	
105.4	41.5					13.1	13.3	13.5	13.7	13.9	14.1	14.3	14.5	
106.7	42.0							13.2	13.4	13.6	13.8	13.9	14.1	
108.0	42.5								13.0	13.2	13.4	13.6	13.8	
109.2	43.0										13.1	13.3	13.5	
110.5	43.5											13.0	13.2	

29–36" and 36–41.5 lbs

HEIGHT		WEIGHT												
		KG	16.3	16.6	16.8	17.0	17.2	17.5	17.7	17.9	18.1	18.4	18.6	18.8
CM	IN	LB	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5
73.7	29.0		30.1	30.5	30.9	31.3	31.8	32.2	32.6	33.0	33.4	33.9	34.3	34.7
74.9	29.5		29.1	29.5	29.9	30.3	30.7	31.1	31.5	31.9	32.3	32.7	33.1	33.5
76.2	30.0		28.1	28.5	28.9	29.3	29.7	30.1	30.5	30.9	31.2	31.6	32.0	32.4
77.5	30.5		27.2	27.6	28.0	28.3	28.7	29.1	29.5	29.9	30.2	30.6	31.0	31.4
78.7	31.0		26.3	26.7	27.1	27.4	27.8	28.2	28.5	28.9	29.3	29.6	30.0	30.4
80.0	31.5		25.5	25.9	26.2	26.6	26.9	27.3	27.6	28.0	28.3	28.7	29.1	29.4
81.3	32.0		24.7	25.1	25.4	25.7	26.1	26.4	26.8	27.1	27.5	27.8	28.2	28.5
82.6	32.5		24.0	24.3	24.6	25.0	25.3	25.6	26.0	26.3	26.6	27.0	27.3	27.6
83.8	33.0		23.2	23.6	23.9	24.2	24.5	24.9	25.2	25.5	25.8	26.1	26.5	26.8
85.1	33.5		22.6	22.9	23.2	23.5	23.8	24.1	24.4	24.7	25.1	25.4	25.7	26.0
86.4	34.0		21.9	22.2	22.5	22.8	23.1	23.4	23.7	24.0	24.3	24.6	24.9	25.2
87.6	34.5		21.3	21.6	21.9	22.2	22.4	22.7	23.0	23.3	23.6	23.9	24.2	24.5
88.9	35.0		20.7	20.9	21.2	21.5	21.8	22.1	22.4	22.7	23.0	23.2	23.5	23.8
90.2	35.5		20.1	20.4	20.6	20.9	21.2	21.5	21.8	22.0	22.3	22.6	22.9	23.2
91.4	36.0		19.5	19.8	20.1	20.3	20.6	20.9	21.2	21.4	21.7	22.0	22.2	22.5

36.5–43" and 36–41.5 lbs

HEIGHT		WEIGHT												
		KG	16.3	16.6	16.8	17.0	17.2	17.5	17.7	17.9	18.1	18.4	18.6	18.8
		LB	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5
CM	IN													
92.7	36.5	19.0	19.3	19.5	19.8	20.1	20.3	20.6	20.8	21.1	21.4	21.6	21.9	
94.0	37.0	18.5	18.7	19.0	19.3	19.5	19.8	20.0	20.3	20.5	20.8	21.1	21.3	
95.3	37.5	18.0	18.2	18.5	18.7	19.0	19.2	19.5	19.7	20.0	20.2	20.5	20.7	
96.5	38.0	17.5	17.8	18.0	18.3	18.5	18.7	19.0	19.2	19.5	19.7	20.0	20.2	
97.8	38.5	17.1	17.3	17.6	17.8	18.0	18.3	18.5	18.7	19.0	19.2	19.4	19.7	
99.1	39.0	16.6	16.9	17.1	17.3	17.6	17.8	18.0	18.3	18.5	18.7	19.0	19.2	
100.3	39.5	16.2	16.4	16.7	16.9	17.1	17.3	17.6	17.8	18.0	18.2	18.5	18.7	
101.6	40.0	15.8	16.0	16.3	16.5	16.7	16.9	17.1	17.4	17.6	17.8	18.0	18.2	
102.9	40.5	15.4	15.6	15.9	16.1	16.3	16.5	16.7	16.9	17.1	17.4	17.6	17.8	
104.1	41.0	15.1	15.3	15.5	15.7	15.9	16.1	16.3	16.5	16.7	16.9	17.1	17.4	
105.4	41.5	14.7	14.9	15.1	15.3	15.5	15.7	15.9	16.1	16.3	16.5	16.7	16.9	
106.7	42.0	14.3	14.5	14.7	14.9	15.1	15.3	15.5	15.7	15.9	16.1	16.3	16.5	
108.0	42.5	14.0	14.2	14.4	14.6	14.8	15.0	15.2	15.4	15.6	15.8	16.0	16.2	
109.2	43.0	13.7	13.9	14.1	14.3	14.4	14.6	14.8	15.0	15.2	15.4	15.6	15.8	

43.5–47" and 36–41.5 lbs

HEIGHT		WEIGHT												
		KG	16.3	16.6	16.8	17.0	17.2	17.5	17.7	17.9	18.1	18.4	18.6	18.8
CM	IN	LB	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	40.5	41.0	41.5
110.5	43.5		13.4	13.6	13.7	13.9	14.1	14.3	14.5	14.7	14.9	15.0	15.2	15.4
111.8	44.0		13.1	13.3	13.4	13.6	13.8	14.0	14.2	14.3	14.5	14.7	14.9	15.1
113.0	44.5				13.1	13.3	13.5	13.7	13.8	14.0	14.2	14.4	14.6	14.7
114.3	45.0					13.0	13.2	13.4	13.5	13.7	13.9	14.1	14.2	14.4
115.6	45.5							13.1	13.2	13.4	13.6	13.8	13.9	14.1
116.8	46.0									13.1	13.3	13.5	13.6	13.8
118.1	46.5										13.0	13.2	13.3	13.5
119.4	47.0												13.0	13.2

29.5–36.5" and 42–47.5 lbs

HEIGHT		WEIGHT												
		KG	19.1	19.3	19.5	19.7	20.0	20.2	20.4	20.6	20.9	21.1	21.3	21.5
		LB	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5
74.9	29.5		33.9	34.3	34.7									
76.2	30.0		32.8	33.2	33.6	34.0	34.4	34.8						
77.5	30.5		31.7	32.1	32.5	32.9	33.3	33.6	34.0	34.4	34.8			
78.7	31.0		30.7	31.1	31.5	31.8	32.2	32.6	32.9	33.3	33.7	34.0	34.4	34.8
80.0	31.5		29.8	30.1	30.5	30.8	31.2	31.5	31.9	32.2	32.6	32.9	33.3	33.7
81.3	32.0		28.8	29.2	29.5	29.9	30.2	30.6	30.9	31.2	31.6	31.9	32.3	32.6
82.6	32.5		28.0	28.3	28.6	29.0	29.3	29.6	30.0	30.3	30.6	31.0	31.3	31.6
83.8	33.0		27.1	27.4	27.8	28.1	28.4	28.7	29.1	29.4	29.7	30.0	30.3	30.7
85.1	33.5		26.3	26.6	26.9	27.3	27.6	27.9	28.2	28.5	28.8	29.1	29.4	29.8
86.4	34.0		25.5	25.8	26.2	26.5	26.8	27.1	27.4	27.7	28.0	28.3	28.6	28.9
87.6	34.5		24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.8	28.1
88.9	35.0		24.1	24.4	24.7	25.0	25.3	25.5	25.8	26.1	26.4	26.7	27.0	27.3
90.2	35.5		23.4	23.7	24.0	24.3	24.5	24.8	25.1	25.4	25.7	25.9	26.2	26.5
91.4	36.0		22.8	23.1	23.3	23.6	23.9	24.1	24.4	24.7	25.0	25.2	25.5	25.8
92.7	36.5		22.2	22.4	22.7	23.0	23.2	23.5	23.7	24.0	24.3	24.5	24.8	25.1

HEIGHT		WEIGHT												
		KG	19.1	19.3	19.5	19.7	20.0	20.2	20.4	20.6	20.9	21.1	21.3	21.5
		LB	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5
94.0	37.0		21.6	21.8	22.1	22.3	22.6	22.9	23.1	23.4	23.6	23.9	24.1	24.4
95.3	37.5		21.0	21.2	21.5	21.7	22.0	22.2	22.5	22.7	23.0	23.2	23.5	23.7
96.5	38.0		20.4	20.7	20.9	21.2	21.4	21.7	21.9	22.2	22.4	22.6	22.9	23.1
97.8	38.5		19.9	20.2	20.4	20.6	20.9	21.1	21.3	21.6	21.8	22.1	22.3	22.5
99.1	39.0		19.4	19.6	19.9	20.1	20.3	20.6	20.8	21.0	21.3	21.5	21.7	22.0
100.3	39.5		18.9	19.2	19.4	19.6	19.8	20.1	20.3	20.5	20.7	21.0	21.2	21.4
101.6	40.0		18.5	18.7	18.9	19.1	19.3	19.6	19.8	20.0	20.2	20.4	20.7	20.9
102.9	40.5		18.0	18.2	18.4	18.6	18.9	19.1	19.3	19.5	19.7	19.9	20.1	20.4
104.1	41.0		17.6	17.8	18.0	18.2	18.4	18.6	18.8	19.0	19.2	19.4	19.7	19.9
105.4	41.5		17.1	17.3	17.6	17.8	18.0	18.2	18.4	18.6	18.8	19.0	19.2	19.4
106.7	42.0		16.7	16.9	17.1	17.3	17.5	17.7	17.9	18.1	18.3	18.5	18.7	18.9
108.0	42.5		16.3	16.5	16.7	16.9	17.1	17.3	17.5	17.7	17.9	18.1	18.3	18.5
109.2	43.0		16.0	16.2	16.4	16.5	16.7	16.9	17.1	17.3	17.5	17.7	17.9	18.1
110.5	43.5		15.6	15.8	16.0	16.2	16.3	16.5	16.7	16.9	17.1	17.3	17.5	17.6

44–50" and 42–47.5 lbs

HEIGHT		WEIGHT												
		KG	19.1	19.3	19.5	19.7	20.0	20.2	20.4	20.6	20.9	21.1	21.3	21.5
CM	IN	LB	42.0	42.5	43.0	43.5	44.0	44.5	45.0	45.5	46.0	46.5	47.0	47.5
111.8	44.0		15.3	15.4	15.6	15.8	16.0	16.2	16.3	16.5	16.7	16.9	17.1	17.2
113.0	44.5		14.9	15.1	15.3	15.4	15.6	15.8	16.0	16.2	16.3	16.5	16.7	16.9
114.3	45.0		14.6	14.8	14.9	15.1	15.3	15.5	15.6	15.8	16.0	16.1	16.3	16.5
115.6	45.5		14.3	14.4	14.6	14.8	14.9	15.1	15.3	15.5	15.6	15.8	16.0	16.1
116.8	46.0		14.0	14.1	14.3	14.5	14.6	14.8	15.0	15.1	15.3	15.5	15.6	15.8
118.1	46.5		13.7	13.8	14.0	14.1	14.3	14.5	14.6	14.8	15.0	15.1	15.3	15.4
119.4	47.0		13.4	13.5	13.7	13.8	14.0	14.2	14.3	14.5	14.6	14.8	15.0	15.1
120.7	47.5		13.1	13.2	13.4	13.6	13.7	13.9	14.0	14.2	14.3	14.5	14.6	14.8
121.9	48.0				13.1	13.3	13.4	13.6	13.7	13.9	14.0	14.2	14.3	14.5
124.5	49.0						13.0	13.2	13.3	13.5	13.6	13.8	13.9	
127.0	50.0										13.1	13.2	13.4	

31.5–38.5" and 48–53.5 lbs

HEIGHT		WEIGHT												
		KG	21.8	22.0	22.2	22.5	22.7	22.9	23.1	23.4	23.6	23.8	24.0	24.3
CM	IN	LB	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5
80.0	31.5		34.0	34.4	34.7									
81.3	32.0		33.0	33.3	33.6	34.0	34.3	34.7						
82.6	32.5		32.0	32.3	32.6	32.9	33.3	33.6	33.9	34.3	34.6	34.9		
83.8	33.0		31.0	31.3	31.6	32.0	32.3	32.6	32.9	33.2	33.6	33.9	34.2	34.5
85.1	33.5		30.1	30.4	30.7	31.0	31.3	31.6	32.0	32.3	32.6	32.9	33.2	33.5
86.4	34.0		29.2	29.5	29.8	30.1	30.4	30.7	31.0	31.3	31.6	31.9	32.2	32.5
87.6	34.5		28.4	28.6	28.9	29.2	29.5	29.8	30.1	30.4	30.7	31.0	31.3	31.6
88.9	35.0		27.5	27.8	28.1	28.4	28.7	29.0	29.3	29.6	29.8	30.1	30.4	30.7
90.2	35.5		26.8	27.1	27.3	27.6	27.9	28.2	28.5	28.7	29.0	29.3	29.6	29.8
91.4	36.0		26.0	26.3	26.6	26.9	27.1	27.4	27.7	27.9	28.2	28.5	28.8	29.0
92.7	36.5		25.3	25.6	25.9	26.1	26.4	26.7	26.9	27.2	27.4	27.7	28.0	28.2
94.0	37.0		24.7	24.9	25.2	25.4	25.7	25.9	26.2	26.4	26.7	27.0	27.2	27.5
95.3	37.5		24.0	24.2	24.5	24.7	25.0	25.2	25.5	25.7	26.0	26.2	26.5	26.7
96.5	38.0		23.4	23.6	23.9	24.1	24.3	24.6	24.8	25.1	25.3	25.6	25.8	26.0
97.8	38.5		22.8	23.0	23.2	23.5	23.7	24.0	24.2	24.4	24.7	24.9	25.1	25.4

39–45.5" and 48–53.5 lbs

HEIGHT		WEIGHT												
		KG	21.8	22.0	22.2	22.5	22.7	22.9	23.1	23.4	23.6	23.8	24.0	24.3
		LB	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5
CM	IN													
99.1	39.0		22.2	22.4	22.6	22.9	23.1	23.3	23.6	23.8	24.0	24.3	24.5	24.7
100.3	39.5		21.6	21.9	22.1	22.3	22.5	22.8	23.0	23.2	23.4	23.7	23.9	24.1
101.6	40.0		21.1	21.3	21.5	21.8	22.0	22.2	22.4	22.6	22.8	23.1	23.3	23.5
102.9	40.5		20.6	20.8	21.0	21.2	21.4	21.6	21.9	22.1	22.3	22.5	22.7	22.9
104.1	41.0		20.1	20.3	20.5	20.7	20.9	21.1	21.3	21.5	21.7	22.0	22.2	22.4
105.4	41.5		19.6	19.8	20.0	20.2	20.4	20.6	20.8	21.0	21.2	21.4	21.6	21.8
106.7	42.0		19.1	19.3	19.5	19.7	19.9	20.1	20.3	20.5	20.7	20.9	21.1	21.3
108.0	42.5		18.7	18.9	19.1	19.3	19.5	19.7	19.9	20.0	20.2	20.4	20.6	20.8
109.2	43.0		18.3	18.4	18.6	18.8	19.0	19.2	19.4	19.6	19.8	20.0	20.2	20.3
110.5	43.5		17.8	18.0	18.2	18.4	18.6	18.8	18.9	19.1	19.3	19.5	19.7	19.9
111.8	44.0		17.4	17.6	17.8	18.0	18.2	18.3	18.5	18.7	18.9	19.1	19.2	19.4
113.0	44.5		17.0	17.2	17.4	17.6	17.8	17.9	18.1	18.3	18.5	18.6	18.8	19.0
114.3	45.0		16.7	16.8	17.0	17.2	17.4	17.5	17.7	17.9	18.1	18.2	18.4	18.6
115.6	45.5		16.3	16.5	16.6	16.8	17.0	17.2	17.3	17.5	17.7	17.8	18.0	18.2

46–53" and 48–53.5 lbs

HEIGHT		WEIGHT												
		KG	21.8	22.0	22.2	22.5	22.7	22.9	23.1	23.4	23.6	23.8	24.0	24.3
		LB	48.0	48.5	49.0	49.5	50.0	50.5	51.0	51.5	52.0	52.5	53.0	53.5
CM	IN													
116.8	46.0	15.9	16.1	16.3	16.4	16.6	16.8	16.9	17.1	17.3	17.4	17.6	17.8	
118.1	46.5	15.6	15.8	15.9	16.1	16.3	16.4	16.6	16.7	16.9	17.1	17.2	17.4	
119.4	47.0	15.3	15.4	15.6	15.8	15.9	16.1	16.2	16.4	16.6	16.7	16.9	17.0	
120.7	47.5	15.0	15.1	15.3	15.4	15.6	15.7	15.9	16.0	16.2	16.4	16.5	16.7	
121.9	48.0	14.6	14.8	15.0	15.1	15.3	15.4	15.6	15.7	15.9	16.0	16.2	16.3	
124.5	49.0	14.1	14.2	14.3	14.5	14.6	14.8	14.9	15.1	15.2	15.4	15.5	15.7	
127.0	50.0	13.5	13.6	13.8	13.9	14.1	14.2	14.3	14.5	14.6	14.8	14.9	15.0	
129.5	51.0		13.1	13.2	13.4	13.5	13.7	13.8	13.9	14.1	14.2	14.3	14.5	
132.1	52.0					13.0	13.1	13.3	13.4	13.5	13.7	13.8	13.9	
134.6	53.0									13.0	13.1	13.3	13.4	

HEIGHT		WEIGHT													
		KG	24.5	24.7	24.9	25.2	25.4	25.6	25.9	26.1	26.3	26.5	26.8	27.0	
		LB	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5	
CM	IN														
83.8	33.0	34.9													
85.1	33.5	33.8	34.1	34.5	34.8										
86.4	34.0	32.8	33.1	33.5	33.8	34.1	34.4	34.7	35.0						
87.6	34.5	31.9	32.2	32.5	32.8	33.1	33.4	33.7	34.0	34.3	34.6	34.9			
88.9	35.0	31.0	31.3	31.6	31.9	32.1	32.4	32.7	33.0	33.3	33.6	33.9	34.1		
90.2	35.5	30.1	30.4	30.7	31.0	31.2	31.5	31.8	32.1	32.4	32.6	32.9	33.2		
91.4	36.0	29.3	29.6	29.8	30.1	30.4	30.7	30.9	31.2	31.5	31.7	32.0	32.3		
92.7	36.5	28.5	28.8	29.0	29.3	29.6	29.8	30.1	30.3	30.6	30.9	31.1	31.4		
94.0	37.0	27.7	28.0	28.2	28.5	28.8	29.0	29.3	29.5	29.8	30.0	30.3	30.6		
95.3	37.5	27.0	27.2	27.5	27.7	28.0	28.2	28.5	28.7	29.0	29.2	29.5	29.7		
96.5	38.0	26.3	26.5	26.8	27.0	27.3	27.5	27.8	28.0	28.2	28.5	28.7	29.0		
97.8	38.5	25.6	25.9	26.1	26.3	26.6	26.8	27.0	27.3	27.5	27.7	28.0	28.2		
99.1	39.0	25.0	25.2	25.4	25.7	25.9	26.1	26.3	26.6	26.8	27.0	27.3	27.5		
100.3	39.5	24.3	24.6	24.8	25.0	25.2	25.5	25.7	25.9	26.1	26.4	26.6	26.8		
101.6	40.0	23.7	23.9	24.2	24.4	24.6	24.8	25.0	25.3	25.5	25.7	25.9	26.1		

40.5–47" and 54–59.5 lbs

HEIGHT		WEIGHT												
		KG	24.5	24.7	24.9	25.2	25.4	25.6	25.9	26.1	26.3	26.5	26.8	27.0
		LB	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5
CM	IN													
102.9	40.5	23.1	23.4	23.6	23.8	24.0	24.2	24.4	24.6	24.9	25.1	25.3	25.5	
104.1	41.0	22.6	22.8	23.0	23.2	23.4	23.6	23.8	24.0	24.3	24.5	24.7	24.9	
105.4	41.5	22.0	22.2	22.5	22.7	22.9	23.1	23.3	23.5	23.7	23.9	24.1	24.3	
106.7	42.0	21.5	21.7	21.9	22.1	22.3	22.5	22.7	22.9	23.1	23.3	23.5	23.7	
108.0	42.5	21.0	21.2	21.4	21.6	21.8	22.0	22.2	22.4	22.6	22.8	23.0	23.2	
109.2	43.0	20.5	20.7	20.9	21.1	21.3	21.5	21.7	21.9	22.1	22.2	22.4	22.6	
110.5	43.5	20.1	20.2	20.4	20.6	20.8	21.0	21.2	21.4	21.6	21.7	21.9	22.1	
111.8	44.0	19.6	19.8	20.0	20.2	20.3	20.5	20.7	20.9	21.1	21.2	21.4	21.6	
113.0	44.5	19.2	19.3	19.5	19.7	19.9	20.1	20.2	20.4	20.6	20.8	20.9	21.1	
114.3	45.0	18.7	18.9	19.1	19.3	19.4	19.6	19.8	20.0	20.1	20.3	20.5	20.7	
115.6	45.5	18.3	18.5	18.7	18.8	19.0	19.2	19.4	19.5	19.7	19.9	20.0	20.2	
116.8	46.0	17.9	18.1	18.3	18.4	18.6	18.8	18.9	19.1	19.3	19.4	19.6	19.8	
118.1	46.5	17.6	17.7	17.9	18.0	18.2	18.4	18.5	18.7	18.9	19.0	19.2	19.3	
119.4	47.0	17.2	17.3	17.5	17.7	17.8	18.0	18.1	18.3	18.5	18.6	18.8	18.9	

47.5–56" and 54–59.5 lbs

HEIGHT		WEIGHT												
		KG	24.5	24.7	24.9	25.2	25.4	25.6	25.9	26.1	26.3	26.5	26.8	27.0
		LB	54.0	54.5	55.0	55.5	56.0	56.5	57.0	57.5	58.0	58.5	59.0	59.5
CM	IN													
120.7	47.5	16.8	17.0	17.1	17.3	17.5	17.6	17.8	17.9	18.1	18.2	18.4	18.5	
121.9	48.0	16.5	16.6	16.8	16.9	17.1	17.2	17.4	17.5	17.7	17.9	18.0	18.2	
124.5	49.0	15.8	16.0	16.1	16.3	16.4	16.5	16.7	16.8	17.0	17.1	17.3	17.4	
127.0	50.0	15.2	15.3	15.5	15.6	15.7	15.9	16.0	16.2	16.3	16.5	16.6	16.7	
129.5	51.0	14.6	14.7	14.9	15.0	15.1	15.3	15.4	15.5	15.7	15.8	15.9	16.1	
132.1	52.0	14.0	14.2	14.3	14.4	14.6	14.7	14.8	15.0	15.1	15.2	15.3	15.5	
134.6	53.0	13.5	13.6	13.8	13.9	14.0	14.1	14.3	14.4	14.5	14.6	14.8	14.9	
137.2	54.0	13.0	13.1	13.3	13.4	13.5	13.6	13.7	13.9	14.0	14.1	14.2	14.3	
139.7	55.0					13.0	13.1	13.2	13.4	13.5	13.6	13.7	13.8	
142.2	56.0									13.0	13.1	13.2	13.3	

HEIGHT		WEIGHT												
		KG	27.2	27.7	28.1	28.6	29.0	29.5	29.9	30.4	30.8	31.3	31.8	32.2
CM	IN	LB	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0
88.9	35.0		34.4											
90.2	35.5		33.5	34.0	34.6									
91.4	36.0		32.5	33.1	33.6	34.2	34.7							
92.7	36.5		31.7	32.2	32.7	33.2	33.8	34.3	34.8					
94.0	37.0		30.8	31.3	31.8	32.4	32.9	33.4	33.9	34.4	34.9			
95.3	37.5		30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	
96.5	38.0		29.2	29.7	30.2	30.7	31.2	31.6	32.1	32.6	33.1	33.6	34.1	34.6
97.8	38.5		28.5	28.9	29.4	29.9	30.4	30.8	31.3	31.8	32.3	32.7	33.2	33.7
99.1	39.0		27.7	28.2	28.7	29.1	29.6	30.0	30.5	31.0	31.4	31.9	32.4	32.8
100.3	39.5		27.0	27.5	27.9	28.4	28.8	29.3	29.7	30.2	30.6	31.1	31.5	32.0
101.6	40.0		26.4	26.8	27.2	27.7	28.1	28.6	29.0	29.4	29.9	30.3	30.8	31.2
102.9	40.5		25.7	26.1	26.6	27.0	27.4	27.9	28.3	28.7	29.1	29.6	30.0	30.4
104.1	41.0		25.1	25.5	25.9	26.3	26.8	27.2	27.6	28.0	28.4	28.9	29.3	29.7
105.4	41.5		24.5	24.9	25.3	25.7	26.1	26.5	26.9	27.4	27.8	28.2	28.6	29.0
106.7	42.0		23.9	24.3	24.7	25.1	25.5	25.9	26.3	26.7	27.1	27.5	27.9	28.3

42.5–50" and 60–71 lbs

HEIGHT		WEIGHT												
		KG	27.2	27.7	28.1	28.6	29.0	29.5	29.9	30.4	30.8	31.3	31.8	32.2
		LB	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0
CM	IN													
108.0	42.5	23.4	23.7	24.1	24.5	24.9	25.3	25.7	26.1	26.5	26.9	27.2	27.6	
109.2	43.0	22.8	23.2	23.6	24.0	24.3	24.7	25.1	25.5	25.9	26.2	26.6	27.0	
110.5	43.5	22.3	22.7	23.0	23.4	23.8	24.2	24.5	24.9	25.3	25.6	26.0	26.4	
111.8	44.0	21.8	22.2	22.5	22.9	23.2	23.6	24.0	24.3	24.7	25.1	25.4	25.8	
113.0	44.5	21.3	21.7	22.0	22.4	22.7	23.1	23.4	23.8	24.1	24.5	24.9	25.2	
114.3	45.0	20.8	21.2	21.5	21.9	22.2	22.6	22.9	23.3	23.6	24.0	24.3	24.7	
115.6	45.5	20.4	20.7	21.1	21.4	21.7	22.1	22.4	22.8	23.1	23.4	23.8	24.1	
116.8	46.0	19.9	20.3	20.6	20.9	21.3	21.6	21.9	22.3	22.6	22.9	23.3	23.6	
118.1	46.5	19.5	19.8	20.2	20.5	20.8	21.1	21.5	21.8	22.1	22.4	22.8	23.1	
119.4	47.0	19.1	19.4	19.7	20.1	20.4	20.7	21.0	21.3	21.6	22.0	22.3	22.6	
120.7	47.5	18.7	19.0	19.3	19.6	19.9	20.3	20.6	20.9	21.2	21.5	21.8	22.1	
121.9	48.0	18.3	18.6	18.9	19.2	19.5	19.8	20.1	20.4	20.8	21.1	21.4	21.7	
124.5	49.0	17.6	17.9	18.2	18.4	18.7	19.0	19.3	19.6	19.9	20.2	20.5	20.8	
127.0	50.0	16.9	17.2	17.4	17.7	18.0	18.3	18.6	18.8	19.1	19.4	19.7	20.0	

51-61" and 60-71 lbs

HEIGHT		WEIGHT												
		KG	27.2	27.7	28.1	28.6	29.0	29.5	29.9	30.4	30.8	31.3	31.8	32.2
		LB	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0
CM	IN													
129.5	51.0	16.2	16.5	16.8	17.0	17.3	17.6	17.8	18.1	18.4	18.7	18.9	19.2	
132.1	52.0	15.6	15.9	16.1	16.4	16.6	16.9	17.2	17.4	17.7	17.9	18.2	18.5	
134.6	53.0	15.0	15.3	15.5	15.8	16.0	16.3	16.5	16.8	17.0	17.3	17.5	17.8	
137.2	54.0	14.5	14.7	14.9	15.2	15.4	15.7	15.9	16.2	16.4	16.6	16.9	17.1	
139.7	55.0	13.9	14.2	14.4	14.6	14.9	15.1	15.3	15.6	15.8	16.0	16.3	16.5	
142.2	56.0	13.5	13.7	13.9	14.1	14.3	14.6	14.8	15.0	15.2	15.5	15.7	15.9	
144.8	57.0		13.2	13.4	13.6	13.8	14.1	14.3	14.5	14.7	14.9	15.1	15.4	
147.3	58.0				13.2	13.4	13.6	13.8	14.0	14.2	14.4	14.6	14.8	
149.9	59.0						13.1	13.3	13.5	13.7	13.9	14.1	14.3	
152.4	60.0								13.1	13.3	13.5	13.7	13.9	
154.9	61.0										13.0	13.2	13.4	

38.5–45.5" and 72–83 lbs

HEIGHT		WEIGHT												
		KG	32.7	33.1	33.6	34.0	34.5	34.9	35.4	35.8	36.3	36.7	37.2	37.6
		LB	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0
CM	IN													
97.8	38.5	34.2	34.6											
99.1	39.0	33.3	33.7	34.2	34.7									
100.3	39.5	32.4	32.9	33.3	33.8	34.2	34.7							
101.6	40.0	31.6	32.1	32.5	33.0	33.4	33.8	34.3	34.7					
102.9	40.5	30.9	31.3	31.7	32.1	32.6	33.0	33.4	33.9	34.3	34.7			
104.1	41.0	30.1	30.5	31.0	31.4	31.8	32.2	32.6	33.0	33.5	33.9	34.3	34.7	
105.4	41.5	29.4	29.8	30.2	30.6	31.0	31.4	31.8	32.2	32.7	33.1	33.5	33.9	
106.7	42.0	28.7	29.1	29.5	29.9	30.3	30.7	31.1	31.5	31.9	32.3	32.7	33.1	
108.0	42.5	28.0	28.4	28.8	29.2	29.6	30.0	30.4	30.8	31.1	31.5	31.9	32.3	
109.2	43.0	27.4	27.8	28.1	28.5	28.9	29.3	29.7	30.0	30.4	30.8	31.2	31.6	
110.5	43.5	26.8	27.1	27.5	27.9	28.2	28.6	29.0	29.4	29.7	30.1	30.5	30.8	
111.8	44.0	26.1	26.5	26.9	27.2	27.6	28.0	28.3	28.7	29.1	29.4	29.8	30.1	
113.0	44.5	25.6	25.9	26.3	26.6	27.0	27.3	27.7	28.0	28.4	28.8	29.1	29.5	
114.3	45.0	25.0	25.3	25.7	26.0	26.4	26.7	27.1	27.4	27.8	28.1	28.5	28.8	
115.6	45.5	24.5	24.8	25.1	25.5	25.8	26.1	26.5	26.8	27.2	27.5	27.8	28.2	

HEIGHT		WEIGHT												
		KG	32.7	33.1	33.6	34.0	34.5	34.9	35.4	35.8	36.3	36.7	37.2	37.6
		LB	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0
CM	IN													
116.8	46.0	23.9	24.3	24.6	24.9	25.3	25.6	25.9	26.2	26.6	26.9	27.2	27.6	
118.1	46.5	23.4	23.7	24.1	24.4	24.7	25.0	25.4	25.7	26.0	26.3	26.7	27.0	
119.4	47.0	22.9	23.2	23.6	23.9	24.2	24.5	24.8	25.1	25.5	25.8	26.1	26.4	
120.7	47.5	22.4	22.7	23.1	23.4	23.7	24.0	24.3	24.6	24.9	25.2	25.6	25.9	
121.9	48.0	22.0	22.3	22.6	22.9	23.2	23.5	23.8	24.1	24.4	24.7	25.0	25.3	
124.5	49.0	21.1	21.4	21.7	22.0	22.3	22.5	22.8	23.1	23.4	23.7	24.0	24.3	
127.0	50.0	20.2	20.5	20.8	21.1	21.4	21.7	21.9	22.2	22.5	22.8	23.1	23.3	
129.5	51.0	19.5	19.7	20.0	20.3	20.5	20.8	21.1	21.4	21.6	21.9	22.2	22.4	
132.1	52.0	18.7	19.0	19.2	19.5	19.8	20.0	20.3	20.5	20.8	21.1	21.3	21.6	
134.6	53.0	18.0	18.3	18.5	18.8	19.0	19.3	19.5	19.8	20.0	20.3	20.5	20.8	
137.2	54.0	17.4	17.6	17.8	18.1	18.3	18.6	18.8	19.0	19.3	19.5	19.8	20.0	
139.7	55.0	16.7	17.0	17.2	17.4	17.7	17.9	18.1	18.4	18.6	18.8	19.1	19.3	
142.2	56.0	16.1	16.4	16.6	16.8	17.0	17.3	17.5	17.7	17.9	18.2	18.4	18.6	
144.8	57.0	15.6	15.8	16.0	16.2	16.4	16.7	16.9	17.1	17.3	17.5	17.7	18.0	

HEIGHT		WEIGHT												
		KG	32.7	33.1	33.6	34.0	34.5	34.9	35.4	35.8	36.3	36.7	37.2	37.6
CM	IN	LB	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0	80.0	81.0	82.0	83.0
147.3	58.0		15.0	15.3	15.5	15.7	15.9	16.1	16.3	16.5	16.7	16.9	17.1	17.3
149.9	59.0		14.5	14.7	14.9	15.1	15.3	15.6	15.8	16.0	16.2	16.4	16.6	16.8
152.4	60.0		14.1	14.3	14.5	14.6	14.8	15.0	15.2	15.4	15.6	15.8	16.0	16.2
154.9	61.0		13.6	13.8	14.0	14.2	14.4	14.5	14.7	14.9	15.1	15.3	15.5	15.7
157.5	62.0		13.2	13.4	13.5	13.7	13.9	14.1	14.3	14.4	14.6	14.8	15.0	15.2
160.0	63.0				13.1	13.3	13.5	13.6	13.8	14.0	14.2	14.3	14.5	14.7
162.6	64.0						13.0	13.2	13.4	13.6	13.7	13.9	14.1	14.2
165.1	65.0									13.1	13.3	13.5	13.6	13.8
167.6	66.0											13.1	13.2	13.4

41.5–49" and 84–95 lbs

HEIGHT		WEIGHT												
		KG	38.1	38.6	39.0	39.5	39.9	40.4	40.8	41.3	41.7	42.2	42.6	43.1
CM	IN	LB	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
105.4	41.5		34.3	34.7										
106.7	42.0		33.5	33.9	34.3	34.7								
108.0	42.5		32.7	33.1	33.5	33.9	34.3	34.6						
109.2	43.0		31.9	32.3	32.7	33.1	33.5	33.8	34.2	34.6	35.0			
110.5	43.5		31.2	31.6	32.0	32.3	32.7	33.1	33.4	33.8	34.2	34.6	34.9	
111.8	44.0		30.5	30.9	31.2	31.6	32.0	32.3	32.7	33.0	33.4	33.8	34.1	34.5
113.0	44.5		29.8	30.2	30.5	30.9	31.2	31.6	32.0	32.3	32.7	33.0	33.4	33.7
114.3	45.0		29.2	29.5	29.9	30.2	30.6	30.9	31.2	31.6	31.9	32.3	32.6	33.0
115.6	45.5		28.5	28.9	29.2	29.5	29.9	30.2	30.6	30.9	31.2	31.6	31.9	32.3
116.8	46.0		27.9	28.2	28.6	28.9	29.2	29.6	29.9	30.2	30.6	30.9	31.2	31.6
118.1	46.5		27.3	27.6	28.0	28.3	28.6	28.9	29.3	29.6	29.9	30.2	30.6	30.9
119.4	47.0		26.7	27.1	27.4	27.7	28.0	28.3	28.6	29.0	29.3	29.6	29.9	30.2
120.7	47.5		26.2	26.5	26.8	27.1	27.4	27.7	28.0	28.4	28.7	29.0	29.3	29.6
121.9	48.0		25.6	25.9	26.2	26.5	26.9	27.2	27.5	27.8	28.1	28.4	28.7	29.0
124.5	49.0		24.6	24.9	25.2	25.5	25.8	26.1	26.4	26.6	26.9	27.2	27.5	27.8

50–63" and 84–95 lbs

HEIGHT		WEIGHT												
		KG	38.1	38.6	39.0	39.5	39.9	40.4	40.8	41.3	41.7	42.2	42.6	43.1
		LB	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
CM	IN													
127.0	50.0	23.6	23.9	24.2	24.5	24.7	25.0	25.3	25.6	25.9	26.2	26.4	26.7	
129.5	51.0	22.7	23.0	23.2	23.5	23.8	24.1	24.3	24.6	24.9	25.1	25.4	25.7	
132.1	52.0	21.8	22.1	22.4	22.6	22.9	23.1	23.4	23.7	23.9	24.2	24.4	24.7	
134.6	53.0	21.0	21.3	21.5	21.8	22.0	22.3	22.5	22.8	23.0	23.3	23.5	23.8	
137.2	54.0	20.3	20.5	20.7	21.0	21.2	21.5	21.7	21.9	22.2	22.4	22.7	22.9	
139.7	55.0	19.5	19.8	20.0	20.2	20.5	20.7	20.9	21.2	21.4	21.6	21.8	22.1	
142.2	56.0	18.8	19.1	19.3	19.5	19.7	20.0	20.2	20.4	20.6	20.8	21.1	21.3	
144.8	57.0	18.2	18.4	18.6	18.8	19.0	19.3	19.5	19.7	19.9	20.1	20.3	20.6	
147.3	58.0	17.6	17.8	18.0	18.2	18.4	18.6	18.8	19.0	19.2	19.4	19.6	19.9	
149.9	59.0	17.0	17.2	17.4	17.6	17.8	18.0	18.2	18.4	18.6	18.8	19.0	19.2	
152.4	60.0	16.4	16.6	16.8	17.0	17.2	17.4	17.6	17.8	18.0	18.2	18.4	18.6	
154.9	61.0	15.9	16.1	16.2	16.4	16.6	16.8	17.0	17.2	17.4	17.6	17.8	17.9	
157.5	62.0	15.4	15.5	15.7	15.9	16.1	16.3	16.5	16.6	16.8	17.0	17.2	17.4	
160.0	63.0	14.9	15.1	15.2	15.4	15.6	15.8	15.9	16.1	16.3	16.5	16.7	16.8	

64–71" and 84–95 lbs

HEIGHT		WEIGHT												
		KG	38.1	38.6	39.0	39.5	39.9	40.4	40.8	41.3	41.7	42.2	42.6	43.1
		LB	84.0	85.0	86.0	87.0	88.0	89.0	90.0	91.0	92.0	93.0	94.0	95.0
162.6	64.0		14.4	14.6	14.8	14.9	15.1	15.3	15.4	15.6	15.8	16.0	16.1	16.3
165.1	65.0		14.0	14.1	14.3	14.5	14.6	14.8	15.0	15.1	15.3	15.5	15.6	15.8
167.6	66.0		13.6	13.7	13.9	14.0	14.2	14.4	14.5	14.7	14.8	15.0	15.2	15.3
170.2	67.0		13.2	13.3	13.5	13.6	13.8	13.9	14.1	14.3	14.4	14.6	14.7	14.9
172.7	68.0				13.1	13.2	13.4	13.5	13.7	13.8	14.0	14.1	14.3	14.4
175.3	69.0							13.1	13.3	13.4	13.6	13.7	13.9	14.0
177.8	70.0									13.1	13.2	13.3	13.5	13.6
180.3	71.0												13.1	13.2

44–54" and 96–107 lbs

HEIGHT		WEIGHT												
		KG	43.5	44.0	44.5	44.9	45.4	45.8	46.3	46.7	47.2	47.6	48.1	48.5
CM	IN	LB	96.0	97.0	98.0	99.0	100.0	101.0	102.0	103.0	104.0	105.0	106.0	107.0
111.8	44.0		34.9											
113.0	44.5		34.1	34.4	34.8									
114.3	45.0		33.3	33.7	34.0	34.4	34.7							
115.6	45.5		32.6	32.9	33.3	33.6	34.0	34.3	34.6	35.0				
116.8	46.0		31.9	32.2	32.6	32.9	33.2	33.6	33.9	34.2	34.6	34.9		
118.1	46.5		31.2	31.5	31.9	32.2	32.5	32.8	33.2	33.5	33.8	34.1	34.5	34.8
119.4	47.0		30.6	30.9	31.2	31.5	31.8	32.1	32.5	32.8	33.1	33.4	33.7	34.1
120.7	47.5		29.9	30.2	30.5	30.8	31.2	31.5	31.8	32.1	32.4	32.7	33.0	33.3
121.9	48.0		29.3	29.6	29.9	30.2	30.5	30.8	31.1	31.4	31.7	32.0	32.3	32.7
124.5	49.0		28.1	28.4	28.7	29.0	29.3	29.6	29.9	30.2	30.5	30.7	31.0	31.3
127.0	50.0		27.0	27.3	27.6	27.8	28.1	28.4	28.7	29.0	29.2	29.5	29.8	30.1
129.5	51.0		25.9	26.2	26.5	26.8	27.0	27.3	27.6	27.8	28.1	28.4	28.7	28.9
132.1	52.0		25.0	25.2	25.5	25.7	26.0	26.3	26.5	26.8	27.0	27.3	27.6	27.8
134.6	53.0		24.0	24.3	24.5	24.8	25.0	25.3	25.5	25.8	26.0	26.3	26.5	26.8
137.2	54.0		23.1	23.4	23.6	23.9	24.1	24.4	24.6	24.8	25.1	25.3	25.6	25.8

HEIGHT		WEIGHT												
		KG	43.5	44.0	44.5	44.9	45.4	45.8	46.3	46.7	47.2	47.6	48.1	48.5
		LB	96.0	97.0	98.0	99.0	100.0	101.0	102.0	103.0	104.0	105.0	106.0	107.0
CM	IN													
139.7	55.0	22.3	22.5	22.8	23.0	23.2	23.5	23.7	23.9	24.2	24.4	24.6	24.9	
142.2	56.0	21.5	21.7	22.0	22.2	22.4	22.6	22.9	23.1	23.3	23.5	23.8	24.0	
144.8	57.0	20.8	21.0	21.2	21.4	21.6	21.9	22.1	22.3	22.5	22.7	22.9	23.2	
147.3	58.0	20.1	20.3	20.5	20.7	20.9	21.1	21.3	21.5	21.7	21.9	22.2	22.4	
149.9	59.0	19.4	19.6	19.8	20.0	20.2	20.4	20.6	20.8	21.0	21.2	21.4	21.6	
152.4	60.0	18.7	18.9	19.1	19.3	19.5	19.7	19.9	20.1	20.3	20.5	20.7	20.9	
154.9	61.0	18.1	18.3	18.5	18.7	18.9	19.1	19.3	19.5	19.7	19.8	20.0	20.2	
157.5	62.0	17.6	17.7	17.9	18.1	18.3	18.5	18.7	18.8	19.0	19.2	19.4	19.6	
160.0	63.0	17.0	17.2	17.4	17.5	17.7	17.9	18.1	18.2	18.4	18.6	18.8	19.0	
162.6	64.0	16.5	16.6	16.8	17.0	17.2	17.3	17.5	17.7	17.9	18.0	18.2	18.4	
165.1	65.0	16.0	16.1	16.3	16.5	16.6	16.8	17.0	17.1	17.3	17.5	17.6	17.8	
167.6	66.0	15.5	15.7	15.8	16.0	16.1	16.3	16.5	16.6	16.8	16.9	17.1	17.3	
170.2	67.0	15.0	15.2	15.3	15.5	15.7	15.8	16.0	16.1	16.3	16.4	16.6	16.8	
172.7	68.0	14.6	14.7	14.9	15.1	15.2	15.4	15.5	15.7	15.8	16.0	16.1	16.3	

47-60" and 108-128 lbs

HEIGHT		WEIGHT												
		KG	49.0	49.4	49.9	50.8	51.7	52.6	53.5	54.4	55.3	56.2	57.2	58.1
		LB	108.0	109.0	110.0	112.0	114.0	116.0	118.0	120.0	122.0	124.0	126.0	128.0
CM	IN													
119.4	47.0	34.4	34.7											
120.7	47.5	33.7	34.0	34.3	34.9									
121.9	48.0	33.0	33.3	33.6	34.2	34.8								
124.5	49.0	31.6	31.9	32.2	32.8	33.4	34.0	34.6						
127.0	50.0	30.4	30.7	30.9	31.5	32.1	32.6	33.2	33.7	34.3	34.9			
129.5	51.0	29.2	29.5	29.7	30.3	30.8	31.4	31.9	32.4	33.0	33.5	34.1	34.6	
132.1	52.0	28.1	28.3	28.6	29.1	29.6	30.2	30.7	31.2	31.7	32.2	32.8	33.3	
134.6	53.0	27.0	27.3	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	
137.2	54.0	26.0	26.3	26.5	27.0	27.5	28.0	28.5	28.9	29.4	29.9	30.4	30.9	
139.7	55.0	25.1	25.3	25.6	26.0	26.5	27.0	27.4	27.9	28.4	28.8	29.3	29.7	
142.2	56.0	24.2	24.4	24.7	25.1	25.6	26.0	26.5	26.9	27.4	27.8	28.2	28.7	
144.8	57.0	23.4	23.6	23.8	24.2	24.7	25.1	25.5	26.0	26.4	26.8	27.3	27.7	
147.3	58.0	22.6	22.8	23.0	23.4	23.8	24.2	24.7	25.1	25.5	25.9	26.3	26.8	
149.9	59.0	21.8	22.0	22.2	22.6	23.0	23.4	23.8	24.2	24.6	25.0	25.4	25.9	
152.4	60.0	21.1	21.3	21.5	21.9	22.3	22.7	23.0	23.4	23.8	24.2	24.6	25.0	

61–74" and 108–128 lbs

HEIGHT		WEIGHT												
		KG	49.0	49.4	49.9	50.8	51.7	52.6	53.5	54.4	55.3	56.2	57.2	58.1
		LB	108.0	109.0	110.0	112.0	114.0	116.0	118.0	120.0	122.0	124.0	126.0	128.0
CM	IN													
154.9	61.0		20.4	20.6	20.8	21.2	21.5	21.9	22.3	22.7	23.1	23.4	23.8	24.2
157.5	62.0		19.8	19.9	20.1	20.5	20.9	21.2	21.6	21.9	22.3	22.7	23.0	23.4
160.0	63.0		19.1	19.3	19.5	19.8	20.2	20.5	20.9	21.3	21.6	22.0	22.3	22.7
162.6	64.0		18.5	18.7	18.9	19.2	19.6	19.9	20.3	20.6	20.9	21.3	21.6	22.0
165.1	65.0		18.0	18.1	18.3	18.6	19.0	19.3	19.6	20.0	20.3	20.6	21.0	21.3
167.6	66.0		17.4	17.6	17.8	18.1	18.4	18.7	19.0	19.4	19.7	20.0	20.3	20.7
170.2	67.0		16.9	17.1	17.2	17.5	17.9	18.2	18.5	18.8	19.1	19.4	19.7	20.0
172.7	68.0		16.4	16.6	16.7	17.0	17.3	17.6	17.9	18.2	18.5	18.9	19.2	19.5
175.3	69.0		15.9	16.1	16.2	16.5	16.8	17.1	17.4	17.7	18.0	18.3	18.6	18.9
177.8	70.0		15.5	15.6	15.8	16.1	16.4	16.6	16.9	17.2	17.5	17.8	18.1	18.4
180.3	71.0		15.1	15.2	15.3	15.6	15.9	16.2	16.5	16.7	17.0	17.3	17.6	17.9
182.9	72.0		14.6	14.8	14.9	15.2	15.5	15.7	16.0	16.3	16.5	16.8	17.1	17.4
185.4	73.0		14.2	14.4	14.5	14.8	15.0	15.3	15.6	15.8	16.1	16.4	16.6	16.9
188.0	74.0		13.9	14.0	14.1	14.4	14.6	14.9	15.2	15.4	15.7	15.9	16.2	16.4

75-78" and 108-128 lbs

HEIGHT		WEIGHT												
		KG	49.0	49.4	49.9	50.8	51.7	52.6	53.5	54.4	55.3	56.2	57.2	58.1
		LB	108.0	109.0	110.0	112.0	114.0	116.0	118.0	120.0	122.0	124.0	126.0	128.0
CM	IN													
190.5	75.0		13.5	13.6	13.7	14.0	14.2	14.5	14.7	15.0	15.2	15.5	15.7	16.0
193.0	76.0		13.1	13.3	13.4	13.6	13.9	14.1	14.4	14.6	14.9	15.1	15.3	15.6
195.6	77.0				13.0	13.3	13.5	13.8	14.0	14.2	14.5	14.7	14.9	15.2
198.1	78.0						13.2	13.4	13.6	13.9	14.1	14.3	14.6	14.8

52–65" and 130–152 lbs

HEIGHT		WEIGHT													
		KG	59.0	59.9	60.8	61.7	62.6	63.5	64.4	65.3	66.2	67.1	68.0	68.9	
		LB	130.0	132.0	134.0	136.0	138.0	140.0	142.0	144.0	146.0	148.0	150.0	152.0	
CM	IN														
132.1	52.0	33.8	34.3	34.8											
134.6	53.0	32.5	33.0	33.5	34.0	34.5									
137.2	54.0	31.3	31.8	32.3	32.8	33.3	33.8	34.2	34.7						
139.7	55.0	30.2	30.7	31.1	31.6	32.1	32.5	33.0	33.5	33.9	34.4	34.9			
142.2	56.0	29.1	29.6	30.0	30.5	30.9	31.4	31.8	32.3	32.7	33.2	33.6	34.1		
144.8	57.0	28.1	28.6	29.0	29.4	29.9	30.3	30.7	31.2	31.6	32.0	32.5	32.9		
147.3	58.0	27.2	27.6	28.0	28.4	28.8	29.3	29.7	30.1	30.5	30.9	31.3	31.8		
149.9	59.0	26.3	26.7	27.1	27.5	27.9	28.3	28.7	29.1	29.5	29.9	30.3	30.7		
152.4	60.0	25.4	25.8	26.2	26.6	27.0	27.3	27.7	28.1	28.5	28.9	29.3	29.7		
154.9	61.0	24.6	24.9	25.3	25.7	26.1	26.5	26.8	27.2	27.6	28.0	28.3	28.7		
157.5	62.0	23.8	24.1	24.5	24.9	25.2	25.6	26.0	26.3	26.7	27.1	27.4	27.8		
160.0	63.0	23.0	23.4	23.7	24.1	24.4	24.8	25.2	25.5	25.9	26.2	26.6	26.9		
162.6	64.0	22.3	22.7	23.0	23.3	23.7	24.0	24.4	24.7	25.1	25.4	25.7	26.1		
165.1	65.0	21.6	22.0	22.3	22.6	23.0	23.3	23.6	24.0	24.3	24.6	25.0	25.3		

66–78" and 130–152 lbs

HEIGHT		WEIGHT												
		KG	59.0	59.9	60.8	61.7	62.6	63.5	64.4	65.3	66.2	67.1	68.0	68.9
CM	IN	LB	130.0	132.0	134.0	136.0	138.0	140.0	142.0	144.0	146.0	148.0	150.0	152.0
167.6	66.0		21.0	21.3	21.6	22.0	22.3	22.6	22.9	23.2	23.6	23.9	24.2	24.5
170.2	67.0		20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.6	22.9	23.2	23.5	23.8
172.7	68.0		19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8	23.1
175.3	69.0		19.2	19.5	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.4
177.8	70.0		18.7	18.9	19.2	19.5	19.8	20.1	20.4	20.7	20.9	21.2	21.5	21.8
180.3	71.0		18.1	18.4	18.7	19.0	19.2	19.5	19.8	20.1	20.4	20.6	20.9	21.2
182.9	72.0		17.6	17.9	18.2	18.4	18.7	19.0	19.3	19.5	19.8	20.1	20.3	20.6
185.4	73.0		17.2	17.4	17.7	17.9	18.2	18.5	18.7	19.0	19.3	19.5	19.8	20.1
188.0	74.0		16.7	16.9	17.2	17.5	17.7	18.0	18.2	18.5	18.7	19.0	19.3	19.5
190.5	75.0		16.2	16.5	16.7	17.0	17.2	17.5	17.7	18.0	18.2	18.5	18.7	19.0
193.0	76.0		15.8	16.1	16.3	16.6	16.8	17.0	17.3	17.5	17.8	18.0	18.3	18.5
195.6	77.0		15.4	15.7	15.9	16.1	16.4	16.6	16.8	17.1	17.3	17.6	17.8	18.0
198.1	78.0		15.0	15.3	15.5	15.7	15.9	16.2	16.4	16.6	16.9	17.1	17.3	17.6

56–69" and 154–176 lbs

HEIGHT		WEIGHT												
		KG	69.9	70.8	71.7	72.6	73.5	74.4	75.3	76.2	77.1	78.0	78.9	79.8
CM	IN	LB	154.0	156.0	158.0	160.0	162.0	164.0	166.0	168.0	170.0	172.0	174.0	176.0
142.2	56.0		34.5	35.0										
144.8	57.0		33.3	33.8	34.2	34.6								
147.3	58.0		32.2	32.6	33.0	33.4	33.9	34.3	34.7					
149.9	59.0		31.1	31.5	31.9	32.3	32.7	33.1	33.5	33.9	34.3	34.7		
152.4	60.0		30.1	30.5	30.9	31.2	31.6	32.0	32.4	32.8	33.2	33.6	34.0	34.4
154.9	61.0		29.1	29.5	29.9	30.2	30.6	31.0	31.4	31.7	32.1	32.5	32.9	33.3
157.5	62.0		28.2	28.5	28.9	29.3	29.6	30.0	30.4	30.7	31.1	31.5	31.8	32.2
160.0	63.0		27.3	27.6	28.0	28.3	28.7	29.1	29.4	29.8	30.1	30.5	30.8	31.2
162.6	64.0		26.4	26.8	27.1	27.5	27.8	28.2	28.5	28.8	29.2	29.5	29.9	30.2
165.1	65.0		25.6	26.0	26.3	26.6	27.0	27.3	27.6	28.0	28.3	28.6	29.0	29.3
167.6	66.0		24.9	25.2	25.5	25.8	26.1	26.5	26.8	27.1	27.4	27.8	28.1	28.4
170.2	67.0		24.1	24.4	24.7	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.3	27.6
172.7	68.0		23.4	23.7	24.0	24.3	24.6	24.9	25.2	25.5	25.8	26.2	26.5	26.8
175.3	69.0		22.7	23.0	23.3	23.6	23.9	24.2	24.5	24.8	25.1	25.4	25.7	26.0

70–78" and 154–176 lbs

HEIGHT		WEIGHT												
		KG	69.9	70.8	71.7	72.6	73.5	74.4	75.3	76.2	77.1	78.0	78.9	79.8
		LB	154.0	156.0	158.0	160.0	162.0	164.0	166.0	168.0	170.0	172.0	174.0	176.0
CM	IN													
177.8	70.0	22.1	22.4	22.7	23.0	23.2	23.5	23.8	24.1	24.4	24.7	25.0	25.3	
180.3	71.0	21.5	21.8	22.0	22.3	22.6	22.9	23.2	23.4	23.7	24.0	24.3	24.5	
182.9	72.0	20.9	21.2	21.4	21.7	22.0	22.2	22.5	22.8	23.1	23.3	23.6	23.9	
185.4	73.0	20.3	20.6	20.8	21.1	21.4	21.6	21.9	22.2	22.4	22.7	23.0	23.2	
188.0	74.0	19.8	20.0	20.3	20.5	20.8	21.1	21.3	21.6	21.8	22.1	22.3	22.6	
190.5	75.0	19.2	19.5	19.7	20.0	20.2	20.5	20.7	21.0	21.2	21.5	21.7	22.0	
193.0	76.0	18.7	19.0	19.2	19.5	19.7	20.0	20.2	20.4	20.7	20.9	21.2	21.4	
195.6	77.0	18.3	18.5	18.7	19.0	19.2	19.4	19.7	19.9	20.2	20.4	20.6	20.9	
198.1	78.0	17.8	18.0	18.3	18.5	18.7	19.0	19.2	19.4	19.6	19.9	20.1	20.3	

60-73" and 178-200 lbs

HEIGHT		WEIGHT												
		KG	80.7	81.6	82.6	83.5	84.4	85.3	86.2	87.1	88.0	88.9	89.8	90.7
CM	IN	LB	178.0	180.0	182.0	184.0	186.0	188.0	190.0	192.0	194.0	196.0	198.0	200.0
152.4	60.0		34.8											
154.9	61.0		33.6	34.0	34.4	34.8								
157.5	62.0		32.6	32.9	33.3	33.7	34.0	34.4	34.8					
160.0	63.0		31.5	31.9	32.2	32.6	32.9	33.3	33.7	34.0	34.4	34.7		
162.6	64.0		30.6	30.9	31.2	31.6	31.9	32.3	32.6	33.0	33.3	33.6	34.0	34.3
165.1	65.0		29.6	30.0	30.3	30.6	31.0	31.3	31.6	32.0	32.3	32.6	32.9	33.3
167.6	66.0		28.7	29.1	29.4	29.7	30.0	30.3	30.7	31.0	31.3	31.6	32.0	32.3
170.2	67.0		27.9	28.2	28.5	28.8	29.1	29.4	29.8	30.1	30.4	30.7	31.0	31.3
172.7	68.0		27.1	27.4	27.7	28.0	28.3	28.6	28.9	29.2	29.5	29.8	30.1	30.4
175.3	69.0		26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.6	28.9	29.2	29.5
177.8	70.0		25.5	25.8	26.1	26.4	26.7	27.0	27.3	27.5	27.8	28.1	28.4	28.7
180.3	71.0		24.8	25.1	25.4	25.7	25.9	26.2	26.5	26.8	27.1	27.3	27.6	27.9
182.9	72.0		24.1	24.4	24.7	25.0	25.2	25.5	25.8	26.0	26.3	26.6	26.9	27.1
185.4	73.0		23.5	23.7	24.0	24.3	24.5	24.8	25.1	25.3	25.6	25.9	26.1	26.4

74-78" and 178-200 lbs

HEIGHT		WEIGHT												
		KG	80.7	81.6	82.6	83.5	84.4	85.3	86.2	87.1	88.0	88.9	89.8	90.7
CM	IN	LB	178.0	180.0	182.0	184.0	186.0	188.0	190.0	192.0	194.0	196.0	198.0	200.0
188.0	74.0		22.9	23.1	23.4	23.6	23.9	24.1	24.4	24.7	24.9	25.2	25.4	25.7
190.5	75.0		22.2	22.5	22.7	23.0	23.2	23.5	23.7	24.0	24.2	24.5	24.7	25.0
193.0	76.0		21.7	21.9	22.2	22.4	22.6	22.9	23.1	23.4	23.6	23.9	24.1	24.3
195.6	77.0		21.1	21.3	21.6	21.8	22.1	22.3	22.5	22.8	23.0	23.2	23.5	23.7
198.1	78.0		20.6	20.8	21.0	21.3	21.5	21.7	22.0	22.2	22.4	22.6	22.9	23.1

64–78" and 202–224 lbs

HEIGHT		WEIGHT														
		KG	91.6	92.5	93.4	94.3	95.3	96.2	97.1	98.0	98.9	99.8	100.7	101.6		
		LB	202.0	204.0	206.0	208.0	210.0	212.0	214.0	216.0	218.0	220.0	222.0	224.0		
CM	IN															
162.6	64.0	34.7														
165.1	65.0	33.6	33.9	34.3	34.6	34.9										
167.6	66.0	32.6	32.9	33.2	33.6	33.9	34.2	34.5	34.9							
170.2	67.0	31.6	32.0	32.3	32.6	32.9	33.2	33.5	33.8	34.1	34.5	34.8				
172.7	68.0	30.7	31.0	31.3	31.6	31.9	32.2	32.5	32.8	33.1	33.5	33.8	34.1			
175.3	69.0	29.8	30.1	30.4	30.7	31.0	31.3	31.6	31.9	32.2	32.5	32.8	33.1			
177.8	70.0	29.0	29.3	29.6	29.8	30.1	30.4	30.7	31.0	31.3	31.6	31.9	32.1			
180.3	71.0	28.2	28.5	28.7	29.0	29.3	29.6	29.8	30.1	30.4	30.7	31.0	31.2			
182.9	72.0	27.4	27.7	27.9	28.2	28.5	28.8	29.0	29.3	29.6	29.8	30.1	30.4			
185.4	73.0	26.7	26.9	27.2	27.4	27.7	28.0	28.2	28.5	28.8	29.0	29.3	29.6			
188.0	74.0	25.9	26.2	26.4	26.7	27.0	27.2	27.5	27.7	28.0	28.2	28.5	28.8			
190.5	75.0	25.2	25.5	25.7	26.0	26.2	26.5	26.7	27.0	27.2	27.5	27.7	28.0			
193.0	76.0	24.6	24.8	25.1	25.3	25.6	25.8	26.0	26.3	26.5	26.8	27.0	27.3			
195.6	77.0	24.0	24.2	24.4	24.7	24.9	25.1	25.4	25.6	25.9	26.1	26.3	26.6			
198.1	78.0	23.3	23.6	23.8	24.0	24.3	24.5	24.7	25.0	25.2	25.4	25.7	25.9			

68–78" and 226–250 lbs

HEIGHT		WEIGHT													
		KG	102.5	103.4	104.3	105.2	106.1	107.0	108.0	108.9	109.8	110.7	111.6	112.5	113.4
CM	IN	LB	226.0	228.0	230.0	232.0	234.0	236.0	238.0	240.0	242.0	244.0	246.0	248.0	250.0
172.7	68.0		34.4	34.7	35.0										
175.3	69.0		33.4	33.7	34.0	34.3	34.6	34.9							
177.8	70.0		32.4	32.7	33.0	33.3	33.6	33.9	34.1	34.4	34.7				
180.3	71.0		31.5	31.8	32.1	32.4	32.6	32.9	33.2	33.5	33.8	34.0	34.3	34.6	34.9
182.9	72.0		30.7	30.9	31.2	31.5	31.7	32.0	32.3	32.5	32.8	33.1	33.4	33.6	33.9
185.4	73.0		29.8	30.1	30.3	30.6	30.9	31.1	31.4	31.7	31.9	32.2	32.5	32.7	33.0
188.0	74.0		29.0	29.3	29.5	29.8	30.0	30.3	30.6	30.8	31.1	31.3	31.6	31.8	32.1
190.5	75.0		28.2	28.5	28.7	29.0	29.2	29.5	29.7	30.0	30.2	30.5	30.7	31.0	31.2
193.0	76.0		27.5	27.8	28.0	28.2	28.5	28.7	29.0	29.2	29.5	29.7	29.9	30.2	30.4
195.6	77.0		26.8	27.0	27.3	27.5	27.7	28.0	28.2	28.5	28.7	28.9	29.2	29.4	29.6
198.1	78.0		26.1	26.3	26.6	26.8	27.0	27.3	27.5	27.7	28.0	28.2	28.4	28.7	28.9







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L • STD CONTROL • WOMEN'S HEALTH • TRAINING • HEALTH STATISTICS • MINORITY OUTREACH • YOUTH
TION • COMMUNITY PARTNERSHIPS • HEALTHY AGING • GLOBAL PARTNERSHIPS • OUTBREAK INVESTIGA