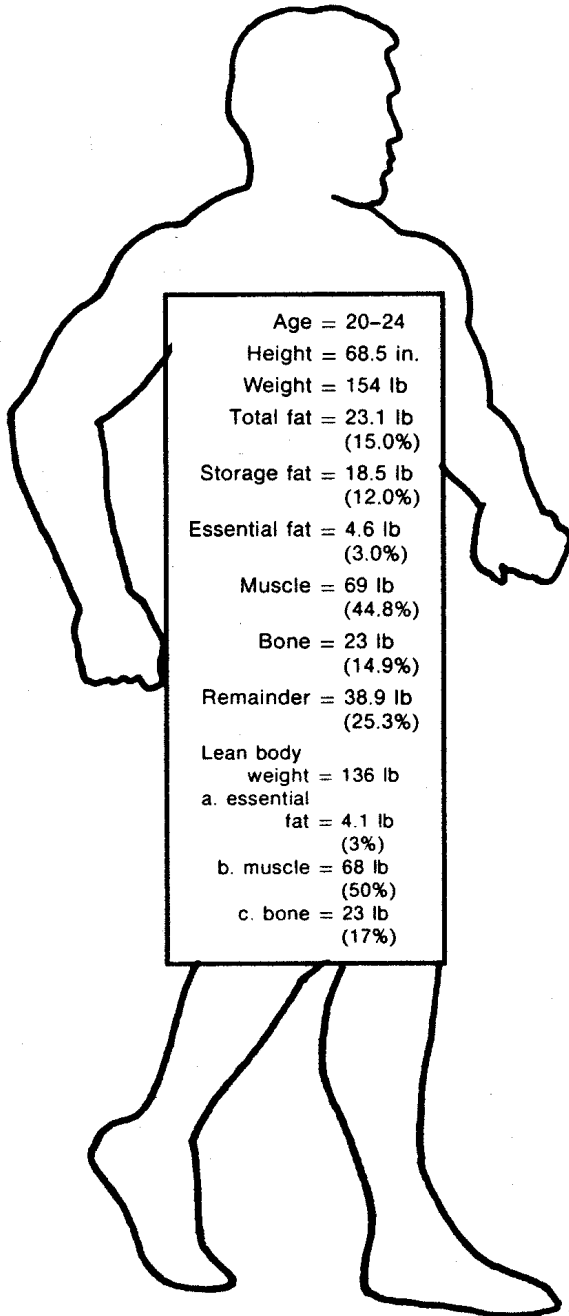
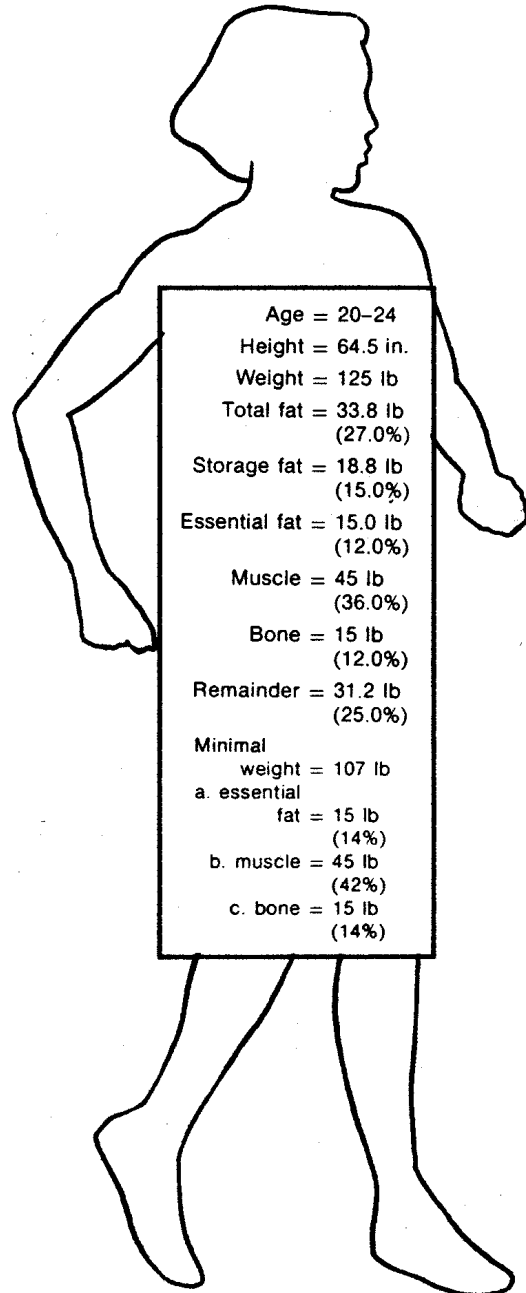


### Reference Man



Age = 20-24  
Height = 68.5 in.  
Weight = 154 lb  
Total fat = 23.1 lb  
(15.0%)  
Storage fat = 18.5 lb  
(12.0%)  
Essential fat = 4.6 lb  
(3.0%)  
Muscle = 69 lb  
(44.8%)  
Bone = 23 lb  
(14.9%)  
Remainder = 38.9 lb  
(25.3%)  
Lean body  
weight = 136 lb  
a. essential  
fat = 4.1 lb  
(3%)  
b. muscle = 68 lb  
(50%)  
c. bone = 23 lb  
(17%)

### Reference Woman



Age = 20-24  
Height = 64.5 in.  
Weight = 125 lb  
Total fat = 33.8 lb  
(27.0%)  
Storage fat = 18.8 lb  
(15.0%)  
Essential fat = 15.0 lb  
(12.0%)  
Muscle = 45 lb  
(36.0%)  
Bone = 15 lb  
(12.0%)  
Remainder = 31.2 lb  
(25.0%)  
Minimal  
weight = 107 lb  
a. essential  
fat = 15 lb  
(14%)  
b. muscle = 45 lb  
(42%)  
c. bone = 15 lb  
(14%)