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%)