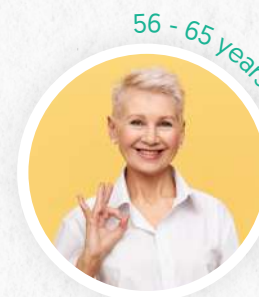




## PERCENTAGE OF BODY FAT



GOOD

20-22%

21-23%

24-26%

26-28%

27-29%

ADEQUATE

23-25%

24-26%

27-29%

29-31%

30-32%

HIGH

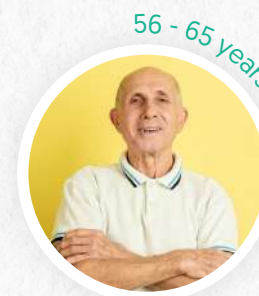
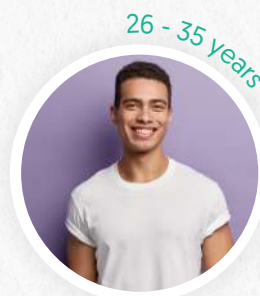
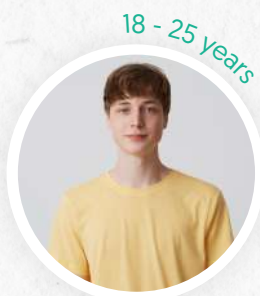
29-31%

31-35%

33-36%

35-38%

36-38%



GOOD

11 -13%

16-18%

19-21%

21-23%

22-23%

ADEQUATE

14 - 16%

18-21%

21-23%

24-25%

24-25%

HIGH

21-24%

25-27%

27-29%

28-31%

28-31%