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Body Fat Rating Scale

American Council on Exercise - Body Fat Percentage Categories		
Classification	Women (% fat)	Men (% fat)
Essential Fat	10 – 13%	2 – 5%
Athletes	14 – 20%	6 – 13%
Fitness	21 – 24%	14 – 17%
Average	25 – 31%	18 – 24%
Obese	32% and higher	25% and higher



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