

RIKR Performance Height & Weight Standards					
MEN @ 8-12% body fat			Height (Inches)	WOMEN @ 15-20% body fat	
BMI-30*	BMI-27.5	BMI-25		BMI-20	BMI-25
147	132	122	58	96	120
150	136	123	59	99	124
157	141	127	60	102	128
162	146	131	61	106	132
167	150	135	62	110	137
172	155	140	63	113	141
178	160	144	64	117	146
183	165	149	65	120	150
189	170	153	66	124	155
195	176	158	67	128	160
201	181	163	68	131	164
206	186	167	69	135	169
213	192	173	70	139	174
219	197	177	71	143	179
225	203	183	72	147	184
231	208	187	73	151	189
238	214	193	74	156	195
244	220	198	75	160	200
251	226	203	76	164	205
258	232	208	77	169	211
264	238	214	78	173	216
271	244	220	79	178	222
278	250	225	80	182	228

1. GREEN line represents your best all around performance weight (Athletic Standard Weight)
  2. Dark green w/ white numbers is US average height and ASW. Two inches above and two inches below represent the statistical majority of each gender. \*Men's Max Muscular Potential
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