

BODY FAT CALCULATOR

THE MOST VERSATILE BODY FAT % CALCULATOR ON THE
PLANET

GENDER: *



MALE



FEMALE

AGE: *

35

HEIGHT (FT, IN) *

05

WEIGHT (LB) *

167

MEASURING DEVICE: * Measuring Tape

FORMULA *

All of the above

NECK CIRCUMFERENCE
(INCHES) *

13.5

FOREARM
CIRCUMFERENCE
(INCHES) *

10.5

WRIST
CIRCUMFERENCE
(INCHES) *

6.5

HIPS CIRCUMFERENCE
(INCHES) *

42

WAIST
CIRCUMFERENCE
(INCHES) *

35

THIGH
CIRCUMFERENCE
(INCHES) *

23

CALF CIRCUMFERENCE
(INCHES) *

16

CALCULATE BODY FAT %

COVERT BAILEY
METHOD:

19.5 %

DEPT. OF DEFENSE/
NAVY METHOD:

40.1 %

HERITAGE BMI TO
BODY FAT METHOD:

37.7 %

YMCA METHOD:

32.8 %

**MODIFIED YMCA
METHOD:**

26.9 %

AVERAGE BODY FAT:

29.8 %

RANGE:

19.5% ¹

NOTE:

The "Heritage BMI to Body Fat Method" is not included in both "Average Body Fat" and "Range" as it is the most inaccurate of all methods.

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